WORKOUT TRACKER DESCRIPTION

Have you ever been frustrated with picking a muscle group to work out? Have you ever been even more frustrated with what equipment or what kind of weight you want to work that muscle group out with, nevertheless the exercises to perform? These decisions and choices can take a long time to try and figure out. It goes the same way for trying to remember what muscle group and equipment you used on a specific day if you're trying to keep a strict schedule. Well, frustrate no longer, for Workout Tracker is here! Workout Tracker is a program that does a lot of things, including solving the problems I listed above. Here's how it works:

When the user opens up the Workout Tracker, the first thing it does is explain to the user how to use it and get the user's name for a more "face to face" interaction. After that, Workout Tracker asks the user if they've used Workout Tracker before. If so, it gives the user the option to pull up previous workouts that the user performed. The user can either select the last workout session or pick a session by a specific date. If one of those are selected, it prints out the date the user worked out on, the user's name in case someone else used the program, the user's weight, muscle groups that were worked out, weight type, and the equipment that they used.

If the user hasn't used Workout Tracker before, it gets all of the users information of themself and the current date and day. The program picks out a muscle group to work out based on the day, but if it's not to the user's liking, the user can always change it. After selecting the muscle group, the user picks out if they want to lift heavy or light, what equipment they want to use, and the program even asks the user if they want to implement their own workouts.

Once all of the data is collected, the program prints out a list of workouts for the user to perform based on the information they input. The program saves the data from that session for the user to look back at their progress or just to see what muscle groups they've worked out for the week, or whatever the reason is they want to look back at the data. All the user has to do to see that data is open Workout Tracker again and when it asks the user if they've used it before, they type 'yes'.

There should be no confusion in using Workout Tracker because every line comes with detailed instructions on what to type.