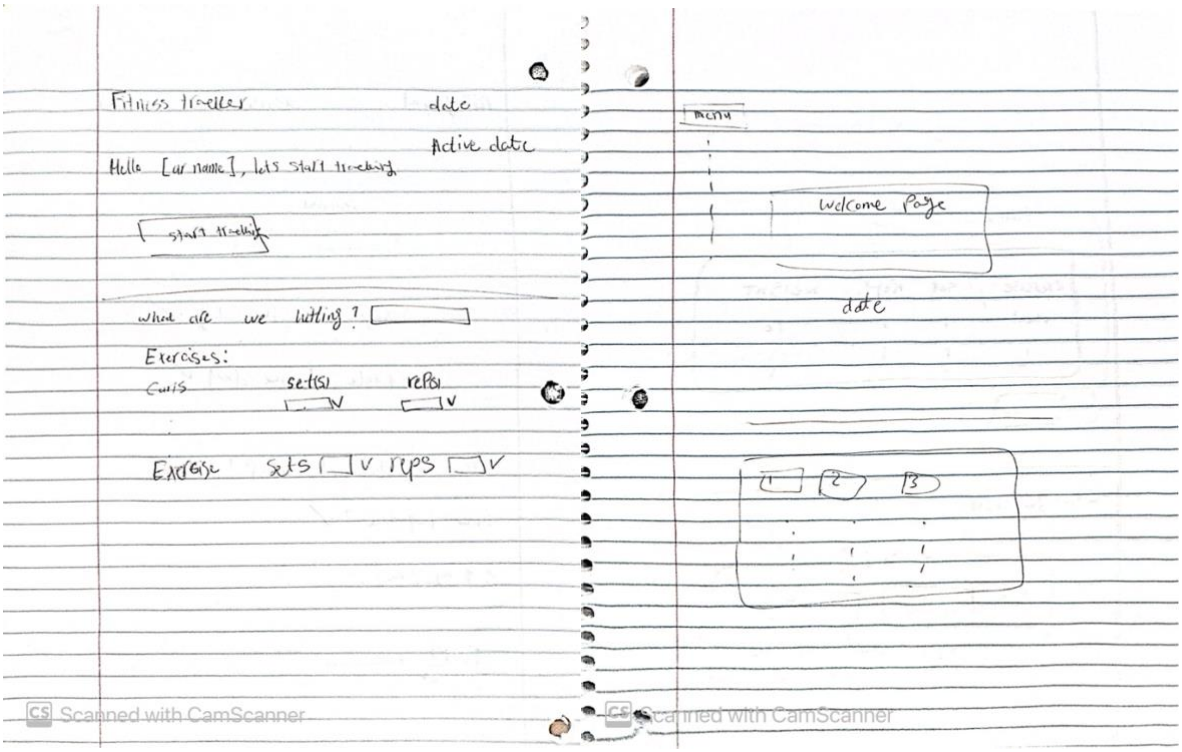
Documentations:

Project Description:

This project is a workout tracker mainly for weightlifters. It allows the user to track their sets, reps, and weight for ach exercise. It also allows the user to set goals. This website also features a calendar that shows the users old entry for easy tracking.

Design work:

Sketches:



