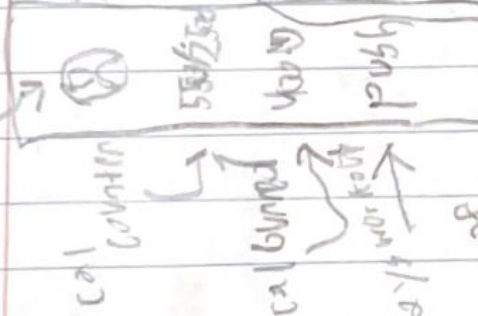


app picture

submodules



breif explanation

Activity
diet
Articles

open main of application

allows you to change up schedules

ID	Activity
1	your current split: <input type="text"/>
2	amount of day's working hours

show up daily workout at the gym

ID	your daily calories
1	change your goal
2	daily protein goal
3	daily carb goal

gain weight
lose weight
lose weight rapidly

Article
Title: <input type="text"/>
tags

will be about applying the things at the gym