Workout Tracker

As a student there are so many assignments, tests, and exams. So, to take a break from studying, I want to track and schedule what exercise I want to do each day for each week.

For example:

On Monday, at 9:00 am, I run for 1 hour

On Tuesday, at 6:00 pm, I work on my lower body for 30 minutes

On Wednesday, at 6:00 pm, I work on my upper body and core for 30 minutes

On Thursday, at 6:00 pm, I work on my lower body for 30 minutes

On Friday, at 6:00 am, I swim for 1.5 hour

On Saturday, at 6:00 pm, I work on my upper body and core for 30 minutes

On Sunday, at 2:00 pm, I walk for 1 hour

Below is the example in chart:

A screenshot of a program

Description automatically generated

I can also add a workout, edit a workout, and delete a workout.