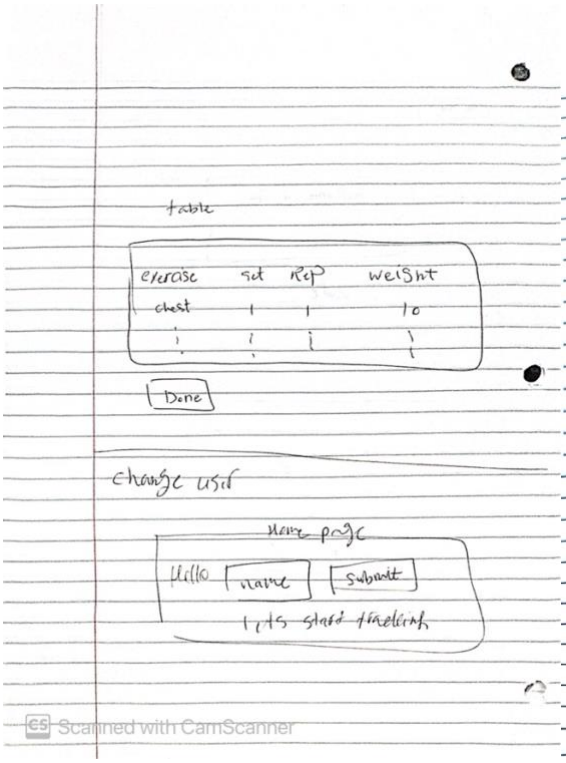
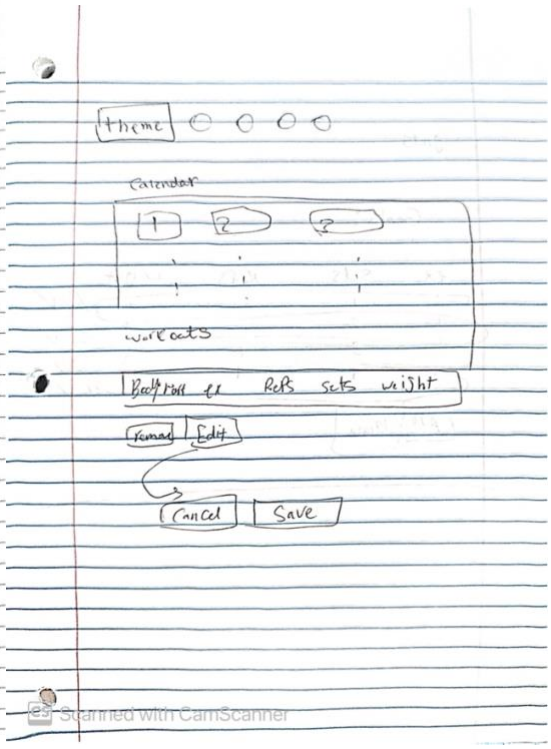
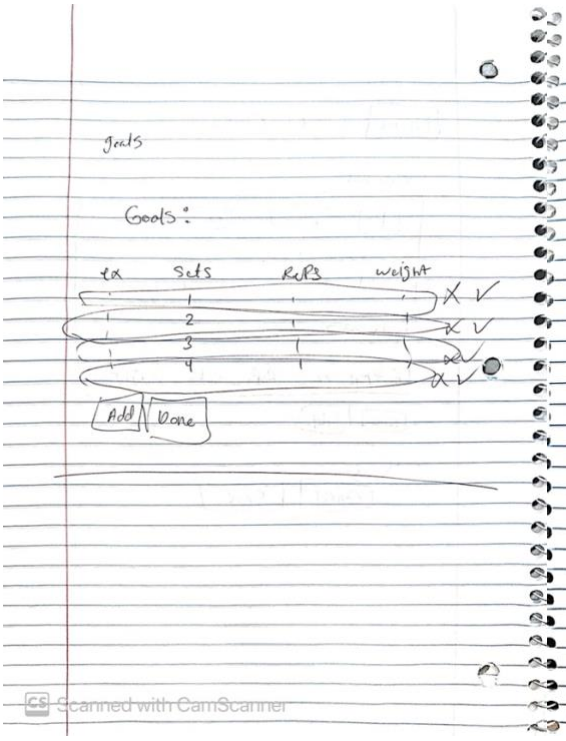
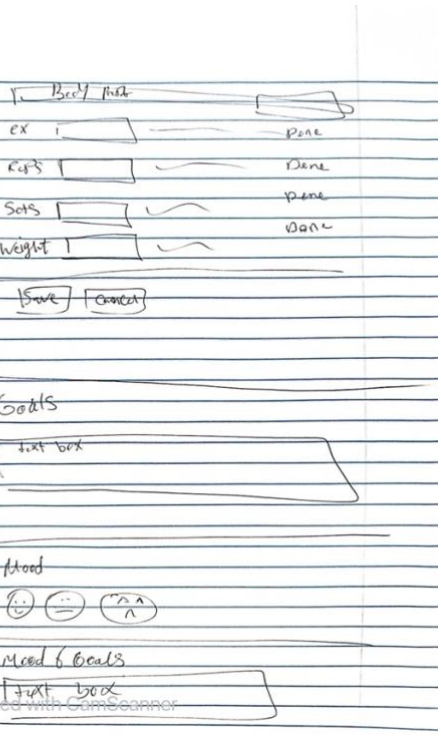


