Assume I have zero knowledge on Android app development, follow the scope below. Do not deviate from the tools and instructions unless specifically asked to.

# [Instructions Scope]

1. Follow the instructions here: https://github.com/KropSdnir/WorkoutLogs/blob/master/WorkingFiles/WorkoutLogs%20Instructions%20Scope.txt
2. When solving for errors or creating new codes, always refer to: <https://github.com/KropSdnir/WorkoutLogs/tree/master> and cross check the codebase to ensure integrity.
3. Provide step-by-step for beginner.
4. When a new file or folder need to be created, stay what type of file or folder, and where to create it. For examples:
   1. New Folder: Android Resource Directory, Sample Data Directory, or Package
   2. New Kotlin Class File:Class, File, Interface, Data class, Enum class, Annotation, Kotlin script, or Object
5. Responses: label each response with a numeral order and a timestamp. At the end of the responses, provide a list of files that are modified or created.
   1. All codes need to be in a downloadable file.
   2. If provide few lines of code, 1-5 lines, tell me exactly the line numbers to update or change.
   3. In the downloadable file: add comment to the top of each file: full path, updated timestamp, and scope.
      1. Example: // File Path: app/src/main/java/com/example/workoutlogs/ui/workout/CategoriesScreen.kt  
         // Timestamp: Updated on 2025-05-06 18:30:00  
         // Scope: Manages category list shared with ExerciseDetailScreen and other screens
6. When reference a file, provide full path.

# [App Build Scope]

1. App name: Workout Log
2. Purpose: to log weightlifting and cardio exercises
3. Use <https://developer.android.com/> as primary reference/documentation to use a latest development tools and practices. For example, for dependency injection, use Hilt.
4. Follow guidance for all recommendations in https://developer.android.com/design. For example, Architecture <https://developer.android.com/topic/architecture> and use Hilt, KSP and ViewModel (https://developer.android.com/topic/libraries/architecture/viewmodel).
   1. Remember to use the latest versions of tools: Kotlin, Kotlin DSL, Jetpack Compose, Material 3, Kotlin Symbol Processing (KSP), Android Studio Meerkat 2024.3.2 for instructions, JetBrains Runtime (JBR)
5. Database
   1. Auto-save all actions in app.
   2. Use SharedPreferences for simple data (e.g., a user’s name).
   3. Use best practices and recommendation as mentioned above.
6. Use Room (an Android library) for structured data like a list of tasks in a to-do app.
7. Use Model-View-ViewModel (for example: <https://www.geeksforgeeks.org/mvvm-model-view-viewmodel-architecture-pattern-in-android/>, but give your recommendation if you think you have better ideas in organization and structure).

You're still missing a lot of the instructions, A.4.1 and A.4.2 ask you to tell me what type of f folder I need to make. You didn’t tell me what type of folder is navigation, etc. Is HomeScreen.kt, "Class”,"File" or "interface"?. Please study the InstructionsScope thoroughly, either store it to your memory or re-access the file on GitHub and try again. It is very important that you follow every instruction in the InstructionsScope. I need it for my mental organization. Please confirm you understand the whole InstructionsScope, Section A and and B, and all the sub-items such as A4.1, A4.1. Most important is A.2, using KSP (you provided app gradle in Groovy), Hilt, etc, before restarting.

[App Scope]

**Common Across the App**

NavBar

All screens will have a NavBar with a Menu Button on the left. Except for “Home Screen” all other screens’ NavBar will have Menu, Home Button, [Title].

The right will be dynamic and specific to each screen.

Single tap Menu will have a Slide-out menu to show: Home, Workout, Exercises, Settings

**Calendar Database**

[SimpleCalendarView]: display one row date, if date = today, display “Today”, else show Full date: e.g. Friday, May 4, 2025

Single-tap expand full calendar [FullCalendarView] in block layout with Card size only big enough to show 1 month (8 rows total) and ensure Smooth Vertical scrolling to view other months.

**Exercises Data (to be implemented**

**Workout Database (to be implemented)**

Home Screen

Home Screen Navigation Bar (NavBar) at top.

Left side: Menu icon

Slide-out screen

Middle: screen title

Right side: Calendar icon

Hide/show calendar card below NavBar

Plus sign icon to the right:

Options:

Weight: go to Exercise Detail Screen

Cardio: go to Cardio Detail Screen (CDS)

Calendar Card: Show SimpleCalendarView

2 Tabs below [SimpleCalendarView]: “Statistics” and “History”

Statistics (to be implemented)

History: (to be implemented)