T1A3 - Terminal Application

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Terminal Features and how it's used

```
1. Create a new workout
2. Execute an existing workout
3. Stats
4. Export stats to CSV
5. Delete a workout
6. Save and exit
Choose an option:
```

Creating Workouts

```
Choose an option:
1
Enter workout name:
Monday Workout
Enter exercise name:
Bench Press
Enter number of sets:
3
Enter number of reps:
10
Enter weight:
80
Enter rest time between sets in seconds:
30
Enter weight increase after successful completion:
5
Do you want to add more exercises to this workout? (yes/no):
yes
Enter exercise name:
Deadlift
Enter number of sets:
3
```

Executing Workouts

```
You failed the set. Would you like to decrease weight?
Press 1 for yes, 2 for no:
1
Enter decrease amount:
5
Weight has been decreased by 5.0. New weight is 20.0.
Set 3 of 3. 10 reps at 20.0KG. Type 'exit' at anytime to leave the workout.
Press 1 if completed, press 2 if failed:
```

Stats

```
Choose an option:
3
0. Back to main menu
1. Monday Workout
Enter the number of the workout to view its stats:
1
Exercise: Bench Press
Max Weight Lifted: 25.0KG
Date Max Weight Lifted: 10/07/2023
```
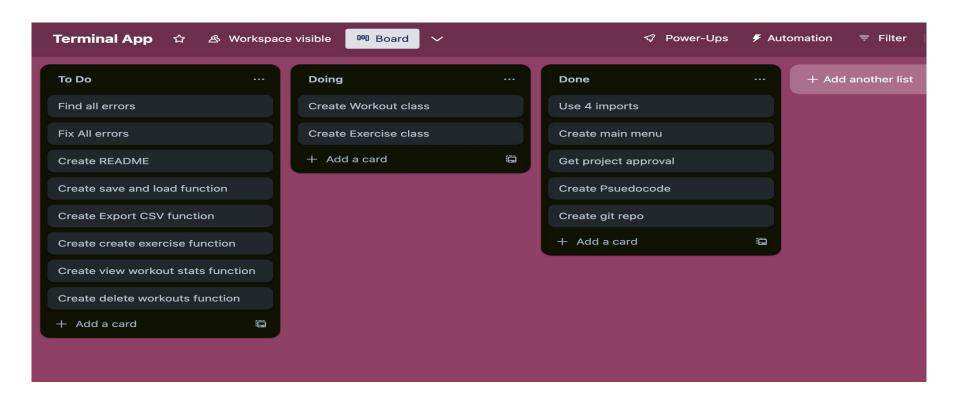
Deleting and saving workouts

```
1. Create a new workout
2. Execute an existing workout
3. Stats
4. Export stats to CSV
5. Delete a workout
6. Save and exit
Choose an option:
5
1. Monday Workout
0. Go back
Choose a workout to delete or 0 to go back:
```

Logic

```
main.py     classes.py     functions.py     +

1   from time import sleep
2   from datetime import date
3
4   class ExitWorkout(Exception):
5       pass
6
7   class Exercise:
8       def __init__(self, name, sets, reps, weight, rest_time, weight_
9           self.name = name
10          self.sets = sets
11          self.reps = reps
12          self.weight = weight
13          self.rest_time = rest_time
14          self.weight_increase = weight_increase
15          self.max_weight = weight
16          self.date_max_weight = date.today().strftime("%d/%m/%Y")
17
```

Build Process

To Do	Doing	Done
Find all errors	Create Workout class	Use 4 imports
Fix All errors	Create Exercise class	Create main menu
Create README	Add a card	Get project approval
Create save and load function		Create Psuedocode
Create Export CSV function		Create git repo
Create create exercise function		Add a card
Create view workout stats function		
Create delete workouts function		
Add a card		

Terminal App · Workspace visible · Board · Power-Ups · Automation · Filter · Add another list

Ethical Considerations

Challenges & Favorite Parts