table
exercise
set
Rep
weight
chest
10
Done
change user
Home page
Hello
name
Submit
lets start timeline


theme
Calendar
workouts
Bodyfat ex Reps sets weight
Remove
Edit
Cancel
Save


goals
Goals:
ex
Sets
Reps
weight
2
3
4
Add
Done


Body Fat
ex
Reps
Sets
weight
Done
Done
Done
Done
Save
Cancel
Goals
text box
Mood
Mood & Goals
text box

Interviews:

I met with two people who were passionate about being active. I asked them the following questions:

1. What are you trying to get out of working out?
2. How does working out make you feel?
3. How do you measure your success?
4. How do you plan on tracking your goals(maybe ask them about some features they want)?

Vishesh's Response:

1. I work out to gain muscle mass and stay lean.
2. Working out makes me feel energized and good about myself.
3. When I look bigger or if I notice that I have gained weight that would be considered success.
4. I don't really track my workouts or my progress. I have my heavy lifts and PRs in mind. So, if I lift more, I'll know.

Nina's Response:

1. I work out because it is important to keep your muscle mass especially when you get older.
2. Working out gives me a positive energy and it makes mee feel I am taking care of myself.
3. I usually measure my body. So, for example how much is around my waist and if I get a smaller waist that would be success.
4. I track my progress by measuring my body. I don't have a specific goal that I follow. I generally want to be healthier.

Feedback:

I went to the same people that I interviewed and asked them to play around with the UI and see if they can figure it out or if they like it at all. This is what I got:

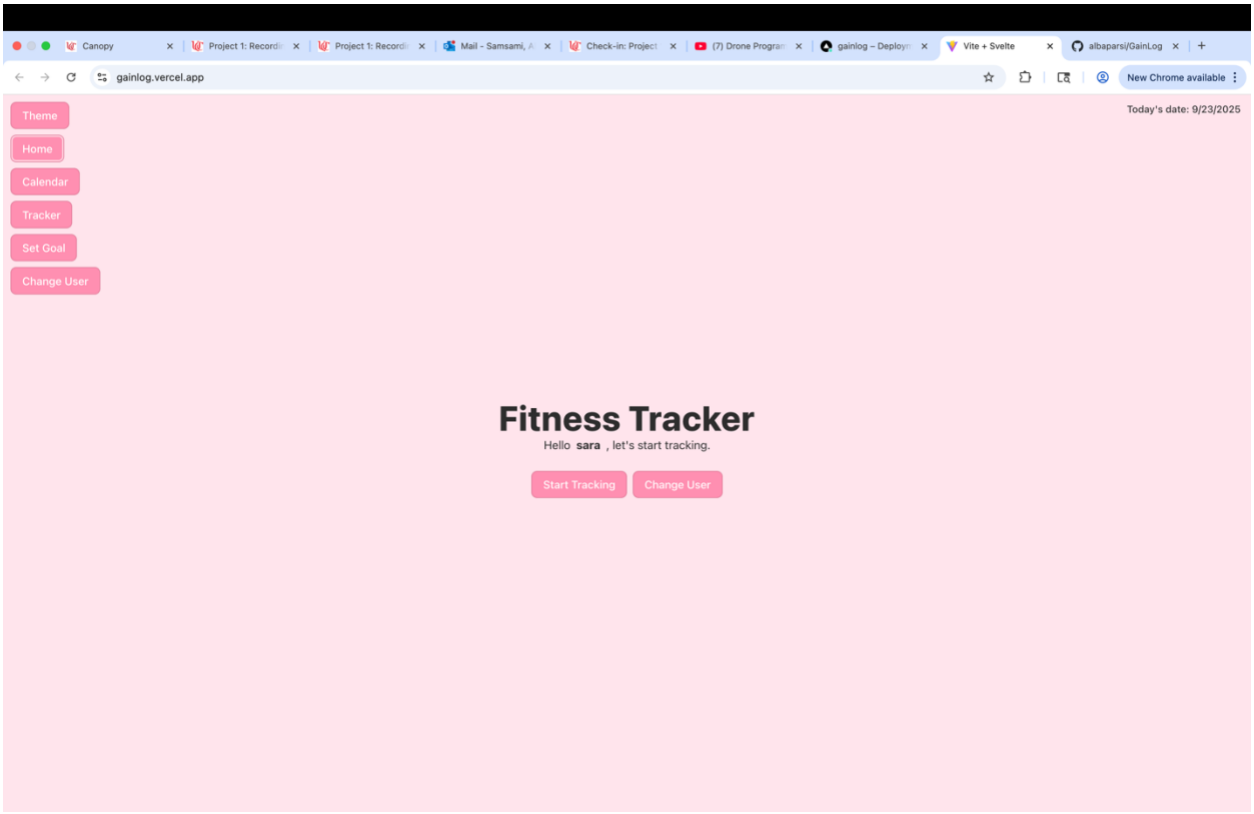
Overall, they liked the UI. The biggest thing that they likes was the theme and colors used in UI. I got some feedback about the way numbers were on the calendar. So, I made the numbers a little bit bigger. I also got a comment about the "Done setting goals" button, it would allow the user to submit their entries even if some of the fields were empty. So, I

