

# Project Proposal

I'm creating a fitness tracker program to help users keep track of their fitness journey. My program will be a Java-based console, where users can:

- Log workouts (like "Running" or "Weightlifting"), including how long they worked out and how many calories they burned.
- Record their weight and see how it changes over time.
- Set fitness goals, like hitting a target weight or exercising a certain number of hours each week.
- Show a summary of their progress, like total calories burned, weight trends, and how close they are to reaching their goals.
- It will show encouraging messages during their workouts to help keep them motivated.

My program will provide an easy and supportive way for the users to track their fitness. It will focus on functionality and user-friendliness while using core Java concepts to make it efficient and easy to use.