

The output of the code –

Step 1- First, enter the number of the exercise you want to log. Then, specify the type of exercise (e.g., running) and the duration (in minutes).

```
*IDLE Shell 3.13.2*
File Edit Shell Debug Options Window Help
Python 3.13.2 (tags/v3.13.2:4f8bb39, Feb  4 2025, 15:23:48) [MSC v.1942 64 bit (AMD64)] on win32
Type "help", "copyright", "credits" or "license()" for more information.
>>>
===== RESTART: C:\Users\Soumyashri\Downloads\personal tracker.py :
Enter your username: Soumyashri

--- Fitness Tracking System ---
1. Log Exercise
2. Set Goal
3. Track Progress
4. Exit
Enter your choice (1-4): 1
Enter exercise name: running
Enter duration (minutes): 60
Enter intensity (1-10): 9
Exercise logged successfully!

--- Fitness Tracking System ---
1. Log Exercise
2. Set Goal
3. Track Progress
4. Exit
Enter your choice (1-4): |
```

Step 2- After exercise logged successfully enter number 2nd for setting a goal (goal type, target value, etc.).

```
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>>>
===== RESTART: C:\Users\Soumyashri\Downloads\personal tracker.py
Enter your username: Soumyashri

--- Fitness Tracking System ---
1. Log Exercise
2. Set Goal
3. Track Progress
4. Exit
Enter your choice (1-4): 1
Enter exercise name: running
Enter duration (minutes): 60
Enter intensity (1-10): 9
Exercise logged successfully!

--- Fitness Tracking System ---
1. Log Exercise
2. Set Goal
3. Track Progress
4. Exit
Enter your choice (1-4): 2
Enter goal type (e.g., calories): calories
Enter target value: 2000
Goal set successfully!

--- Fitness Tracking System ---
1. Log Exercise
2. Set Goal
3. Track Progress
4. Exit
Enter your choice (1-4): |
```

Step 3- After setting goal successfully enter 3rd number in the fitness tracking system. This will allow you to track your progress toward the goal.

```
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Type "help", "copyright", "credits" or "license()" for more informatio
>>>
===== RESTART
Enter your username: Soumyashri

--- Fitness Tracking System ---
1. Log Exercise
2. Set Goal
3. Track Progress
4. Exit
Enter your choice (1-4): 1
Enter exercise name: running
Enter duration (minutes): 60
Enter intensity (1-10): 9
Exercise logged successfully!

--- Fitness Tracking System ---
1. Log Exercise
2. Set Goal
3. Track Progress
4. Exit
Enter your choice (1-4): 2
Enter goal type (e.g., calories): calories
Enter target value: 2000
Goal set successfully!

--- Fitness Tracking System ---
1. Log Exercise
2. Set Goal
3. Track Progress
4. Exit
Enter your choice (1-4): 3
Progress towards goal: 27.00%

--- Fitness Tracking System ---
1. Log Exercise
2. Set Goal
3. Track Progress
4. Exit
Enter your choice (1-4): |
```

Step 4- Once all settings are complete, if you want to log another entry, save the data and enter number 4 to exit the program. To start a new entry, simply repeat the procedure outlined above.

```
IDLE Shell 3.13.2
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Type "help", "copyright", "credits" or "license()" for more information.
>>>
===== RESTART: C:\Users\SOUMYASHRI\Downloads\personal tracker.py =====
Enter your username: Soumyashri

--- Fitness Tracking System ---
1. Log Exercise
2. Set Goal
3. Track Progress
4. Exit
Enter your choice (1-4): 1
Enter exercise name: running
Enter duration (minutes): 60
Enter intensity (1-10): 9
Exercise logged successfully!

--- Fitness Tracking System ---
1. Log Exercise
2. Set Goal
3. Track Progress
4. Exit
Enter your choice (1-4): 2
Enter goal type (e.g., calories): calories
Enter target value: 2000
Goal set successfully!

--- Fitness Tracking System ---
1. Log Exercise
2. Set Goal
3. Track Progress
4. Exit
Enter your choice (1-4): 3
Progress towards goal: 27.00%

--- Fitness Tracking System ---
1. Log Exercise
2. Set Goal
3. Track Progress
4. Exit
Enter your choice (1-4): 4
Exiting...
```