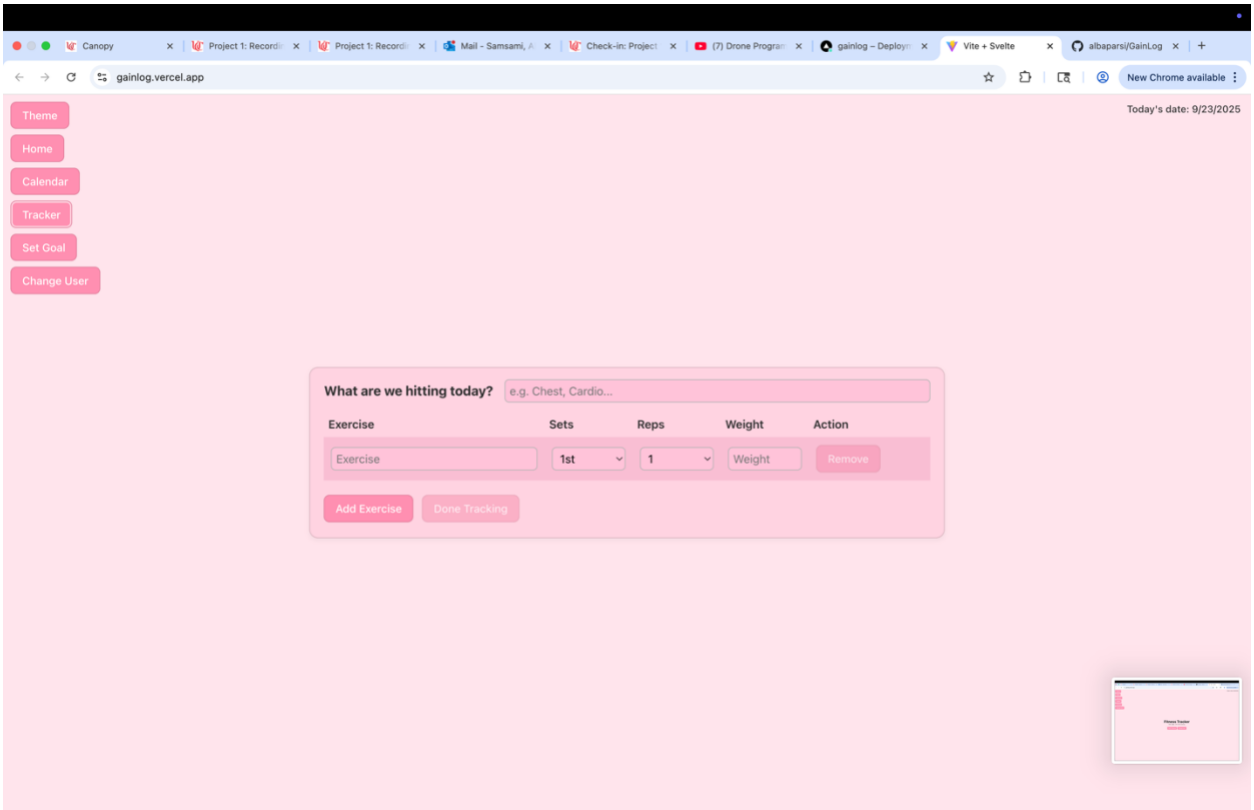
fixed that. I didn't really get a lot of comments about technicality of the UI, and they mostly said it looked good to them.

