**Q: What does it do?**

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

**Q: What are the features of it?**

**Ans.** The features of Our Program are **Logging Data, Setting Goals, Prioritize Exercises, Fitness Challenge:**

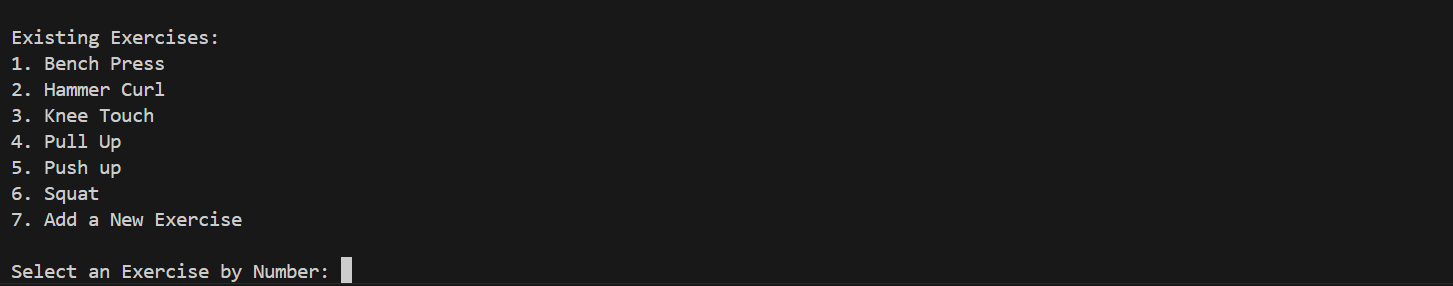
* **Logging Data:** Helps User to keep track of there Particular Exercise data of How Much they have completed and Users can check this data whenever they want.
* **Setting Goals:** With this feature Users can set goals for their Exercises
* **Prioritize Exercises:** This feature helps User to Prioritize their Exercises to improve their focus on Particular Exercise
* **Fitness Challenge:** The Program Generates a Challenge which helps Users to train more

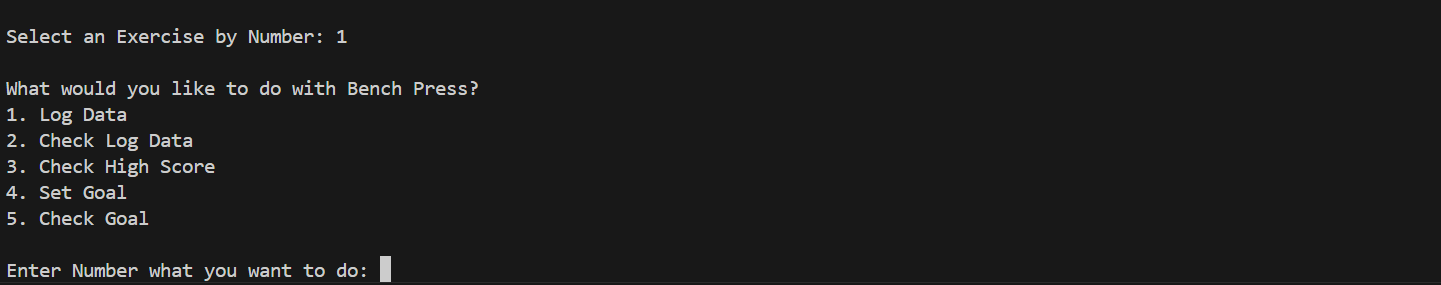
**Q: How it Works?**

**Ans.** Our program is built for the users and is easy to use, it gives prompts and works with User convenience, only the user has to give instruction to the program what to do next.

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

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

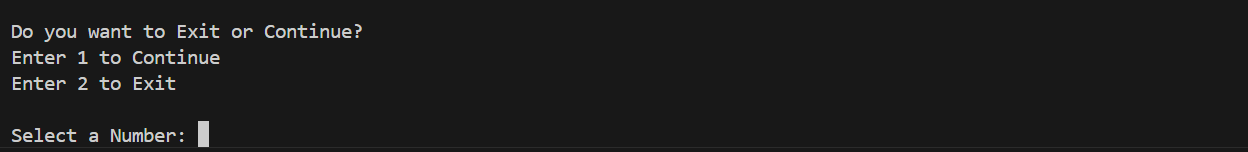
When the user presses the **Track Workout** option it gives the user another list of Preset Exercises and a option to add new exercise.

Then the user can press any exercise and can either Set or Check their goals for that exercise or can Log Data or check their already achieved High Score. 



If User Presses the **Prioritize Exercises** option, they are met with the Exercises list and can select which exercise they want to prioritize after that when ever user start the program, he/she met with their last achieved log data and there set goal

If the User presses the **Fitness Challenge** option, the program gives them a challenge of a particular exercise

After completing Each Tasks, the Program gives a prompt whether they want to continue using the program or they want to exit. ****

**Logic:**

The Program 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 wrong option the program gives them an error of what they have done wrong.



**Links:**

**Link to Burhan GitHub Repository:**

[**Github Repository**](https://github.com/Burhan-Ul-Haq/BanoQabil-3.0-Python-Course/tree/main/Final-Term%20Project)

**Link to Abdullah GitHub Repository:**

**YouTube Video:**