The Workout Tracker is a simple tool that lets users keep track of their exercise routines by entering information like their name, weight, type of exercise, number of reps, calories burned, and rest time. It's a manual way for users to log their workouts and see how they're progressing over time. My idea is to help users stay motivated and accountable on their fitness journey by providing an easy-to-use platform to record their exercises and track their achievements.