Clancy Crawford Final Project EGR115

Fitness App: The Fitness Progress Tracker App helps users monitor and analyze their fitness journey, tracking workout sessions, diet plans, and body measurements, and goals. It enables users to view their progress, set goals, and receive insights on their performance.

- **Sorting**: Sort workouts records by date (chronological or reverse chronological), exercise (cardio, strength training, fexibility, etc), and calories (highest to lowest burned to view the most efficient workouts).

- **Filtering**: Filter workout data by exercise (cardio, strength, etc), date range, calorie range.

- **Viewing**: View detailed stats for a selected date and time, including exercises performed, reps, weights, distance covered, calories burned, and meals eaten.

- **Searching**: Search workouts via name, calorie burned, duration, date/time.

- **Add/Remove**: Add or delete workout records, body measurements (weight, different body measurements, etc) meals to count calories, and create custom exercise categories.