Criterion A: Planning

Problem Statement

Thanavee (Gunn) Sereeyothin uses a notebook to track his workouts, but recently it has started to become more inconvenient to use a notebook because of issues like fatigue[1] or too much information[1].

Description of Scenario

Gunn Sereeyothin is a regular at the gym and wants a way to track his workouts, especially his progressive overloading[2]. Progressive overload is a weightlifting concept which means as one continues to train over time, their weight or repetitions for each exercise will incrementally increase. Mr. Sereeyothin has tracked his progress by writing it down manually[3], so a software program which does this automatically is more efficient, and tracking graphs will help indicate progressive overload[4].

After conducting an interview with Mr. Sereeyothin, I proposed a computer application to help him conveniently track his progressive overloading. This app will also allow Mr. Sereeyothin to focus on rest times between sets, as he can quickly tap in his lifts instead of writing it down.

Rationale and Proposed Product

I will create a computer application to log gym progress and numbers.

The purpose of this product is to automate a tedious process. By entering in information in the program, it will automatically be stored and progress **can even be visualized with graphs. Furthermore, existing applications that track these statistics are either paid and come with excess features, or are free but limited in features**. For instance, 'Strong', a workout log app, similarly allows the user to log exercises along with weight and reps, however, the free version is limited to 3 workout templates and no graphs to track progress. The paid version of 'Strong' provides unlimited templates, nutrient tracking, and progress graphs**.** While Mr. Sereeyothin needs the exercises and progress graphs, he does not need nutrient tracking and doesn't want to pay a monthly fee. This product will provide those features for free, which is why this product will be for those looking for **free and simple solutions[3].**

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[1] Thanavee Sereeyothin, interview by author, Bangkok, April 22, 2022, transcript question #5, Appendix A
[2] Thanavee Sereeyothin, interview by author, Bangkok, April 22, 2022, transcript question #1, Appendix A
[3] Thanavee Sereeyothin, interview by author, Bangkok, April 22, 2022, transcript question #3, Appendix A
[4] Thanavee Sereeyothin, interview by author, Bangkok, April 22, 2022, transcript question #6, Appendix A

I will use the NetBeans IDE to code this application for Mr. Sereeyothin to run on his Apple laptop. Mr. Sereeyothin uses his laptop daily[5], so it is most convenient for him to track his lifts. Regarding the NetBeans IDE, it is a development environment which allows for simple and easy creation of a GUI with Java Swing components.

Success Criteria for the Product

1. Users can choose from existing exercises.
2. Users can add new exercises.
3. Users can customize the new exercise's name, body part, and weight type.
4. Users can add individual exercise sets.
5. Users can customize the new set's exercise, weight unit, reps, weight, and date.
6. History of sets will be stored.
7. Users can view the history of sets.
8. Users can view progression graphs based on the history of sets.
9. Users can remove individual sets.
10. Users can save the program and its corresponding data.

Word Count: 380

[5] Thanavee Sereeyothin, interview by author, Bangkok, April 22, 2022, transcript question #4, Appendix A