THE PAIN OF DISCIPLINE SCHEDULE

Problem Statement

- Imagine this, you’re a busy man/woman, and it's been a long time since your last gym session so your body is really out of shape today. To end this cycle of misery, you decided to track the activities you have finished and those you still need to work on. However, due to stressful work requirements, you often forget to complete the activity or recall the remaining tasks.

Objectives

- Our project aims to create a system that is able to track all the activities you need to complete throughout the week and monitor your overall progress. Each task will have an associated variable or status indicator that updates once you finish that specific activity. By marking a task as completed, the program can accurately keep a record of what has been done and what is still pending. Once you have completed everything, the system will congratulate you, then reset all activities as unfinished to start the new week. Overall, we designed our project to support better organization, consistent productivity, and a structured approach to weekly task management.

Proposed Features

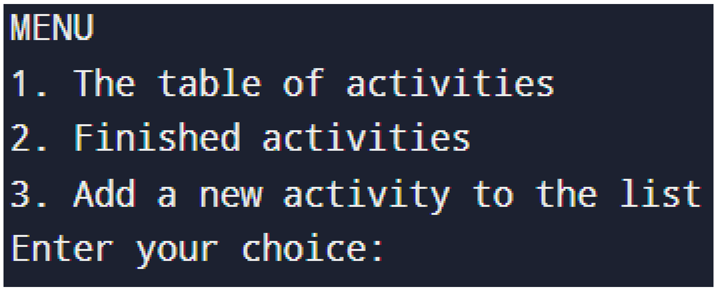
- Save activities given by the User to a database for further use.
- Present the given activities from the database to the User any time in the week and change, reschedule, remove, or finish the activity/activities if the User wants.
- Tell the User of activities missed or needed to be finished.
- Show a comprehensive table to the User showing what happened to an activity on each day at the end of the week.
- Reset the list of activities and redo for the next week and more.

Planned Inputs and Outputs (with pictures)

- Planned activities for the days of the week
  Example:
  (Input activities for the week every Sunday)
  Output: “List down all your activities for the week from Sunday to Saturday.”
  Output: “Input your activities for Sunday.”
  Input: Sunday activities
  Output: “Input your activities for Monday.”
  Input: Monday activities
  Output: “Input your activities for Tuesday.”
  Input: Tuesday activities
  (So on until Sat)

- Show the menu
  (After giving information, knowing the code knows the day)
  A menu would be displayed like this
  1. The table of activities
  2. Finished activities
  3. Add a new workout to the list
     Pick your choice:

  Picture:



```
MENU
1. The table of activities
2. Finished activities
3. Add a new activity to the list
Enter your choice:
```

- If the user chose 1:
  Activities will be shown inside a table with the corresponding day of the week
  Layout of the table:

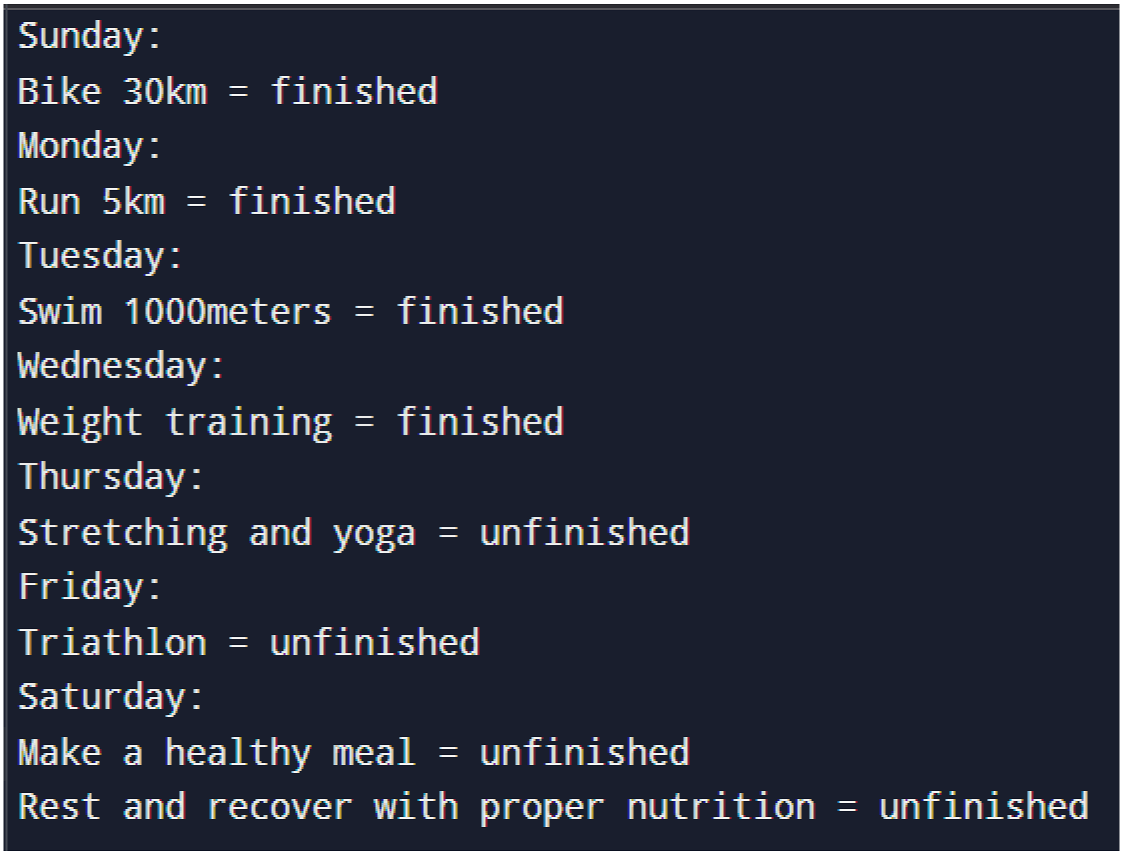
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Bike - 30km	Run - 5km	Swim - 1000 meters	Weight training	Stretching and yoga	Triathlon	Rest and recover with proper nutrition

