**[Title Here]**

**Introduction**

[Intro Here]

**Motivation**

[Motivation Here]

**Project Summary**

With the rising trends of people changing their diets and exercise routines by purchasing gym memberships to get in better shape and improve personal health. Technology has become a major asset to a person's workout routine, whether it be for music or to keep track of workout routines or both. The goal of this project is to create a mobile app on Android that is simple to use and user friendly, that a user can setup workout routines and keep track of them.

**Project Details**

[Project Details]

**Conclusion**

[Conclusion Here]

**References**