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Software Carpentry
Final Project Proposal

Project Title: *Get In-Saiyan-ly Fit*! A Fitness Tracking GUI Application

Project Description: ***Get In-Saiyan-ly Fit!*** will be a GUI application that allows users to store and organize their favorite recipes, track their workouts, and keep a record of their daily food intake using a fun Dragon Ball Z aesthetic. Using the Tkinter library, this project will have an intuitive user interface that allows users to easily add, edit, and delete recipes, workouts, and food entries from a daily log and track their progress using data visualization.

Features:

- Recipe Manager: The recipe manager feature will allow users to add, edit, and delete recipes. Users will be able to search for recipes based on various criteria such as ingredients, cuisine origin, and dietary restrictions. The application will also allow users to save their favorite recipes.
- Workout Tracker: The workout tracker feature will allow users to log their workouts and track their progress over time. Users will be able to add exercises and track sets, reps, and weights lifted. The application will also allow users to create workout plans and view their progress visually.
- Daily Food Diary Tracker: The daily food diary tracker feature will allow users to keep track of their food intake on a daily basis. Users will be able to add meals, snacks, and drinks from their recipes and track calories, macronutrients, and other nutritional information. The application will also provide users with recommendations for healthy meals and snacks based on their nutritional goals.

Functionality:

- User Login: The application will require users to create an account and log in to access their recipes, workout data, and food diary entries.
- Recipe Manager: The recipe manager will allow users to add recipes, including ingredients and instructions. Users will also be able to edit and delete recipes as well as search for recipes by keywords and categories. The application will also generate shopping lists for selected recipes.
- Workout Tracker: The workout tracker will allow users to create workout plans and log exercises, sets, reps, and weights lifted. The application will also allow users to view their progress towards their fitness goals over time.
- Daily Food Diary Tracker: The daily food diary tracker will allow users to add meals, snacks, and drinks, and track calories, macronutrients, and other nutritional information. The application will also provide users with recommendations for healthy meals and snacks based on their nutritional goals.
- Data Visualization: The application will generate charts to show users their progress towards their fitness goals, including weight lifted and sets completed for specific exercises, as well as their daily food intake and nutritional information.