**FitRep Tracker – User Manual**

**Overview**

**FitRep Tracker** is a workout logging tool that helps users:

* Enter and save daily workout routines
* Track exercise history
* Delete old or incorrect entries

**Getting Started**

**Launching the Application**

* Run the Python file in your environment.
* The main window will open showing the **FitRep logo** and three buttons:  
  **Workout Log**, **Workout History**, and **Exit**.

**Main Menu Options**

**Workout Log**

* Click **Workout Log** to open the daily workout log screen.
* You'll see buttons for each day of the week (Sunday to Saturday).

**Logging a Workout for a Specific Day**

1. Click the day you want to log (e.g., **Monday**).
2. Fill out the form:
   * **Exercise Name**: Type the Name of your exercise (e.g., Bench Press)
   * **Exercise Type**: choose from:
     + Dumbbells
     + Barbell and Plates
     + Machine
     + Body Weight
   * **Weight (lbs)** – enter a numeric value (e.g., 135)
   * **Sets** – enter the number of sets (e.g., 4)
   * **Reps** – enter reps per set (e.g., 8)
   * **Intensity (1–10)** – choose how intense the workout felt
3. Click the **+** button to add the exercise to the list.
4. Repeat as needed for more exercises.
5. When finished, click **Save** to store entries into the workout history.
6. Use **Back** to return to the previous screen.

**Workout History**

* Click **Workout History** to view a complete list of saved workouts.
* Entries are shown in the format:

Day | Exercise Name | Type | Weight | Sets | Reps | Intensity

* Scroll to view all saved workouts.

**Deleting an Entry**

1. Click an entry in the list to select it.
2. Click **Delete** to remove it permanently.
3. A confirmation message will appear after successful deletion.

**Exit**

* Click **Exit** to close the program.
* A confirmation message will appear to avoid accidental closing.