

Start Workout *(Page 2)*

Create New Workout *(Page 3)*

View Past Workouts *(Page 4)*

Welcome to CalvinFitness, an application designed to make tracking workouts a breeze! Select one of the three buttons below to get started!

\_\_\_\_\_\_\_\_\_\_\_\_ : TextView

\_\_\_\_\_\_\_\_\_\_\_\_ : EditText

Button Shape

Dropdown Menu ∇

CalvinFitness



Select Workout

Previously Saved Workout ∇

Quick Workout ∇

\_\_\_\_\_\_\_\_\_\_\_\_ : TextView

\_\_\_\_\_\_\_\_\_\_\_\_ : EditText

Button Shape

Dropdown Menu ∇

Select a workout from either of the two dropdown menus below:

Select *Previously Saved Workout* for a list of saved favorite workouts

Select *Quick Workout* for a list of premade workouts.

Create New Workout ?

Workout Name: \_\_\_\_\_\_\_\_\_\_ Date: \_\_\_\_\_

Exercise Reps Sets Weight

1. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_ \_\_\_\_ \_\_\_\_\_

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

2. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_ \_\_\_\_ \_\_\_\_\_

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

3. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_ \_\_\_\_ \_\_\_\_\_

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

4. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_ \_\_\_\_ \_\_\_\_\_

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

5. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_ \_\_\_\_ \_\_\_\_\_

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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Import Workout

Export Workout

Select Exercise ∇

Enter New Exercise

Save Workout

Need Help?

1. Enter Workout Name
2. Enter Date
3. Choose Exercises
   1. Select Exercise from dropdown menu
   2. Enter New Exercise
   3. Import Workout from button at bottom
4. Once complete:
   1. Save Workout to save what was accomplished
   2. Export Workout with button at bottom to a csv file

Do you want to save this workout?

Workout Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Save

\_\_\_\_\_\_\_\_\_\_\_\_ : TextView

\_\_\_\_\_\_\_\_\_\_\_\_ : EditText

Button Shape

Dropdown Menu ∇



Select a previously completed workout from the dropdown menu below to view (only) results.

View Past Workout Results ∇

Exercise Reps Sets Weight

1. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_ \_\_\_ \_\_\_

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

2. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_ \_\_\_ \_\_\_

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

3. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_ \_\_\_ \_\_\_

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

4. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_ \_\_\_ \_\_\_

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

5. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_ \_\_\_ \_\_\_

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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\_\_\_\_\_\_\_\_\_\_\_\_ : TextView

\_\_\_\_\_\_\_\_\_\_\_\_ : EditText

Button Shape

Dropdown Menu ∇

View Past Workout Results