# W05 Project Idea by Demetrio Aris

## Description of Project

I would like to create a app for workout exercice, with tabatas, maybe that has exemple of rutine for begginer, and can have a control of day, like a calendar how many time for exmple in minute or hours I workedout, if I will make simple, I will focus in the calendar of excercice, and just the control of time I workout.

## Addressing Project Requirements

I found some similar apps that I could use to reference and apply the fetch, for example a series of rutines of exercice some APIs, I going to use some function and objeto to create the tabata and the calendar for the control of the rutine.