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Workout Tracker App

Internal Logical File (ILF): User-identifiable group of related data maintained within the application.

- User Data [user_id, user_name, past_workouts]

External Interface File (EIF): User-identifiable group of related data referenced by the application but maintained within another application.

- Exercises (Fetched by API)

External Input (EI): Unique elementary process that processes data coming from outside the application boundary.

- Add new user to database

External Output (EO): Unique elementary process that sends data outside the application boundary.

Calculations, derivation of data, or maintenance also takes place

- List workouts on with specific parameters:
 - Muscle group
 - Type
 - date/time

External Inquiry (EQ): Unique elementary process that sends data outside the application boundary.

Calculations, derivation of data, or maintenance do not take place.

- List previous workouts

Information Domain Value	Count	Simple Weight	Average Weight	Complex Weight	Total Weight
ILF	1	3	4	6	3
EIF	1	4	5	7	5
EI	1	3	4	6	4
EO	1	7	10	15	10
EQ	1	5	7	10	7
	5				29

1. **ILF (User Data):**

- Weighted as **Simple (3)** because it consists of a small number of data elements (user_id, user_name, past_workouts) with minimal complexity.

2. **EIF (Exercises):**

- Weighted as **Average (5)** because it fetches data from an external API with a moderate number of elements but no maintenance within the app.

3. **EI (Add New User to Database):**

- Weighted as **Average (4)** because it processes external input with multiple data fields (user_id, user_name) to create a new database entry.

4. **EO (List Workouts with Parameters):**

- Weighted as **Complex (10)** due to the filtering and formatting logic needed for parameters like muscle group, type, and date/time.

5. **EQ (List Previous Workouts):**

- Weighted as **Average (7)** because it retrieves and displays stored data without performing complex calculations or formatting.