

## **Workout Tracking App**

### ***Description:***

Designed and implemented a workout tracking application to streamline the process of recording and managing exercise routines. Leveraged the Nutritionix API for accurate calorie calculation based on user-input exercises. Utilized Python for the backend logic, enabling users to input their workout details and receive real-time calorie information. Integrated with Sheety API for seamless storage of workout data in a Google Sheet, allowing users to track their progress over time. Environment variables were employed for secure handling of sensitive API credentials. This project demonstrates proficiency in API integration, data manipulation, and secure coding practices.

### ***Technologies Used:***

- Python
- Nutritionix API
- Sheety API
- Google Sheets
- Environment Variables

### ***Key Achievements:***

- Implemented a user-friendly interface for inputting workout details.
- Utilized Nutritionix API for precise calorie calculations based on exercise input.
- Integrated Sheety API to store workout data securely in a Google Sheet.
- Ensured data security by handling sensitive information through environment variables.
- Enhanced project scalability and maintainability through modular code design.