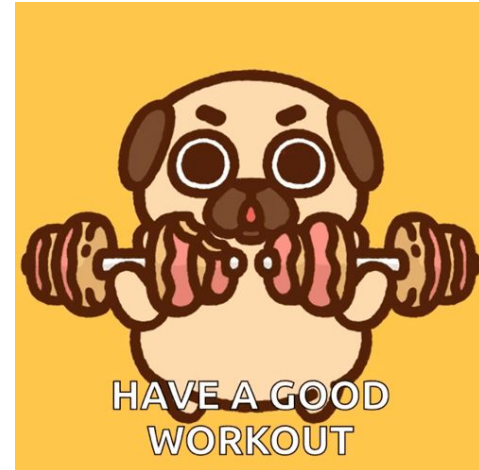


Workout Tracker Program

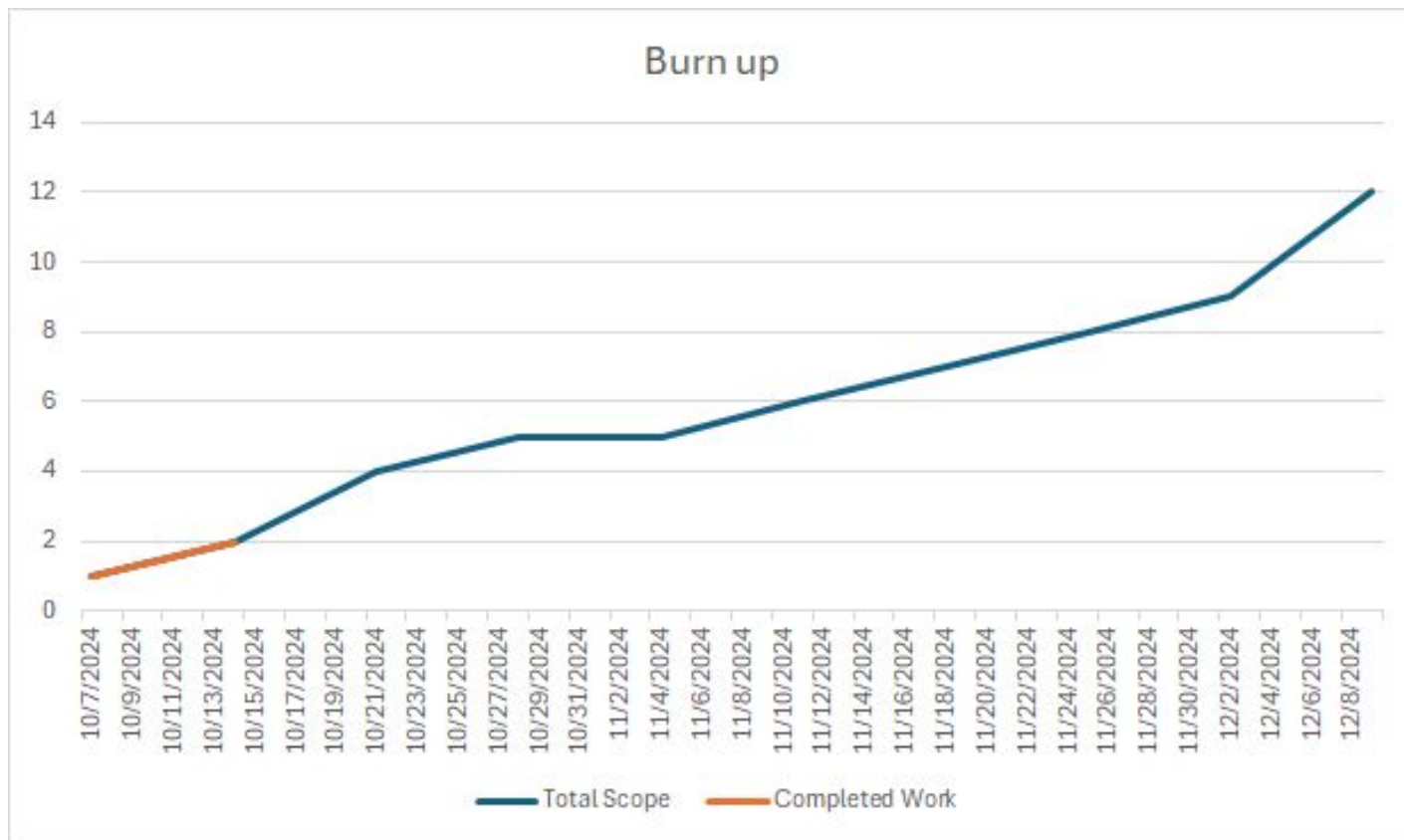
Chai Callow, Preston Thomas, Andrew Hills

