



~ Fitness Flow ~

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Q: What does it do?

Ans. **Fitness Flow** is a Workout Tracker made for Fitness Geeks who want to Prioritize their Fitness, it can help people keep track of their everyday Fitness data. So, Fitness Flow comes in handy for those who need it.

Q: What are the features of it?

Ans. The features of Fitness Flow are **Logging Data, Setting Goals, Diet Planning, Prioritize Exercises, Fitness Challenge:**

- **Logging Data:** Helps Users to keep track of their Exercise data of How much they have completed and Users can check this data whenever they want.
- **Setting Goals:** With this feature, Users can set goals for their Exercises and Check them whenever they want.
- **Dieting Planning:** This feature allows users to set their Diet Plan for a Particular Exercise and Never Miss their Calorie Count.
- **Prioritize Exercises:** This feature helps users Prioritize their Exercises to improve their focus on a Particular Exercise.
- **Fitness Challenge:** The App Generates a Challenge that helps Users train more.

Q: How does it Work?

Ans. Fitness Flow is built for the users and is easy to use, it gives prompts and works with User convenience, only the user has to instruct the application what to do next.

First, it gives the User a list of what they want to do, the list is as follows:

1. **Track Workout**
2. **Prioritize Exercises**
3. **Fitness Challenge**

When the user presses the **Track Workout** option it gives the user another list of Preset Exercises and an option to add new exercises.

```
Running Program...
What would you like to do?
1. Track Workout
2. Prioritize Exercise
3. Fitness Challenge
Enter the number of what you want to do: █
```

Then the Users can press the desired Exercise, after which they can either Set or Check their goals for that exercise can Log Data or check their already achieved High Score or Set, Calculate, and Check their Diet Plan.

```
What would you like to do with Bench Press?
1. Log Data
2. Display Log Data
3. Display High Score
4. Set Goal
5. Display Goal
6. Set Diet
7. Check Diet
8. Display Diet
Enter Number what you want to do: █
```

```
Enter Number what you want to do: 1

Tell How Much Weight Have you Pulled for Bench Press (KGs): 20
Tell How Many Sets Have you Taken for Bench Press: 20

Bench Press:
Date: 24-08-2024 18:33
Weight: 20 KGs
Sets: 20

High Score:
High Score Weight: 20 KGs
High Score Sets: 20

Enter 1 to Continue
Enter 2 to Exit

Select a Number: █
```

If the users Push the **Prioritize Exercises** option, they are met with the Exercises list and can select which exercise they want to prioritize, whenever a user starts the application, he/she meets their last achieved log data, and their set goal. The application will remind them if the User didn't have Log Data for one day.

```
Priority Exercise: Bench Press

High Score Data:
Date: 29-08-2024 22:49
High Score Sets: 8
High Score Weight: 140

Diet Data:
Your Diet Plan for Bench Press is:

Total Calories: 60
Milk: 20
Butter: 40

Goal Data:
Date: 20-20-2000
Goal Weight: 20 KGs
Goal Sets: 20

Bench Press is set as Priority Exercise

Do you want to Exit or Continue?
1. Continue
2. Exit

Select a Number: |
```

If the User presses the **Fitness Challenge** option, it gives them the option to Generate a Challenge, Display the Challenge, and Push their Limit. When the User presses the Generate Exercise Option the application gives them a challenge of a particular exercise.

```
Fitness Challenge Details:
Challenge Exercise: Hammer Curl
Challenge Time: 09-09-2024 08:29
Weight: 73 KGs
Sets: 10
Challenge Status: Incomplete

Do you Want to Change the Challenge?
1. Yes
2. No
```

If the User presses Display the Challenge option it gives the User already set Challenge and the Challenge Status whether it has been completed or not. Users can complete this Challenge by commanding whether they have completed the challenge or not, when they come to Generate a new Challenge, the Application will automatically check the Log Data whether the User has completed the Exercise or not.

```
Date: 31-08-2024 08:36
Weight: 74 KGs
Sets: 11

High Score:
High Score Weight: 200 KGs
High Score Sets: 14

Congrats, on Completing the Challenge, Treat yourself with a Cheat Day.

Do you want more Challenges:
1. Yes
2. No

Enter the Number: |
```

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After completing each task, the application prompts whether they want to continue using it or exit.

```
Do you want to Exit or Continue?  
Enter 1 to Continue  
Enter 2 to Exit  
  
Select a Number: █
```

Logic:

The Application Logic works by preset functions, when a user presses the task, they want to do, that function runs up and runs by user instructions of predefined instructions. If the User presses the wrong option the application gives them an error of what they have done wrong.

```
Select an Exercise by Number: 8  
  
Invalid Choice.  
  
Do you want to Exit or Continue?  
Enter 1 to Continue  
Enter 2 to Exit  
  
Select a Number: █
```