Introduction

Welcome to the Fitness and Health Tracker, a graphical user interface (GUI) application designed to help you log your daily activities, record nutrition data, and set personal fitness goals.

System Requirements

* Operating System: Works on Windows, macOS, or Linux systems.
* Python Version: Python 3.7 or later.
* Required Packages:
  + Tkinter: Comes pre-installed with most Python distributions.
  + PIL (Pillow): For image handling. Install using pip install Pillow.
  + SQLite3: Integrated with Python for database management.

Installation Instructions

1. Download the Application Files:  
   Make sure you have the provided MartinezAdamFinalProject.py file and accompanying image

Main Window Overview

When you launch the application, the main window opens with three tabs at the top:

1. Activity Tracking
2. Nutrition Logging
3. Goal Setting

Features and Instructions

1. Activity Tracking Tab

* Fields:
  + Activity Name: Enter the name of the activity
  + Duration (min): Enter the duration in whole minutes
  + Intensity: Select from “Low”, “Medium”, or “High” intensity levels.
* Logging an Activity:
  + Fill in all fields.
  + Click Log Activity.
  + If the data is valid, you will see a success message and the activity will appear in the list below.

Nutrition Logging Tab

* Fields:
  + Food Item: Enter the name of the food or meal.
  + Calories: Enter total calorie count
  + Carbs (g): Optional. Enter carbohydrate grams as a number.
  + Protein (g): Optional. Enter protein grams as a number.
  + Fats (g): Optional. Enter fat grams as a number.

Goal Setting Tab

* Fields:
  + Weekly Exercise Goal (hours): Enter your weekly target
  + Daily Calorie Limit: Enter your daily calorie cap