

Final Interview via Email

1. on a scale of one to five, how useful do you see this program being for students?

I'd say a 3, the program works well and is effective for logging students' workouts. However, it is still pretty basic and doesn't offer some of the features certain apps on the phones do.

2. What are some things you like best? And things you don't like?

The ability for students to add workouts and customize them to their workout routine. I wish there was a way for students to use it on their phones.

3. Is this program how you expected; how so or how not?

To be honest, I was expecting more of a calendar schedule instead of a list.

4. What is one recommendation for improvement?

Being able to have it on an app. Having the workouts appear on a calendar. Being able to see some kind of graph to see the progress.