**1. Introduction**

The Workout Planner application is a GUI-based tool that helps users manage their workout plans and logs efficiently. This document provides instructions on how to use the application, test its functionality, and details the validation processes implemented.

**2. Features Overview**

The application includes the following features:

* Add a new workout plan
* View saved workout plans
* Log a completed workout
* View workout logs
* Settings window for future updates

**3. User manual**

1. **Launch the Application**: Run the Python script to open the Workout Planner GUI.
2. **Add a Workout Plan**: Click on **"Add Workout Plan"** and enter your plan in the dialog box.
3. **View Workout Plans**: Click **"View Workout Plans"** to see a list of all saved workout plans.
4. **Log a Workout**: Click **"Log Workout"** to enter details about a completed workout.
5. **View Workout Logs**: Click **"View Workout Logs"** to review your past workout logs.
6. **Settings**: The **"Settings"** button opens a placeholder window for future updates.

**4. Validation Testing**

To ensure the application functions correctly, the following validation tests were performed:

* Input validation to prevent empty workout plans or logs.
* Proper storage and retrieval of data from the JSON file.
* GUI elements responding correctly to user inputs.
* Application does not crash when no prior data is available.

**5. Documentation of Source Code**

The Workout Planner application is built using **Tkinter** for the GUI and **JSON** for data storage. Below is a breakdown of key sections in the code:

1. **Data Handling**
   * The script reads/writes workout plans and logs from a JSON file.
   * If the file does not exist, it is created automatically.
2. **GUI Components**
   * Tkinter buttons and labels are used for user interaction.
   * The main window contains buttons for adding, viewing, and logging workouts.
3. **Functionality**
   * Functions handle adding, viewing, and logging workouts.
   * The application provides user feedback through pop-up dialogs.

**6. GitHub Repository Link**

The source code is also available in a GitHub repository.

**GitHub Repository:** <https://github.com/nagromgninworb/Workout-Planner/blob/main/Workout-Planner.py>