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*Gym Tracker*

Documentation

Table of Contents

# Background

More people are continuously taking more interest in going to the gym as the fitness community is growing. This interest is mainly sparked by young adult who wishes to improve their physic to appeal more desirable. There also people who just want to improve their health. All these reasons are enough to push someone to the gym. But once they’re at the gym, how exactly do they if they’re making progress? There should be a system that allows the user to log their data and show them the next training plan.

# Introduction

A system that allows a user to log their data displays the progress in the form of a chart is proposed to solve this problem. The user simply enters the type of exercise that they are doing, which body part it mainly targets, how many sets, and how many reps were done. The system saves this information and displays it to the user in the shape of a chart.