**GymFit Android Application**

The GymFit Android Application is a work-in-progress project that aims to provide a comprehensive suite of features to support and enhance the fitness journey of enthusiasts. This application is designed to cater to the diverse needs of its users, providing functionalities such as workout schedules, calorie deficit calculator, and access to fitness-related videos.

**Getting Started**

To get started with the GymFit application, you will need to download and install the APK file on your Android device. You can do this by cloning the GitHub repository and building the application from the source code provided.

**Prerequisites**

To build the application from the source code, you will need:

* Android Studio
* Android SDK
* Kotlin

**Installing**

To install the APK file on your Android device, follow these steps:

1. Download the APK file from the GitHub repository
2. Transfer the APK file to your Android device
3. On your Android device, navigate to the folder where the APK file is saved
4. Tap on the APK file to start the installation process
5. Follow the on-screen instructions to complete the installation

**Usage**

The GymFit application is designed to be intuitive and user-friendly, with various features to support your fitness journey. Some of the features of the application include:

* Workout schedules: You can create and manage your workout schedules, setting reminders to stay on track.
* Calorie deficit calculator: The application provides a calculator to help you determine your daily calorie intake requirements to achieve your fitness goals.
* Access to fitness-related videos: Although videos cannot be included in the app due to data protection laws, users can be directed to youtube links of exercises to help ease when in the gym.

**Contributing**

If you would like to contribute to the development of the GymFit Android Application, please fork the repository and submit a pull request with your changes.

**Authors**

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