**1. GUI Application**

**Workout Planner**

**2. Purpose of the Application**

The purpose of the Workout Planner is to help users organize and track their workout routines. The application will allow users to create, modify, and log their exercises for different days of the week. It will help users stay consistent with their fitness goals by providing an easy-to-use interface for workout planning.

**3. Reason for Creating the Application**

* Many people struggle with staying consistent in their workouts due to lack of structure.
* Existing workout tracking apps can be complicated or require subscriptions.
* A simple, user-friendly planner will help users stay accountable for their fitness routines.
* The application will provide an easy way to organize exercises by day and category (e.g., cardio, strength training, flexibility).

**4. Goals for the Application**

* Allow users to **create** custom workout routines.
* Provide an option to **select pre-defined workouts** for different fitness goals (e.g., weight loss, muscle gain, endurance).
* Enable users to **log completed workouts** and track progress over time.
* Include a **calendar feature** for scheduling workout sessions.
* Display an overview of upcoming workouts and completed sessions.
* Integrate basic **statistics** to show workout consistency.

**5. Target Audience**

The Workout Planner is designed for:

* **Fitness Enthusiasts**: People who want a structured way to track their workouts.
* **Beginners**: Users who need guidance in planning their fitness journey.
* **Athletes**: Those who need to organize and track their training sessions.
* **People with Busy Schedules**: Users who want to pre-plan workouts to fit into their daily routine.
* **All Age Groups**: The application will have a simple UI to be accessible to a wide range of users.

**Outline of the Workout Planner GUI Application**

1. **Main Window**
   * Welcome message
   * Buttons to navigate to workout plans, logs, and settings
2. **Workout Creation Window**
   * Input fields for workout name, type (e.g., cardio, strength, flexibility)
   * Dropdown menus for difficulty level and duration
   * Save and edit workout options
3. **Workout Schedule Window**
   * Weekly planner layout to assign workouts to specific days
   * Drag-and-drop functionality for organizing routines
4. **Workout Log Window**
   * List of completed workouts with date and duration
   * Option to add notes on performance
   * Statistics view for tracking progress
5. **Settings Window**
   * User preferences (e.g., theme, notification settings)
   * Reset or export workout data