Concept Layout For Fit Rep Tracker

Will Need Data Validation in some way.

Windows:

* Main Dashboard Window- This window will be the Main Hub for accessing all other windows.
  + Logo
  + Current Exercise Log
  + Workout History
  + Buttons:
    - Log Workout
    - View Workout History
    - Exit
* Workout Log Window – This window will be where the user creates and logs their workouts
  + Exercise Type
  + Weight
  + Type of Weight.
  + Sets
  + Reps
  + Intensity Scale (1-10)
  + Buttons
    - Save Workout
    - Load Workout
* Add New Exercise Window – This window will be a popup that will occur when a user wants to add custom exercise that is not on the drop down menu of Exercise Types
  + Save Exercise
  + Cancel
* Workout History Window – All previous workouts will be logged here for review
  + Filter
  + Print
  + Search