Brief overview of project

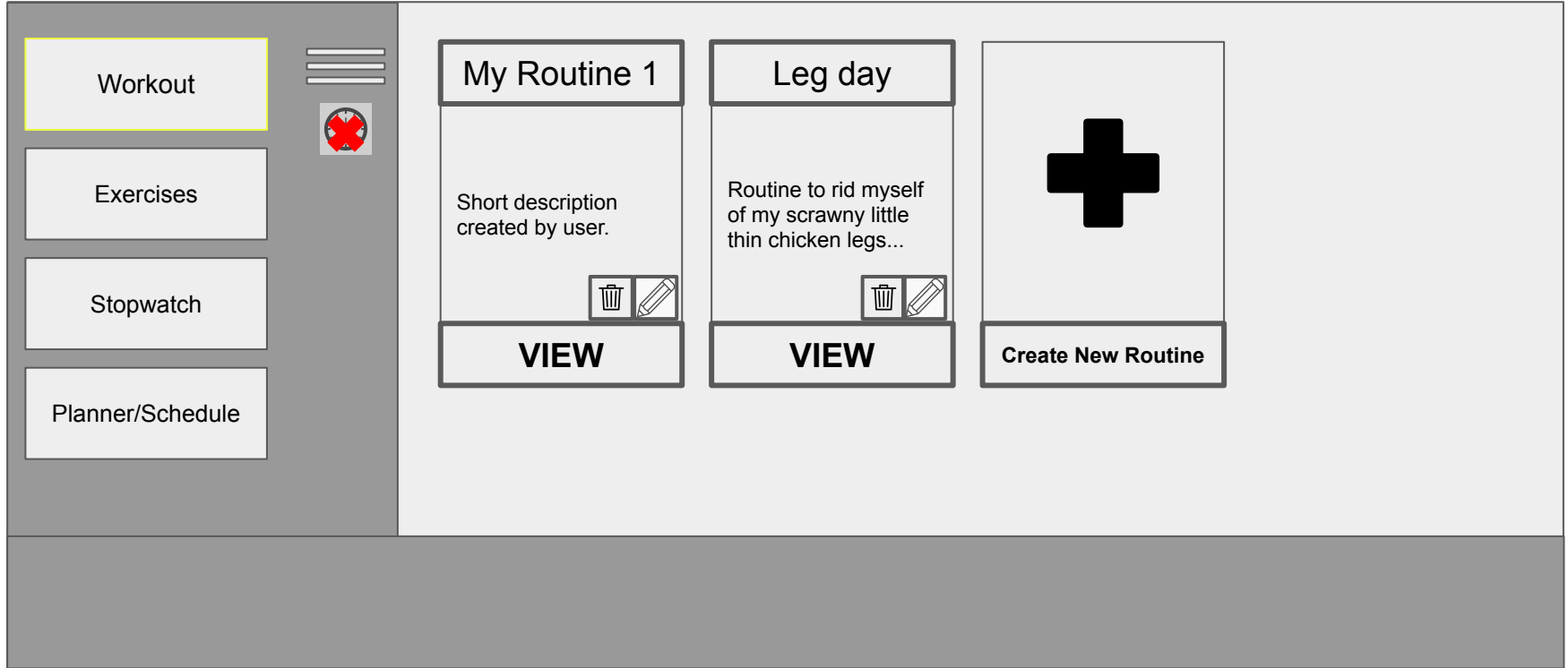
- Desktop program
- Written in Python
 - Uses tkinter for GUI
 - Compatible with MacOS and Windows
- Used to track workouts
 - Tracks exercises using a planner
 - Tracks sets and reps
 - Tracks time and intervals
 - Provides exercise tutorials/information page (videos, gif, etc.)





Timeline







Mock Demo - Menu




Workout Menu - **VIEW** demo



Leg Day



		SETS	REPS
DEADLIFT			10
LEG PRESS		4	10
LEG CURL		5	20




Enter 'SETS' amount for "DEADLIFT":

9000

Mock Demo - Exercises (selection)





BENCH PRESS


Equipment needed:

- Barbell, weight plates, flat bench

Muscle groups:

- Chest muscles
- Shoulder muscles

VIEW



CRUNCHES

Requires no equipment.

