|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Data Item** | **Data Type** | **Bytes Required** | **Description** | **Example** |
| logbookButton | Element | - | Button element for navigating to the logbook page. | <button id="logbookButton">Logbook</button> |
| routineButton | Element | - | Button element for navigating to the routine page. | <button id="routineButton">Routine</button> |
| exerciseLibraryButton | Element | - | Button element for navigating to the exercise library page. | <button id="exerciseLibraryButton">Exercise Library</button> |
| inputFields | Element | - | Input fields container element. | <div class="input-fields"></div> |
| storedData | Array | Variable | Stores logbook or routine data retrieved from localStorage or initialized as an empty array. | [ {...}, {...}, ...] |
| workoutName | String | Variable | Represents the name of a workout entered by the user. | "Bench Press" |
| sets | Number | 8 bytes | Represents the number of sets for a workout entered by the user. | 3 |
| reps | Number | 8 bytes | Represents the number of reps for a workout entered by the user. | 10 |
| weight | Number | 8 bytes | Represents the weight lifted for a workout entered by the user. | 50.5 |
| date | String | Variable | Represents the date of a workout entered by the user. | "2024-02-29" |
| ele | Element | - | Element to display stored data entries. | <div id="ele"></div> |
| goBack | Function | - | Function to navigate back in the browser history. | window.history.back() |
| toggleInputFields() | Function | - | Function to toggle the display of input fields. | - |
| removeEntry(index) | Function | - | Function to remove an entry from stored data. | - |
| saveData() | Function | - | Function to save entered data to localStorage. | - |