

Fitness Tracker

- Takes user's height, weight, and maximum for each exercise
 - Software calculates BMI and determines if it's too high or low
 - Sets exercise goals for the week
- Main Menu - Three Tabs
 - Daily Tracker Tab
 - User inputs best set for exercise on that day, shows weekly goals.
 - Stopwatch and timer for timing their runs
 - Shows user's weight, height, BMI, and target BMI range
 - Weekly Eval Tab
 - Report generated every Sunday
 - Shows best results from previous week for each exercise
 - Sets new goal for any exercise that had the old goal met
 - Shows user's weight, height, BMI, and target BMI range
 - Saves results from previous weeks
 - Calendar Tab
 - Allows user to see the results from selected day
 - Shows under the calendar