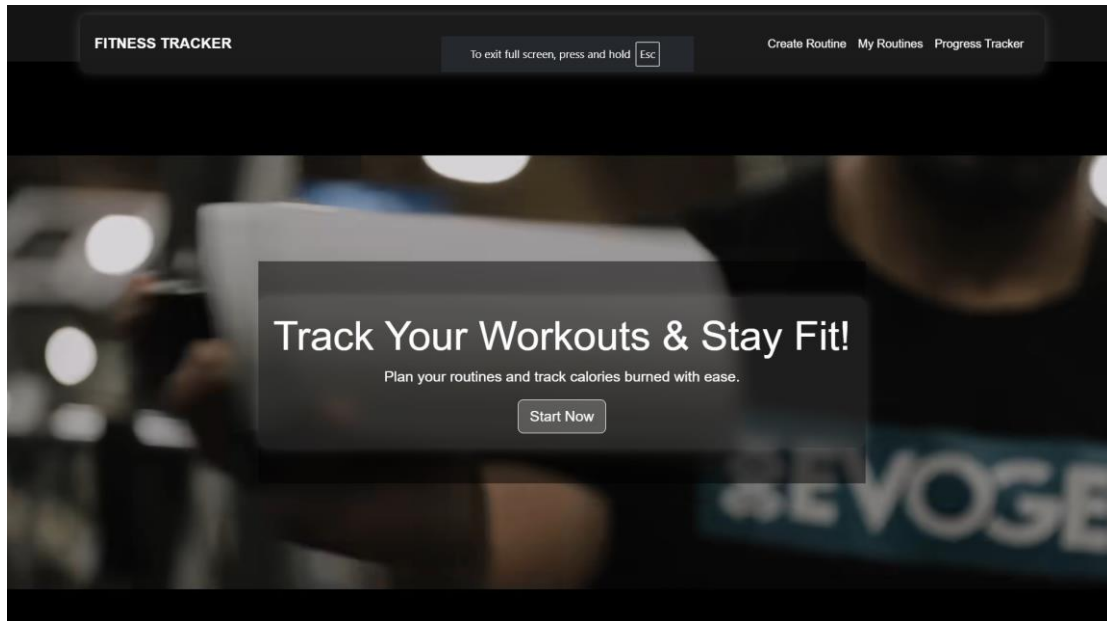# Fitness Routine Planner - Documentation

Home Page

The Home Page serves as the landing page of the Fitness Routine Planner website. It includes a welcoming background video, navigation options, and an overview of the platform's features.
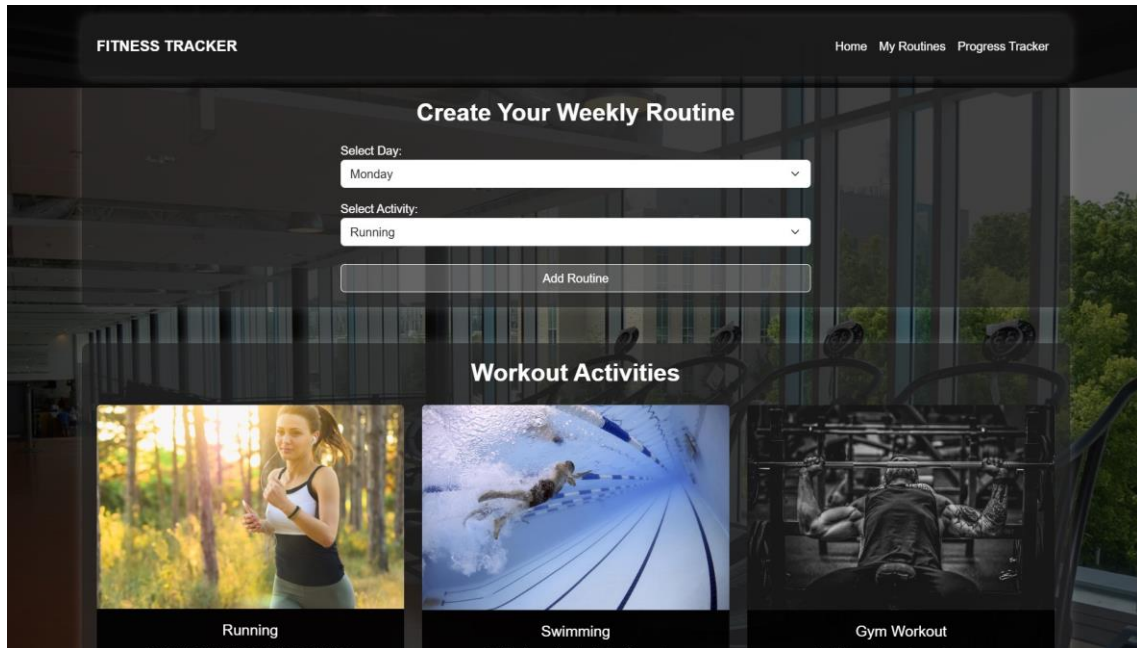