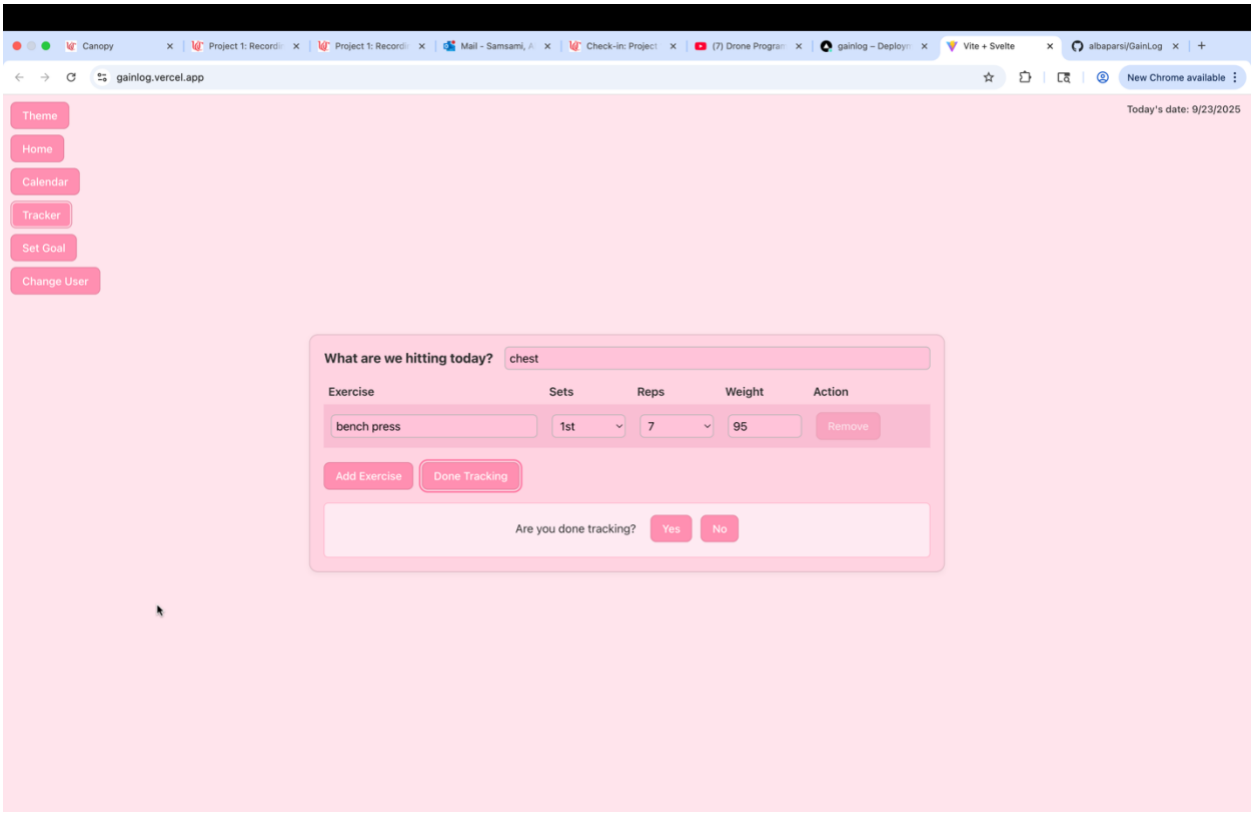
Interface described in detail:

