

## Appendix A

# Client Interview

**Question:** What would like the program to be able to do?

**Response:** I'd like the program to be able to print workout cards for all the players.

**Question:** What information would like to see on the card?

**Response:** Workout weights for each week of a 10 week program for each of the four lifts: bench press, squat, incline, and squat.

**Question:** How is the workout weights calculated?

**Response:** I can give you the formulas I use.

**Question:** You will need to enter each player's information into the program. Is that ok?

**Response:** Not a problem. I can get one of the student managers to do it.

**Question:** Will you need to be able to update the player information?

**Response:** Yes, The maxes need to be updated every 10 weeks.

**Question:** I can write a program that we can install on your computer in the coaches office. Is that ok?

**Response:** yes

**Question:** Do you have any questions for me?

**Response:** What will the program look like?

**Me:** I will do the visual part first then I will come show it to see if it is what you want.