Fitness Tracker App User Guide

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Introduction:

Welcome to the Fitness Tracker App User Guide. This guide will walk you through the various features and functionalities of the app to help you track your fitness goals and progress effectively.

Account Registration:

To get started with the Fitness Tracker App, follow these steps to register for an account:

* Navigate to the app's registration page via the “Register” button on the home page.
* Enter your email address and create a password.
* Click the "Register" button to create your account.
* Once registered, you can log in to access the app's features.

Logging In:

To log in to your account, follow these steps:

* Navigate to the app's home page.
* Enter your email address and password in the login section of the home page.
* Click the "Log In" button to access your account.
* You will be automatically sent to your workout list upon successfully logging in.

Recording Workouts:

To log your workouts, follow these steps:

* Click the "Create Workout" link on the navigation bar to go to the create workouts section.
* Enter details such as workout type, duration, and calories burned.
* Click the "Create" button to log your workout.

Viewing, updating, and deleting Workouts:

To view your workouts that you have created follow these steps:

* Navigate to the “Workouts List” section of the app.
* Created workouts will be shown in your workout list.
* To update your workout, click the update button, this will take you to the update screen and allow you to update your workout.
* To view updated workout, return to your workout list via the navigation bar link.
* To delete workouts from your workout list, click the delete button.

Setting Fitness Goals:

You can set specific fitness goals to track your progress. Follow these steps to set fitness goals:

* Navigate to the "Goals" section of the app.
* Enter the goal details such as name, description, target, and current level.
* Click the "Add Goal" button to create a new goal in your goals list where its status will be displayed.
* To update your goal, click the edit button, this will allow you to update your goal as you work towards your target, click save one update to goal is complete.
* Once target has been reached the status of your goal will be marked complete,