

# FITNESS TRCKER SYSTEM

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# AIM OF THE PROJECT

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The aim of this project is to create a simple fitness tracker system using Python that leverages object-oriented programming (OOP) principles. The system allows users to record their workouts, set fitness goals, and track progress towards these goals. The project demonstrates basic OOP concepts such as classes, methods, and encapsulation.

# PROJECT DESCRIPTION

user class

workout class

workout logging

user intrection



# FUNCTIONALITIES

## CREATE A USER

Allows users to input their name and initialize a User object

## Log Workouts

Users can log workout sessions with details such as type, duration, and calories burned.

## SET FITNESS GOAL

Users can set goals for metrics like calories burned.

## Track Progress

Users can view their progress towards their set goals based on their logged workouts.



The code provided above is a complete implementation of the fitness tracker system with improved input handling. It includes

### **Classes and Methods**

name , goal , timing

### **Attributes and methods**

type duration **calories\_burned**

### **Main functions**

user creation goal setting progress reporting

# **CODE IMPLEMENTATION**



# CONCLUSION

This fitness tracker system provides a basic yet functional approach to tracking workouts and fitness goals using OOP principles in Python. It allows users to log their workouts, set goals, and monitor their progress in a user-friendly manner. With basic error handling, the system ensures robust user interactions. This project can be extended with additional features such as different types of goals, more detailed workout metrics, and integration with data persistence solutions for a more comprehensive fitness tracking experience.



**THANK YOU**