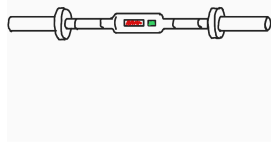
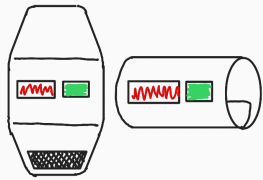
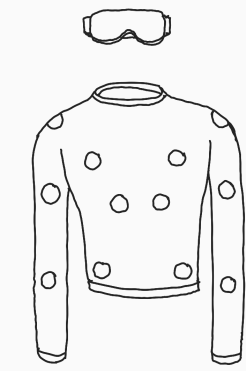



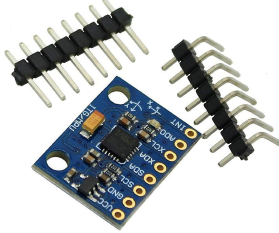
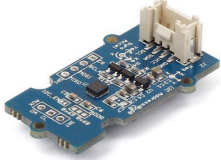
- **Title:** Preventing Weightlifting Injuries by Barbell Modifications, Weightlifting Injuries, BME301

- **Date:** 3/7/24-3/14/24

Last Name	First Name	Role	Email
Settell	Megan	Advisor	settell@wisc.edu
Gold	Robert	Client	bob.gld@gmail.com
BlomWillis	Nolan	Leader	blomwillis@wisc.edu
Kafar	Kaden	Communicator	kafar@wisc.edu
Parsons	Jacob	BSAC	jcparsons@wisc.edu
Waldenberger	James	BWIG	jwaldenberge@wisc.edu

- **Problem statement:** Over one million weightlifters each year experience weightlifting injuries that put them in the emergency room. Of these one million, 18-46% are reported to be caused by bench pressing a barbell. Our team's task is to create a marketable system that increases safety for lifting, specifically bench pressing.
- **Brief status update:** Peer evaluations are complete and the team is working on making a prototype in time for show and tell.
- **Difficulties / advice requests:** No difficulties or advice requests for this coming week
- **Current design:** We are thinking about going with a barbell attachment that will use radar to calculate the movement of the barbell during the lift.

Design	Full barbell		Barbell attachment		Full suit + VR	
						
Safety (25)	4/5	20	5/5	25	5/5	25
Ease of Use (20)	4/5	16	5/5	20	2/5	8
Uniqueness (20)	3/5	12	2/5	8	5/5	20
Marketability (20)	3/5	12	4/5	16	5/5	20
Cost (10)	3/5	6	5/5	10	1/5	2
Ease of Fabrication (5)	2/5	2	4/5	4	1/5	1
Overall Score:	68		83		76	

Technology	Radar/Lidar		Accelerometer		IMU	
						
Accuracy (25)	5/5	25	4/5	20	3/5	15
Reliability (25)	3/5	15	4/5	20	4/5	20
Marketability (20)	5/5	20	2/5	8	3/5	12
Cost (15)	2/5	6	4/5	12	3/5	9
Ease of Fabrication (10)	2/5	4	4/5	8	3/5	6

Safety (5)	5/5	5	5/5	5	5/5	5
Overall Score:	75		72		67	

- Materials and expenses:** a concise accounting of the amounts and types of expenses incurred on the project. Use the template provided here: <http://bmedesign.engr.wisc.edu/course/resources/#bpag>

Item	Description	Manufacturer	Mft Pt#	Vendor	Vendor Cat#	Date	QTY	Cost Each	Total	Link
<b>Ultrasonic Sensors</b>										
CUI Ultrasonic	Ultrasonic Sensor	CUI		CUI Devices		3/14	2	\$6.70	\$22.93	<a href="#">url</a>
Max Ultrasonic	Ultrasonic Sensor	Max Sonar		MaxBotix		3/14	2	\$29.95	\$68.95	<a href="#">url</a>
<b>Category 2</b>										
									\$0.00	
									\$0.00	
								<b>TOTAL</b>	<b>: \$91.88</b>	

- Major team goals for the next week:** Have a working prototype for show and tell, use feedback received and improve the design.
- Next week's individual goals:** A concise statement of intended action to continue progress on the project - be specific, i.e. what will you research.

Kaden: Work on fabrication of sensor units for show and tell.

Jacob: Assist in fabrication of show and tell device and code.

Nolan: Determine which receiver and velcro to purchase for design.

James: Create a UI design for the display, work on prototype for show and tell.

Project Goal	Deadline	Assigned	Progress	Completed
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Initial meeting with client	1/31	Team	100%	Y
Gather research/project information	2/2	Team	100%	Y
Product Design Specification (PDS)	2/8	Team	100%	Y
Design Matrix	2/15	Team	100%	Y
Preliminary Presentation PDF	2/26	Team	100%	Y
Preliminary Report	3/1	Team	100%	Y
Order/Gather Materials	3/20	Team		
Create prototypes, test	4/22	Team		
Final fabrication	4/22	Team		
Test and finalize final design	4/22	Team		
Poster Presentation PDF	4/22	Team		
Final Report	5/1	Team		
Final Notebook Team	5/1	Team		

- **Previous week's goals and accomplishments:**

Team: This past week the team researched different design components for purchasing list.

Kaden: Worked on fabrication protocol and got raspberry pi set up.

Jacob: Worked on fabrication protocol and looked into ultrasonic sensor to purchase.

Nolan: Spent the week researching receivers for display interface. Also researched velcro material to use for barbell attachment.

James: Worked on fabrication/testing protocol, looked into screens to use in project, and made a sketch of the design for use in said protocols.

**Activities:** a concise accounting of time spent working on the project.

	Kaden	Jacob	Nolan	James
Week 1	2.5hrs	2.5 hrs	3 hrs	2.5 hrs
Week 2	2 hrs	1.5 hrs	2 hrs	1.5 hrs

<b>Week 3</b>	1.5 hrs	1.5 hrs	1.5 hrs	1hr
<b>Week 4</b>	2.5 hrs	2 hrs	1.5 hrs	1hr
<b>Week 5</b>	2 hrs	1.5 hrs	1.5 hrs	1.5 hrs
<b>Week 6</b>	2.5 hrs	3 hrs	2 hrs	2.5 hrs
<b>Week 7</b>	1.5 hrs	1.5 hrs	1.5 hrs	1.5 hrs