Muscle groups:

- Abdominal muscles

VIEW

DEADLIFT

Mock Demo - exercises (View)



Search

Leg da

Hide

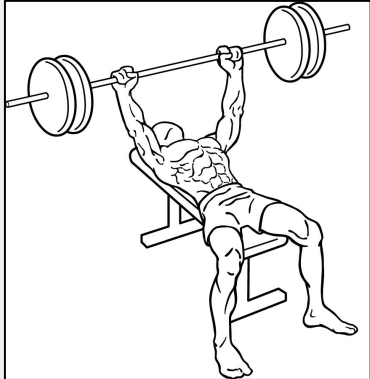
Contents:

- [Summary](#)
- [Equipment](#)
- ☒ [Movement](#)
- [How to](#)
- [Muscles](#)
- [Possible Injuries](#)

BENCH PRESS

Summary

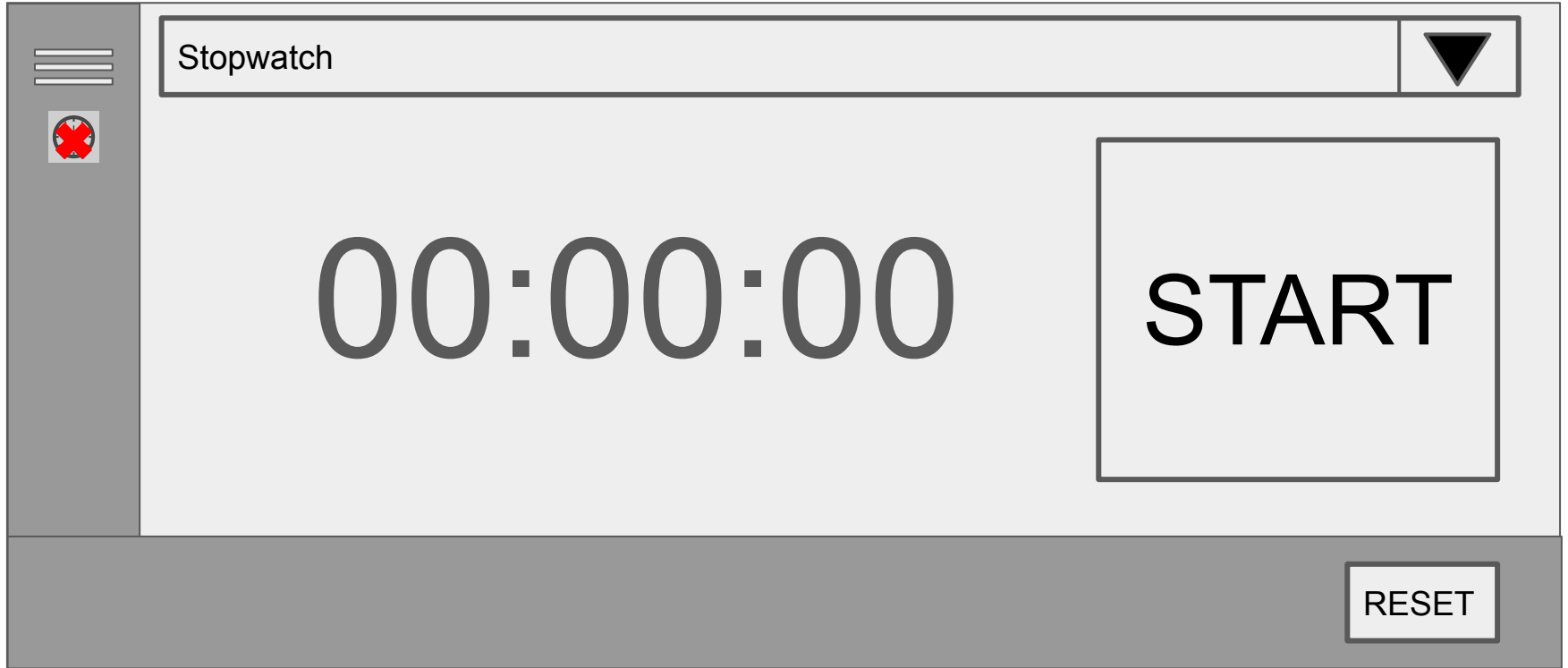
The bench press is an exercise that helps build strength and builds muscles around the upper chest area. It requires equipment to perform effectively. It may also require a spotter. Performing this exercise in a public area can show off your dominance and superiority.



