CejFIT — Documentation

Progressive Overload Tracker App (Tkinter) — Documentation

Overview & How to Run

This document contains the CejFIT Tracker App documentation. It's a fitness application built for gym-goers and fitness enthusiasts. It uses Tkinter for the Graphical User Interface and other packages. It uses a local database SQLite for the database of the exercise list, set handling and progress history.

Prerequisites:

-Python 3.x

-tk (Tkinter) (usually included with Python)

How to run:

1.   Ensure Python 3.x is installed.

2.   Install any optional dependencies (tkcalendar if used).

3.   Run the script: python your_script.py

The following are the package used:

Package	Purpose
Sqlite3	Local database
tk	Main gui toolkit
ttk	Treeview, entry, buttons
messagebox	Popup alerts
simpledialog	Edit popup
datetime	Date handling
tkcalendar	Calendar widget