

Title: UW Adapted Fitness: Grip strength improvement mechanism

Date: 10/2/2025

Client: Dr. Kecia Doyle

Advisor: Dr. Randy Bartels

Team: Cookie Monsters

David Diancin - Team Leader

Sydney Smith - Communicator

Gabriel Klenner - BSAC

Lucy Mcardle - BWIG

Lauren Hain - BPAG

Problem statement

Individuals in the UW Adapted Fitness program may face challenges with grip strength that limit their ability to perform daily tasks and participate in exercise. A longtime client with reduced grip strength in one hand has worked consistently to improve function but still struggles with both everyday items and workout equipment. Current tools in the Conway Adapted Fitness space are not tailored to his needs, creating a gap in training effectiveness. This project aims to design a safe, affordable, and user-friendly mechanism to support targeted grip training, improve independence, and enhance the client's overall fitness experience.

Brief status update

This week, we finalized our design matrix and selected our final design concept. We also completed our preliminary presentation and prepared demonstration materials, including a prop hand and device, for our upcoming presentation this Friday. Additionally, we met with Simon to receive feedback on both our design and matrix, during which he shared the client's hand measurements collected by his group last year. We also met with Dr. Bartels to review our presentation, discuss our progress, and receive further guidance moving forward.

Major team goals for the next week

1. Begin prototyping and building fake fingers to be ready to test certain designs.

[illegible]

Background...	x	x	x	x											
Prototyping															
Testings															
Deliverables															
Progress Reports	x	x	x	x											
Prelim presentation				x	x										
Final Poster															
Meetings															
Client			x												
Advisor				x	x										
Website															
Update															

Filled boxes = projected timeline

X = task was worked on or completed