**Fitness Tracker Pro User Manual**

Welcome to Fitness Tracker Pro, a powerful application that helps you track your fitness activities, set exercise reminders, and even manage alarms. This user manual will guide you through the various features and functionalities of the app.

**1. Registration and Login**

When you launch the app, you'll be presented with the login/register window. If you're a new user, click the "Register" button and fill in the required details (Name, Age, Gender, Username, and Password). Make sure to provide valid information, and your password should be at least 8 characters long.

**Note:** Keep your username and password secure, as they are essential for accessing your account.

If you're an existing user, enter your username and password and click the "Login" button to access your account.

**2. Main Dashboard**

After successful login, you'll see the main dashboard with three sections:

**a. Fitness Tracking:** In this section, you can record your fitness activities. Choose the type of activity from the drop-down menu (e.g., Workout, Run, Cycling, or Swimming). Enter the duration of the activity in minutes and the distance covered in miles. Click the "Save" button to record your fitness entry.

**b. Set Alarm:** Here, you can set a custom alarm to remind yourself of important tasks or activities. Enter the desired time in minutes and seconds and click the "Start Alarm" button. The app will notify you when the time is up.

**c. Exercise Reminder:** The exercise reminder is automatically set to 8:00 AM daily. Whenever it's time to exercise, the app will show a reminder message, "It's time to exercise!"

**3. Settings**

To access the settings, click on the "Settings" menu in the top navigation bar and select "Open Settings." The settings window allows you to customize the following options:

**a. Activity Type:** Choose your default activity type from the drop-down menu. This setting will be used when recording fitness entries.

**b. Duration Units:** Select your preferred duration units (Minutes or Hours) for fitness activities.

**c. Distance Units:** Choose your preferred distance units (Miles or Kilometers) for fitness activities.

**4. Logging Out**

To log out from your account, simply close the application by clicking the "X" button in the top right corner of the window. Your session will automatically end, and you'll be prompted to log in the next time you open the app.

**5. Saving Fitness Entries**

Ensure to provide accurate information while recording fitness entries. The app will validate the input, and you will receive a confirmation message after saving each entry.

**6. Managing Alarms**

Set custom alarms to remind yourself of specific tasks or activities. The app will display a notification when the alarm time is up. You can start a new alarm or change the existing one at any time.

**7. Exercise Reminder**

The app will automatically set a daily exercise reminder at 8:00 AM. Ensure your device has proper notifications enabled to receive the exercise reminder message.