1. Name  
• FitRep Tracker  
2. Purpose of the application:  
• Track user’s workouts.  
• Log the type of exercise, amount of weight, number of sets, and reps.  
• User can create a weekly workout split (e.g. Mon: Chest /Back)  
• Keep previous workouts logged for review.  
3. Reason for creating the app:  
• I want an app that is simple and keeps track workouts.  
4. App Goals:  
• Allow users to set fitness goals.  
• Allow users to enter custom exercises apart from the basic ones provided.  
• Save previous workouts for future review.  
• Allow users to input exercise intensity on a scale of 1 to 10.  
5. Target Audience:  
• Fitness enthusiasts and the everyday person (ages: 16 - elderly).  
• Men and women.  
• Beginners can select from basic exercises; experienced users can enter  
custom workouts.