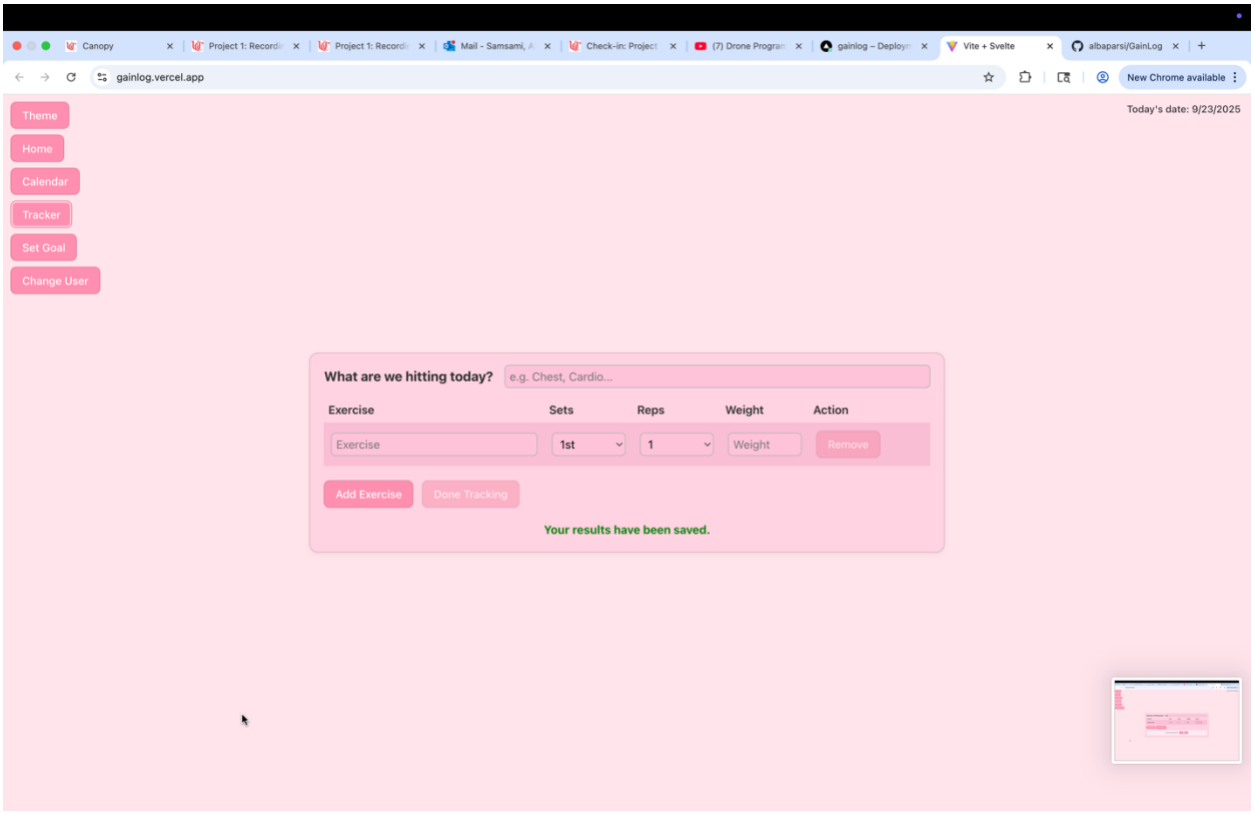
When the website is opened for the first time it will take the user to a Home page. Then the user is able to enter their name and submit. After that on the same page the user can click on Start Tracking button or Change User. After the user enters their name for the first time four more buttons appear on the top left side. The user can also click on the Tracker button and start tracking their workout. The Set Goal button is for the user to set any goals they have for their lifts. The goals could be considered daily or long term. If the user clicks on the Home button it will take them to the home page again with Start Tracking and Change User button on the page. The UI has a calendar option and if the user clicks on that it will take them to a calendar. Today's date is marked on it with a dot. Once the use clicks on the desired day they can see their list of workouts and goals if any. The theme button gives the user to change the colors of the website. The Change User button allows them to change the user. Once the user clicks on either Tracker or Set Goals button they will be taken to a table, the table allows them to record workouts and goals. On that table there is a Add Goal Exercise and a Add Exercise, once clicked it will add a row. They can edit their entries on the table and then hit Done tracking or Done Setting goals. The user also has the option to edit their inputs on the calendar, both for goals and workouts. Each row on both tables and on the calendar are removable but one row will stay on each table at all times.

