# Windows Forms Application Documentation

App Name: “Gym & Fitness”

Version: 1.0.0.0

Developer: [AAMIR RAFIQUE]

Date: [3/12/2025]

Contact: [amirrafique6400@gmail.com]

Contents

[Windows Forms Application Documentation 1](#_Toc192684890)

[Introduction 3](#_Toc192684891)

[System Requirements 4](#_Toc192684892)

[Installation Guide 5](#_Toc192684893)

[Application Features 6](#_Toc192684894)

[User Guide 7](#_Toc192684895)

[Database Design 8](#_Toc192684896)

[Code Structure & Architecture 9](#_Toc192684897)

[Error Handling & Troubleshooting 10](#_Toc192684898)

[Future Enhancements 11](#_Toc192684899)

[Conclusion 12](#_Toc192684900)

# Introduction

Overview:

A desktop based windows form Fitness application built using C# programming language, under .NET framework environment.   
  
Purpose:  
The main purpose of the application is to provide its users a platform where he/she could easily maintain their fitness profile, get suggested diet/workout plans, calculate calories for each meal, track BMI, and water intake etc.

Scope:  
Desktop users to maintain a fitness profile, get suggested diet/workout plans, calculate calories for each meal, track BMI, and water intake etc.

# System Requirements

Hardware Requirements:

* A modern x86 or x64 processor.
* At least 2 GB Ram
* Disk space around 500 MB

Software Requirements:

* Windows 7, 8, 10, 11
* Minimum .NET Framework 4.7.2
* SQL Server express 2022 LocalDb

# Installation Guide

Steps to Install:  
1. Download and extract files.  
2. Run the setup (.exe).  
3. Install required dependencies.

Uninstallation Steps:  
1. Open Control Panel.  
2. Uninstall from 'Programs and Features'.

# Application Features

Describe the core features with brief explanations.  
  
- Dashboard: Overview of functionalities.  
- BMI Calculator: Calculates Body Mass Index.  
- Workout Plans: Provides exercise routines.  
- Diet Plans: Suggests meal plans.

# User Guide

Login/Signup (if applicable).  
Navigation Guide (Main Menu, Buttons, and Actions).  
Step-by-Step Usage of Key Features (With screenshots).

# Database Design

ER Diagram.  
Database Tables and Schema.  
Relationships between tables.

# Code Structure & Architecture

Project Folder Structure: Explain organization of code files.  
Main Classes and Their Responsibilities.  
Key Algorithms/Functions Used.

# Error Handling & Troubleshooting

Common Errors & Solutions.  
How to Report Issues.

# Future Enhancements

Planned improvements or new features.

# Conclusion

Summary of the documentation.  
Final notes or acknowledgments.