Criterion E: Evaluation

Success Criteria Evaluation

Success Criteria	Completion (Y/N)	Notes
Users can choose from existing exercises.	Y	Existing exercises are created upon initialization.
Users can add new exercises.	Y	
Users can customize the new exercise's name, body part, and weight type.	Y	Done with text fields and combo boxes.
Users can add individual exercise sets.	Y	
Users can customize the new set's exercise, weight unit, reps, weight, and date.	Y	A date chooser is added from a library to allow for easy date selection.
History of sets will be stored.	Y	
Users can view the history of sets.	Y	Users view this through a separate popup window which displays a table.
Users can view progression graphs based on the history of sets.	N	A graph component would likely need to be added from an external library. This was not done due to time restrictions
Users can remove individual sets.	Y	
Users can save the program and its corresponding data.	N	Incomplete due to time restrictions.

Client Feedback

Recommendation	Benefit	Feasibility
The ability to remove exercises.[1]	More overall control over the program and the exercises.	A realistic change, as implementation would be similar to the removal of sets. The lists storing the exercises may need to be changed to an ArrayList.
Directly Editing Sets.[1]	Negates the need to remove and add new sets if a small input error is made.	Not too difficult to implement, as specific indexes in the ArrayLists would simply need to be modified. History display table would then need to be updated.
Getting exercises from an external database.[2]	Gives the user more variety of exercises to select from, and the user will need to add less custom exercises.	This implementation may be harder as there is probably a need for external libraries. Data will also have to be translated to fit the "Exercises" object.

Other Extensions:

Extension	Benefit	Feasibility
Adding a corresponding image to exercises.	Allows the user to easily identify the exercise.	Difficult to implement - an external database of exercise images would need to be connected and there would also need to be space considerations for the images.
Add a personal record pane to the dialog window	Would allow the user to view their limits which aids in progressive overload.	A feasible implementation, as only an additional tab would need to be added, and a search algorithm would be

[1] Thanavee Sereeyothin, interview by author, Bangkok, April 22, 2022, transcript question #1, Appendix C
[2] Thanavee Sereeyothin, interview by author, Bangkok, April 22, 2022, transcript question #2, Appendix C

		used to find the highest values in the exercise history lists.

Word Count: 302