**Requirements Document**

**Date:** 11/23/19

**Date Submitted:**

**Application Title:** Fitness Tracker App

**Purpose:** The Windows form application determines the total number of hours someone has exercised during their life time.

**Program Procedures:** From a window on the screen, the user enters their first name, birth date, and todays date.

**Algorithms, Processing, Conditions:**

1. User enters in First name in text field
2. User enters in month, day, and year of birth separated by /
3. User enters in today’s month, day, and year separated by /
4. User clicks calculate
5. Program calculates exercise hours
6. Program displays exercise hours
7. User can click clear or exit

**Notes and Restrictions:** This assumes the exercise has averaged 2.5 hours per week, it also assumes 365 days in a year and 30 days in every month

**Comments:**