Group 4: Owen McQuaid, Marshall Rodes, Patrick Sun

Manager: Aymann Shaikh

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