Creating Routine Page

This page allows users to create custom workout routines by selecting exercises, setting durations, and organizing them based on their fitness goals. It features drag-and-drop functionality for easy organization.

Key Features :

1. **Drag-and-Drop Functionality** – Users can effortlessly add, reorder, and remove exercises from their workout plan using an intuitive drag-and-drop interface.

2. **Exercise Customization** – Allows users to set repetitions, sets, and duration for each exercise, making routines more personalized.

3. **Real-Time Preview** – Provides an instant visual representation of the workout routine, updating dynamically as users make changes.

4. **Save & Edit Routine** – Enables users to save their created workout plans and modify them later for continuous improvement.

Fitness Routine Planner - Documentation

Routine Page

The Routine Page displays the user's saved workout plans. Users can view, edit, or delete routines and track their planned activities.

Key Features :

1. **View Saved Routines** – Users can access all their previously created workout plans in an organized list.

2. **Edit & Update Workouts** – Allows users to modify existing routines by adding, removing, or adjusting exercises.

3. **Progress Tracking Integration** – Connects with the progress tracker to help users monitor improvements over time.

4. **Routine Filtering & Search** – Users can quickly find specific workout routines using filters based on workout type, duration, or intensity.

Fitness Routine Planner - Documentation
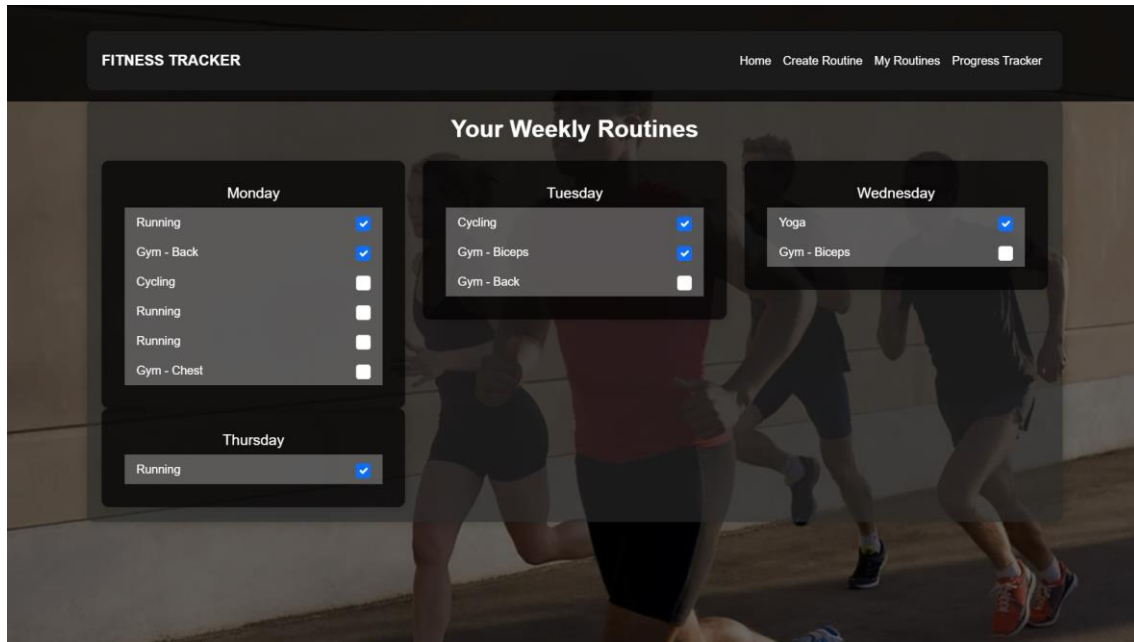
Progress Tracker Page

This page helps users monitor their fitness journey. It includes user data to calculate progress such as calories burned, time spent exercising, and other key metrics. The database will be shown as the user enters the input data for calculating.