**Requirements Document**

**Date: 2/6/2022**

**Application Title:**

Fitness Tracker App

**Purpose:**

This program will take birthdates and current date to provide average hours worked out in a lifetime.

**Program Procedure:**

From the main screen the user enters their name, birthdate and the current date and selects calculate. The program will then calculate aver hours worked out in a lifetime and output that with the users name**.**

**Algorithms, Processing, and Conditions:**

1. The user enters their name
2. The user enters the month day and year for both dates for processing
3. After information is input the user clicks the Calculate button.
4. The program processes the dates based on working out an average of 2.5 hours a week for a lifetime.
5. The result as well as the users name are displayed for the user to see

**Notes and Restrictions:**

1. The user can press enter to submit as well as click Calculate
2. The user can press ESC key to clear as well as clicking the clear button
3. Exit should end the application

**Comments:**