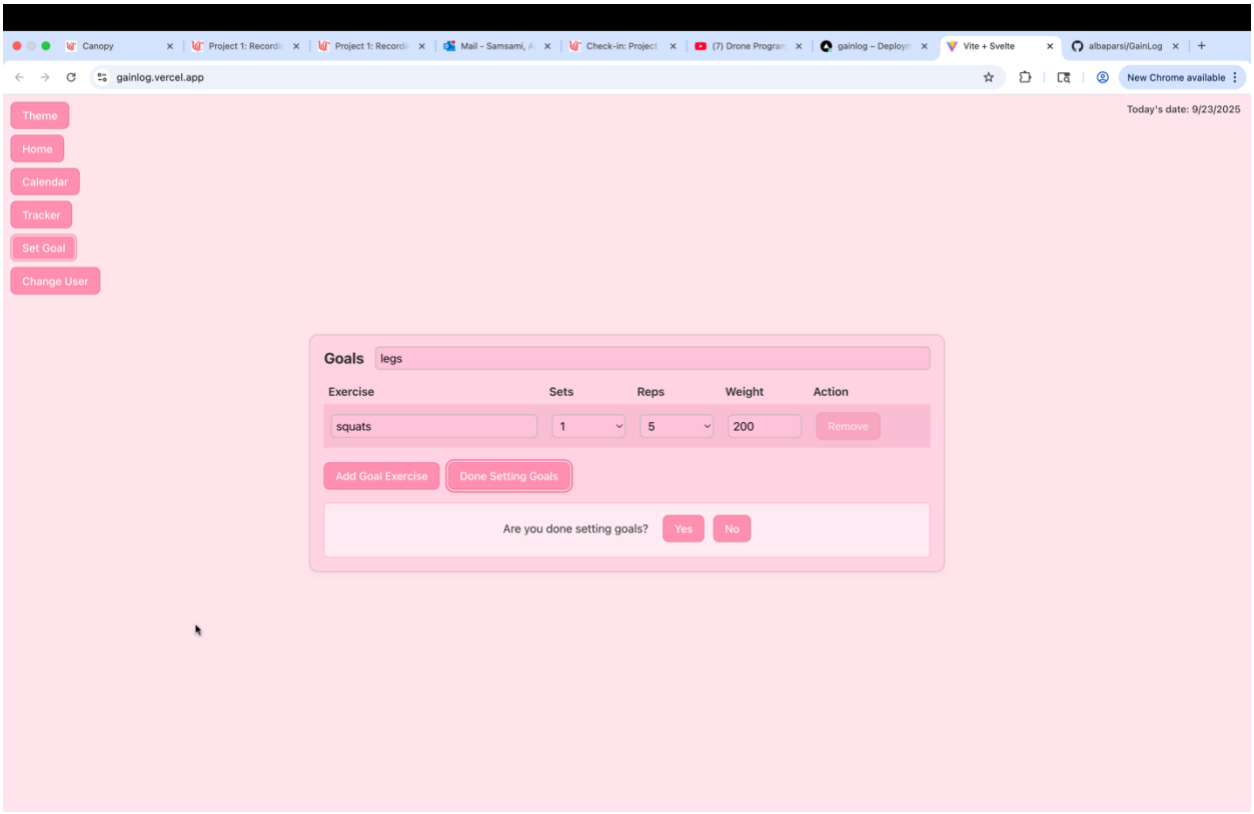
Screenshots:

