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| **Data Item** | **Data Type** | **Bytes Required** | **Description** | **Example** |
| timerInterval | Number | 8 bytes | Stores the interval ID for the timer. | 1234 |
| originalTime | Number | 8 bytes | Initial time value for the timer. | 10 |
| timeLeft | Number | 8 bytes | Current time left on the timer. | 5 |
| timerStarted | Boolean | 1 byte | Flag to track if the timer is running. | true |
| timerExpired | Boolean | 1 byte | Flag to track if the timer has expired. | false |
| storedData | Array | Variable | Stores routine data retrieved from localStorage or initialized as an empty array. | [ {...}, {...}, ...] |
| day | String | Variable | Represents the selected day for a workout. | "Monday" |
| typeOfWorkout | String | Variable | Represents the type of workout entered by the user. | "Cardio" |
| workouts | Array | Variable | Stores the list of workouts entered by the user. | ["Push-ups", "Sit-ups", ...] |
| storedData | Array | Variable | Stores logbook data retrieved from localStorage or initialized as an empty array. | [ {...}, {...}, ...] |
| workoutName | String | Variable | Represents the name of the 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 the workout entered by the user. | "2024-02-29" |