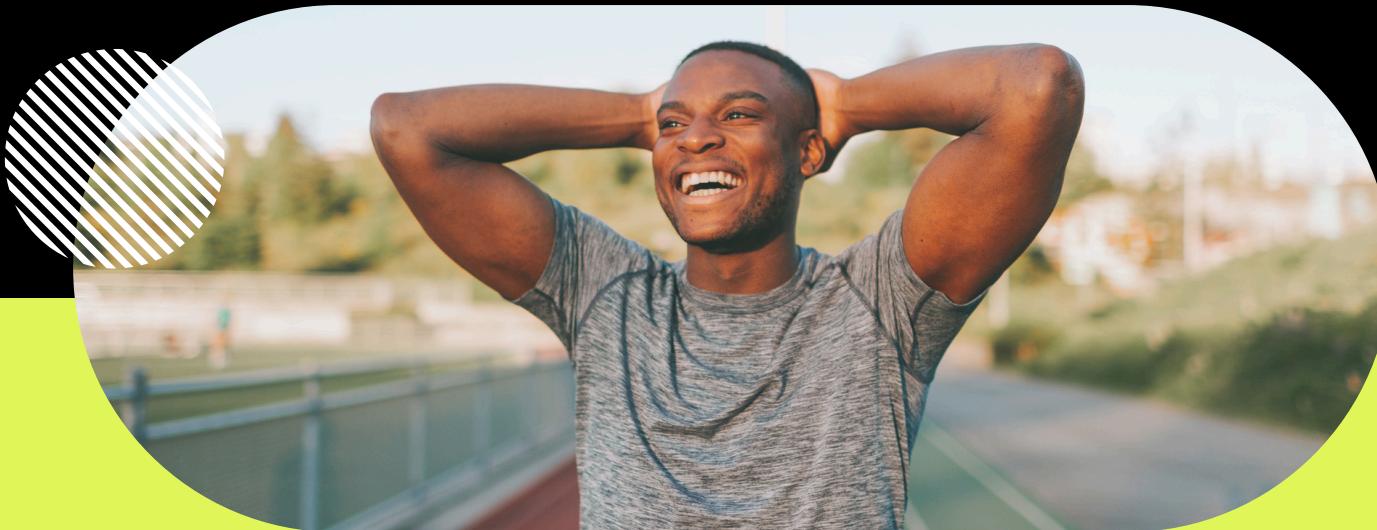


FITNESS TRACKER SYSTEM

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AIM OF THE PROJECT

The aim of this project is to create a simple fitness tracker system using Python that leverages object-oriented programming (OOP) principles. The system allows users to record their workouts, set fitness goals, and track progress towards these goals. The project demonstrates basic OOP concepts such as classes, methods, and encapsulation.

PROJECT DESCRIPTION

user class

workout class

workout logging

user interaction



FUNCTIONALITIES

CREATE A USER

Allows users to input their name and initialize a User object

Log Workouts

Users can log workout sessions with details such as type, duration, and calories burned.

SET FITNESS GOAL

Users can set goals for metrics like calories burned.

Track Progress

Users can view their progress towards their set goals based on their logged workouts.



- **Classes:**
- **User Class:**
 - Attributes: name, workouts (list of workout dictionaries), goals (dictionary of fitness goals).
- **Workout Class:**
 - Attributes: workout_type, duration, calories_burned.
- **Utility Function:**
- `get_int_input(prompt)`: Prompts the user for an integer input and handles invalid inputs gracefully.
- **Main Function:**
- User Creation: Prompts for user name and creates a User instance.
- Goal Setting: Allows the user to set a calorie burn goal.
- Workout Logging: Collects workout details and adds them to the user's workout list.
- Display Information: Shows the user's information and progress towards fitness goals.

CODE IMPLEMENTATION



CONCLUSION

This fitness tracker system provides a basic yet functional approach to tracking workouts and fitness goals using OOP principles in Python. It allows users to log their workouts, set goals, and monitor their progress in a user-friendly manner. With basic error handling, the system ensures robust user interactions. This project can be extended with additional features such as different types of goals, more detailed workout metrics, and integration with data persistence solutions for a more comprehensive fitness tracking experience.



THANK YOU