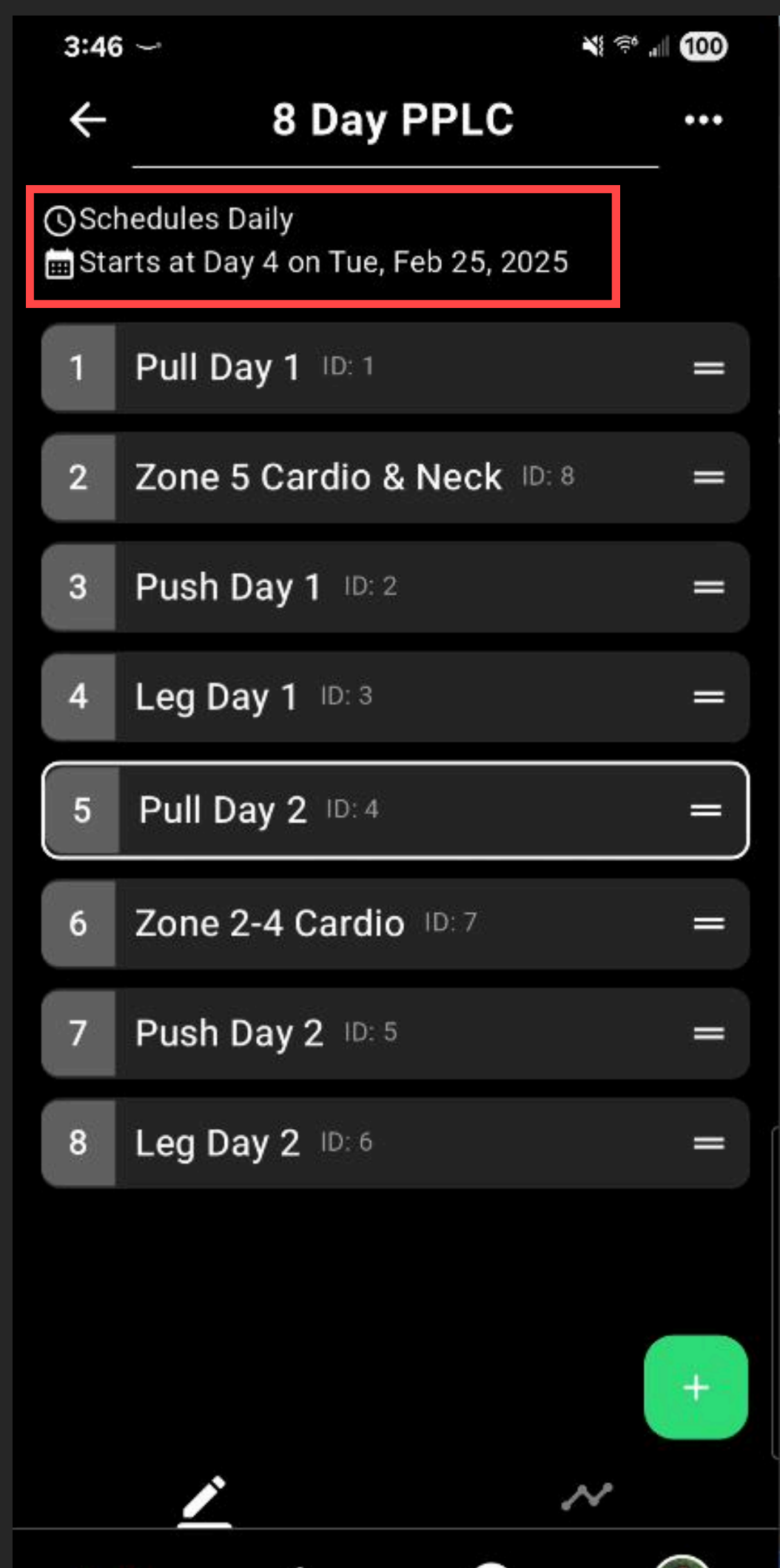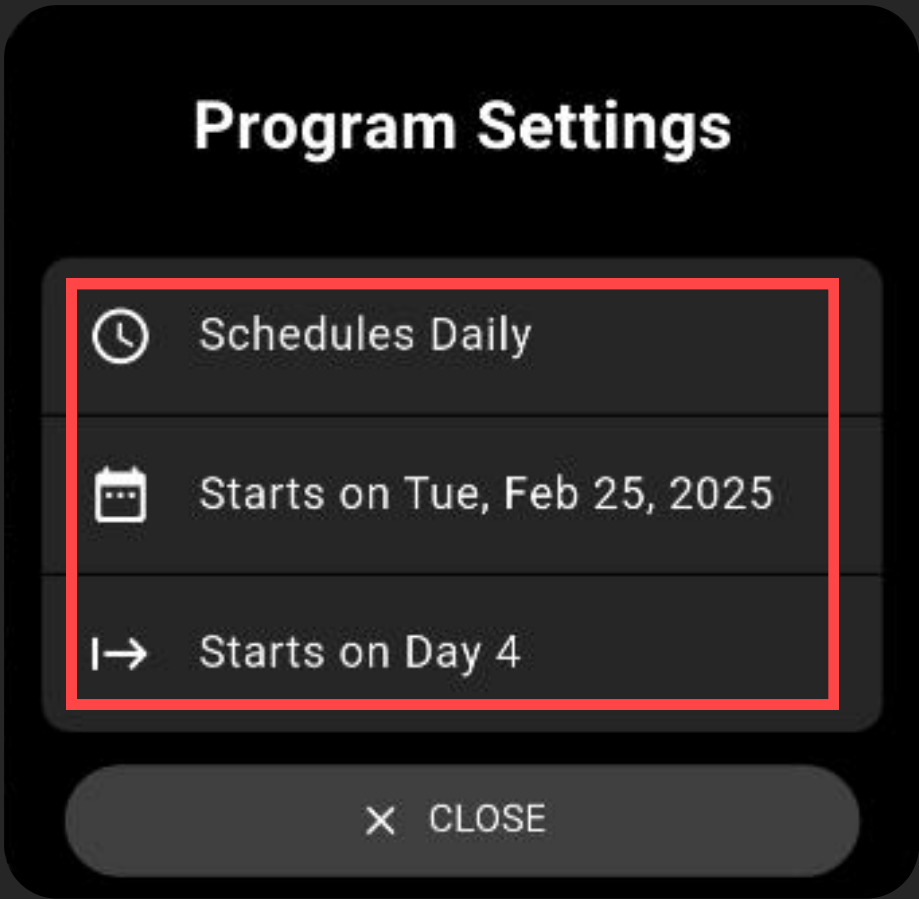# Program Scheduling and Notifications

Daily - Schedules are given a start day and date. Loops scheduling after last day. Best for programs that repeat more than 7 days.
Weekly - Schedules workouts by day of the week.