**Workout Logger Application**

**Final JavaFX Project  
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**1. Application Overview**

The Workout Logger is a JavaFX-based desktop application that allows users to log daily workouts, including exercise type, name, sets, reps, duration, weight, and notes. Users can view their progress and clear logs. The app features a clean UI and color-coded buttons and saves entries for weekly summary analysis.

**2. UML Class Diagram**

Below is a simplified UML diagram for the main classes in the Workout Logger application:

+--------------------+  
| Workout |  
+--------------------+  
| - type: String |  
| - name: String |  
| - duration: int |  
| - sets: int |  
| - reps: int |  
| - weight: double |  
| - notes: String |  
| - date: LocalDate |  
+--------------------+  
| +toString(): String|  
+--------------------+  
  
 uses  
 |  
 v

+-----------------------------+  
| WorkoutLog |  
+-----------------------------+  
| - workouts: List<Workout> |  
+-----------------------------+  
| +addWorkout(w): void |  
| +getWeeklySummary(): String|  
+-----------------------------+  
  
 used by  
 |  
 v  
  
+----------------------------+  
| WorkoutLoggerApp |  
+----------------------------+  
| - log: WorkoutLog |  
+----------------------------+  
| +start(Stage): void |  
+----------------------------+

**3. Screenshots**

**Main GUI**

A screenshot of a computer

AI-generated content may be incorrect.

**Log Workout**

A screenshot of a computer

AI-generated content may be incorrect.

**Successful Logged Workout**

A screenshot of a computer

AI-generated content may be incorrect.

**View Progress**

A screenshot of a computer

AI-generated content may be incorrect.

**Clear Output**

A screenshot of a computer

AI-generated content may be incorrect.

**4. Features Summary**

- JavaFX GUI with styled layout  
- Log and track workouts by type, reps, sets, duration, and weight  
- View weekly progress summary  
- Colored buttons for key actions (green, orange, red)  
- Clean layout with CSS styling and hover effects  
- Error handling and input validation

**5. Technologies Used**

- Java 17  
- JavaFX SDK  
- IntelliJ IDEA  
- GitHub  
- CSS for styling