**Asset log**

In this document I will be citing all of the sources used as assets during the development of the solution along with why, the purpose and the date

**18/02/2024**

|  |  |  |  |
| --- | --- | --- | --- |
| **Content** | **Source** | **Type of content** | **Purpose** |
| Regular expression pattern for passwords | https://regexr.com/3bfsi | RegEx pattern | Used to ensure that the users passwords contains at least 1 number and special characters and is at least 8 characters |
| Bootstrap CDN links | https://getbootstrap.com/ | CDN links | Enables me to use bootstrap templates in the solution |
|  | https://www.cleanpng.com/png-computer-icons-clip-art-scalable-vector-graphics-i-6825938/ | Fitness icon image | Used for the Toka Fitness logo |
| CSS code to keep footer at the bottom of the page | https://www.freecodecamp.org/news/how-to-keep-your-footer-where-it-belongs-59c6aa05c59c/ | CSS code | Used to keep the footer at the bottom on the page consistently |
| Terms & conditions template | https://www.nibusinessinfo.co.uk/content/sample-website-terms-and-conditions-use | Terms & conditions sample template | I am going to use the template as the terms & conditions of the website |
| Details needed for card payments | https://www.verifi.com/chargebacks-disputes-faq/how-do-online-payments-work/ | Finance | I am going to use the information to create a table for purchases to store a users payment info |
| Fitness stock image | https://stock.adobe.com/search?k=fitness&asset\_id=429356296 | Fitness stock image | I am going to use the image as the background image for the homepage |

**19/02/2024**

|  |  |  |  |
| --- | --- | --- | --- |
| **Content** | **Source** | **Type of content** | **Purpose** |
| Flask login required decorator function | https://stackoverflow.com/questions/308999/what-does-functools-wraps-do | Flask python code | This will be used to prevent the user from accessing pages which have forms that require they be logged in to prevent the app from crashing |
| Bench press advice | https://www.coachweb.com/exercises/chest-exercises/186/bench-press-technique-tips | Fitness advice | Using this advice for testing the input form for the add training form |
| Chest press advice | https://www.healthline.com/health/exercise-fitness/chest-press#how-to | Chest press advice | Using this advice for testing the input form for the add training form |
| Fitness training advice | https://www.sweat.com/blogs/fitness/workout-tips | Range of fitness training advice | Using this advice to enter in information to be displayed for training sessions |

**20/02/2024**

|  |  |  |  |
| --- | --- | --- | --- |
| **Content** | **Source** | **Type of content** | **Purpose** |
| 2 people squatting with kettle bells | https://en.comparis.ch/gesundheit/arzt/medikamente/fitnessstudio-vergleich | Fitness stock image | I am going to use this image as an add image to encourage existing users to use more of Toka Fitness services |
| 2 people squatting with kettle bells | https://www.istockphoto.com/photos/woman-doing-lunges-in-a-gym-vertical | Fitness stock image | I am going to use this image as an add image to encourage existing users to use more of Toka Fitness services |
| NHS healthy living advice | https://www.nhs.uk/live-well/ | NHS health advice | I used this advice so I could fill up the healthy living advice table with accurate information |
| Embed YouTube videos documentation | https://support.google.com/youtube/answer/171780?hl=en-GB | YouTube documentation | I used this to find out how to embed YouTube videos into the solution |
| Regular expression for YouTube URL | https://stackoverflow.com/questions/19377262/regex-for-youtube-url?answertab=modifieddesc#tab-top | Regular expression pattern | I used this to verify if a URL added into the table content was valid |