**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**

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| **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**

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| **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**

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| **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 |
| YouTube fitness video | https://www.youtube.com/watch?v=IT94xC35u6k | Fitness video | I used this URL for testing |
| YouTube fitness video | https://www.youtube.com/watch?v=CIxNJbit9BA | Fitness video | I used this URL for testing |
| YouTube fitness video | https://www.youtube.com/watch?v=enYITYwvPAQ | Fitness video | I used this URL to be on the paid for content page |
| YouTube fitness video | https://www.youtube.com/watch?v=yWnacRo2VbA | Fitness video | I used this URL to be on the paid for content page |
| YouTube fitness video | https://www.youtube.com/watch?v=Ok-AZtt33Bo | Fitness video | I used this URL to be on the paid for content page |
| YouTube fitness video | https://www.youtube.com/watch?v=Tn-XvYG9x7w | Fitness video | I used this URL to be on the paid for content page |
| YouTube fitness video | https://www.youtube.com/watch?v=1N6hbRbyAeQ | Fitness video | I used this URL to be on the paid for content page |

**22/02/2024**

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| **Content** | **Source** | **Type of content** | **Purpose** |
| People running on treadmills | https://www.shutterstock.com/search/people-gym-vertical | Fitness stock image | I am going to use this image as an add to encourage existing users to use more of Toka Fitnesses services |
| Man with barbell over his head | https://www.123rf.com/photo\_46545161\_guy-bodybuilder-execute-exercise-with-weight-in-gym-vertical-photo.html | Fitness stock image | I am going to use this image as an add to encourage existing users to use more of Toka Fitnesses services |
| How to use UPDATE SQL clause | https://www.w3schools.com/sql/sql\_update.asp | SQL code | I used this to confirm if I was using the UPDATE clause correctly |
| MDN HTML time tag | https://developer.mozilla.org/en-US/docs/Web/HTML/Element/input/time | HTML time tag | I used this to find out how to use time tag |
| How to make text bold in HTML tutorial | https://www.tutorialspoint.com/How-to-make-text-bold-in-HTML | HTML bold tag | I used this to find out how to make a HTML element bold |
| How to make time selector HTML | https://developer.mozilla.org/en-US/docs/Web/HTML/Element/input/time | HTML time tag | I used this documentation to find out how to create a time tag |
| How to use SQL NOT NULL clause | https://chartio.com/resources/tutorials/how-to-select-records-with-no-null-values-in-mysql/ | SQL NOT NULL clause | I used this to find out how to select the most recent value in a column where the value is not null |
| JavaScript code to automatically put bullet points on every new line for the text field | https://stackoverflow.com/questions/57042145/add-bullets-to-each-new-line-within-a-textarea/57042927#57042927 | JavaScript code | I am going to use this to add in a bullet point automatically for each line the new enters on the eating plans |

**23/02/2024**

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| **Content** | **Source** | **Type of content** | **Purpose** |
| Fitness stock image | https://www.everydayhealth.com/fitness/guide/ | Fitness stock image | I am going to use this on the about us page |
| Fitness stock image | https://www.gq-magazine.co.uk/fitness/article/best-full-body-workouts | Fitness stock image | I am going to use this on the about us page |