IMPORTANT NOTES TO AVOID CONFUSION

- When inputting a response, **don't type ' ' around the word**
  - **EXAMPLE**:
    - TYPE HERE: **'word'** ← WRONG FORMAT

    - TYPE HERE: **word** ← CORRECT FORMAT

- **DUPLICATE WORKOUTS** ARE **NORMAL**

- THE **DATA IS SAVED IN THE SAME DIRECTORY THAT THE PROGRAM IS IN**