NutriSync

User Manual

Your Personal Gym Tracking Companion

Contents

1   Introduction

NutriSync is a personal fitness tracking application designed to help you stay motivated and consistent in your gym journey. With features like workout logging, streak tracking, and progress visualization, NutriSync makes it easy to monitor your fitness development and celebrate your achievements.

1.1   System Requirements

- Python 3.7 or higher

- SQLite database (included)

- Minimum 2GB RAM

- 100MB free disk space

2   Getting Started

2.1   Installation

1. Ensure Python 3.7+ is installed on your system

2. Download the NutriSync application package

3. Extract the files to your preferred location

4. Open a terminal/command prompt in the extracted folder

5. Run: `pip install -r requirements.txt`

6. Launch the application: `python main.py`

2.2   Creating an Account

1. Launch NutriSync

2. On the login screen, click "Sign up"

3. Enter your email address

4. Create a password (8+ characters recommended)

5. Confirm your password

6. Click "Sign Up"

> **Tip**
>
> Choose a secure password that you don't use for other accounts.

2.3   Logging In

1. Launch NutriSync

2. Enter your registered email

3. Enter your password

4. Click "Login"

3   Dashboard

The Dashboard is your home screen, providing a quick overview of your fitness journey.

> **Key Dashboard Elements:**
>
> - Weekly Progress - Shows progress toward your weekly workout goal
>
> - Current Streak - Displays consecutive days you've logged workouts
>
> - Total Visits - Shows your lifetime gym check-ins
>
> - Recent Workouts - Lists your latest workout sessions
>
> - Recent Achievements - Displays your latest earned badges
>
> - Today's Motivation - Shows a daily motivational quote

4   Logging Workouts

4.1   Logging a New Workout

1. From the Dashboard, click "Log Workout"

2. Set the workout date using the calendar icon

3. Select a workout type (Strength, Cardio, Flexibility, HIIT, Other)

4. Enter the duration in minutes

5. Add exercises using the form below

4.2   Adding Exercises

1. Select an exercise from the dropdown

2. For custom exercises, select "Other" and enter the name

3. Enter the number of sets

4. Enter the number of reps

5. Enter the weight (in lbs) if applicable

6. Click "Add Exercise"

7. Repeat for additional exercises

4.3   Completing Your Workout Log

1. Add any notes about your workout (optional)

2. Review your exercise list

3. Click "Save Workout"

> **Tip**
>
> Log your workouts immediately after your gym session to maintain an accurate streak.

5   Viewing Workout History

1. Click on "Workout History" in the navigation menu

2. Browse through your past workouts chronologically

3. Each workout card shows:

   - Date
   - Type
   - Duration
   - Exercises (with sets, reps, and weights)
   - Notes

6   Tracking Progress

6.1   Progress Tracking Page

1. Click on "Progress Tracking" in the navigation menu

2. Select a date range (Week, Month, Year) from the dropdown

3. View your workout statistics:

   - Total workouts
   - Average workouts per week
   - Most active day

4. Explore exercise progress cards showing:

   - Current weight
   - Personal best

- Progress (with color-coded indicators)

> **Tip**
>
> Focus on gradual improvements rather than dramatic changes. Consistent progress is the key to long-term fitness success.

7 Achievement System

NutriSync automatically awards achievements as you reach fitness milestones.

7.1 Achievement Categories

- **Workout Count:** Earned by reaching total workout milestones
- **Streak Achievements:** Earned by maintaining workout consistency
- **Exercise Variety:** Earned by trying different exercises
- **Weekly Consistency:** Earned by completing multiple workouts in a week
- **Workout Duration:** Earned by completing extended workout sessions

7.2 Viewing Achievements

Your most recent achievements appear on the Dashboard. All achievements are displayed in your user profile.

8 Profile Management

1. Click on "Profile" in the navigation menu
2. View and edit your personal information:
   - Name
   - Email
3. Click "Save Changes" to update your profile

9 Tips for Success

- **Consistency over intensity:** Regular workouts, even shorter ones, are better for building habits
- **Log immediately:** Record your workouts right after completing them
- **Set achievable goals:** Start with reasonable targets and increase gradually
- **Monitor trends:** Use the Progress Tracking page to identify patterns
- **Celebrate achievements:** Pay attention to the badges you earn for motivation

10   Troubleshooting

Common Issues and Solutions:

Issue	Solution
Application won't start	Ensure Python is installed and all requirements are met
Can't log in	Verify your email and password are correct
Workout not saving	Check that all required fields are completed
Streak not updating	Ensure the workout date is within 24 hours of your last workout
Data not appearing	Restart the application to refresh the connection

Thank you for using NutriSync!
Your journey to a healthier lifestyle
starts with tracking your progress.