### **User Scenario**

John is a young professional who works long hours in an office. Lately, he has noticed that he has neglected his health and fitness due to stress and lack of time. He wants to start exercising regularly to improve his physical condition and lose some weight. However, he finds it difficult to stay motivated and stick to a consistent training plan due to his busy schedule. He is looking for an application that helps him calculate the calories burned during his physical activities and keeps a record of his progress to stay motivated and committed to his fitness goals.

**User Story:**

As a user, I want to be able to calculate the calories burned during my physical activities to have a better understanding of my energy expenditure and adjust my training plan as needed. Additionally, I want to maintain a history of my activities and progress so that I can track my evolution over time and stay motivated to reach my fitness goals.