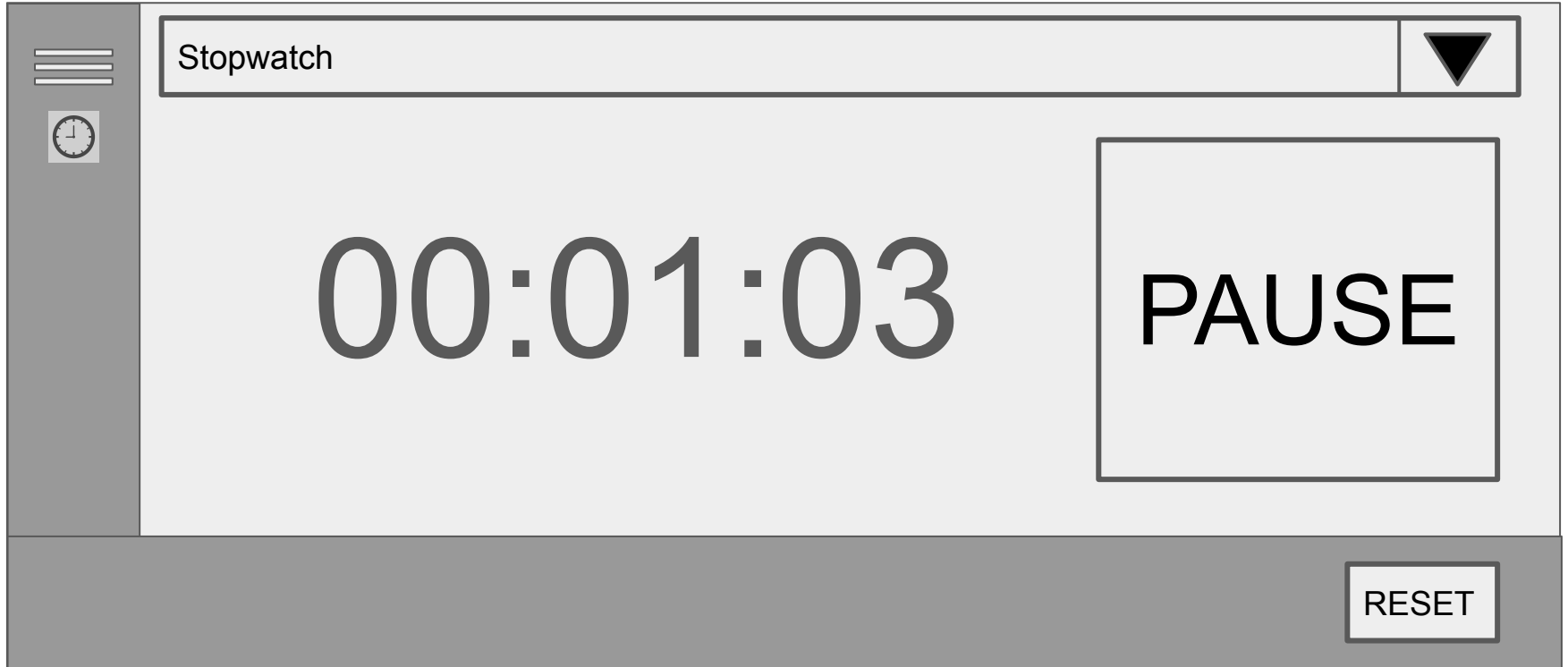
Epic swole pale man performs a bench press without breaking a sweat.



Mock demo - Stopwatch



Mock Demo - Stopwatch (unpaused)



Mock Demo - Interval

Interval Timer

Sets		
—	10	+
Work		
—	1:30	+
Rest		
—	0:30	+



START

RESET


Mock Demo - Interval (started timer)



Mock Demo - Schedule/planner





October






	1 Drink water - 1:00 P.M. Leg Day - 4:00 P.M.	2	3	4	5	6	7
8	9	10	11 Watch Sam Sulek - 2:00 P.M. Leg day - 4:00 P.M.	12	13	14	15
16	17	18	19	20 My Routine 1 - 2:00 P.M.	21	22	23

View "OCTOBER 10"

Mock Demo - Schedule (View mode)



October 10

Event		Time
Leg day		1:00 a.m.
		

Add custom event

Event name:

Time:

Add workout