Mod Project

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I’m very big into working out and something that I have always been looking for is an application to log my lifts in. Most of the time, you’ll find companies that will put out an app that will do what I’m looking for but it’s full of advertisements and extra “bulk” that I don’t need when I just want to log the weight and sets of the lift that I’m doing. Something simple and easy to use.

The main function of the application will be logging the name of the lift and how many sets I did at the weight. It’ll be able to hold the date of the workout. All the lifts for that day will be logged as the workout for that day. Opening up the application, it’ll ask for a current entry or a new entry. Once you get past that first screen, if the user chooses a new entry, it’ll open up with a new lift entry for the new workout entry. If a current entry was selected, then it’ll show all the lifts for that entry and give options to add a new lift or edit a previous lift.