- Elif, the user chose 2:

  A list of activities will be shown

  Layout: Activity 1 : Finished
  Activity 2 : Unfinished

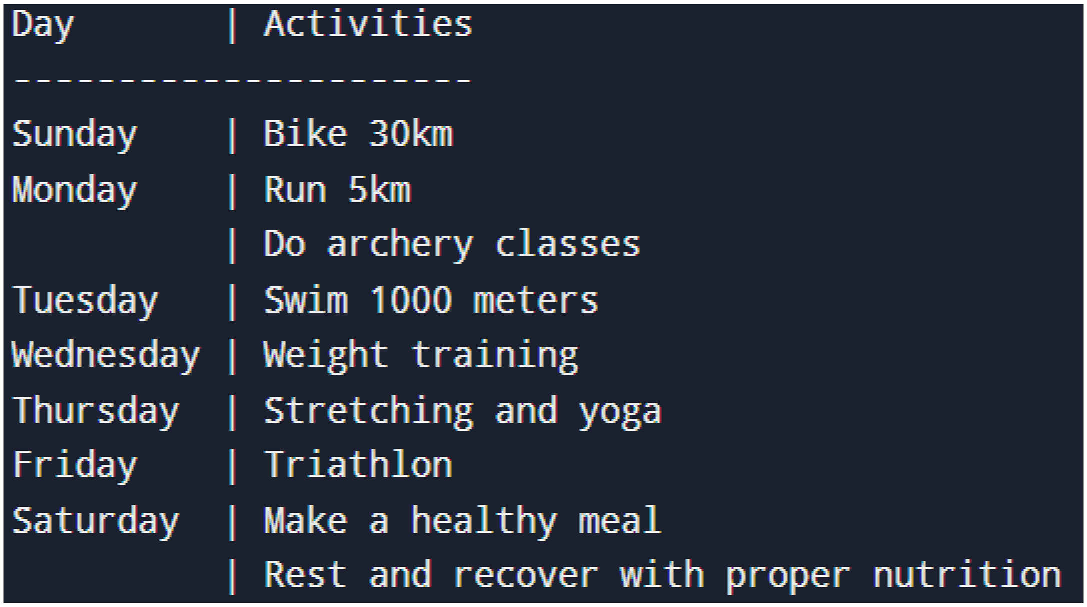
  Picture layout:



```
Sunday:
Bike 30km = finished
Monday:
Run 5km = finished
Tuesday:
Swim 1000meters = finished
Wednesday:
Weight training = finished
Thursday:
Stretching and yoga = unfinished
Friday:
Triathlon = unfinished
Saturday:
Make a healthy meal = unfinished
Rest and recover with proper nutrition = unfinished
```

- Elif, the user chose 3:
  Output: “What day would you like to input your activity?”
  Input: Day of the week
  Output: “What activity will you add on {Day of the week}?”

Output: An updated schedule of all the previous activities and the newly added ones.
Picture Layout:



```
Day       | Activities
----------------------
Sunday    | Bike 30km
Monday    | Run 5km
          | Do archery classes
Tuesday   | Swim 1000 meters
Wednesday | Weight training
Thursday  | Stretching and yoga
Friday    | Triathlon
Saturday  | Make a healthy meal
          | Rest and recover with proper nutrition
```

PSEUDOCODE:

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IMPORT date from datetime

current_date = current date
weekend = upcoming Saturday

Load activities and dates from storage

WHILE True:
   display options:
  1. View activities
  2. Finish an activity
  3. Add a new activity

choice = get input
IF choice == "1":
      for each day from current_date to week_end:
         show activities for that day
      CONTINUE
```

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IF choice == "2":
    name = get activity name
    planned_date = get the date of the activity

    IF current_date < planned_date:
        ask "would you like to do it early?"
        IF yes: move the task to current_date

IF choice == "3":
    activity = get name
    activity_date = get date
    save new activity and date
    CONTINUE

ELSE:
        BREAK
```