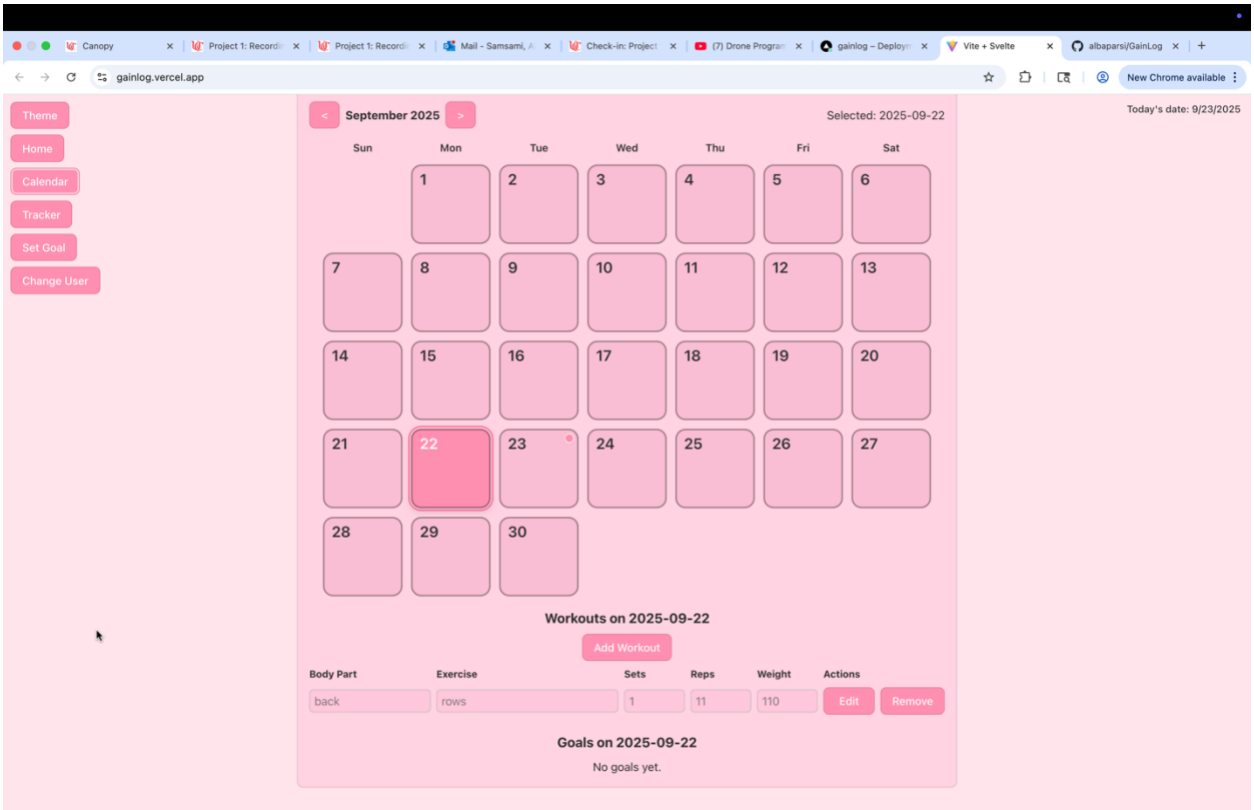

gainlog.vercel.app
Theme
Home
Calendar
Tracker
Set Goal
Change User
Today's date: 9/23/2025
Fitness Tracker
Hello sara , let's start tracking.
Start Tracking
Change User

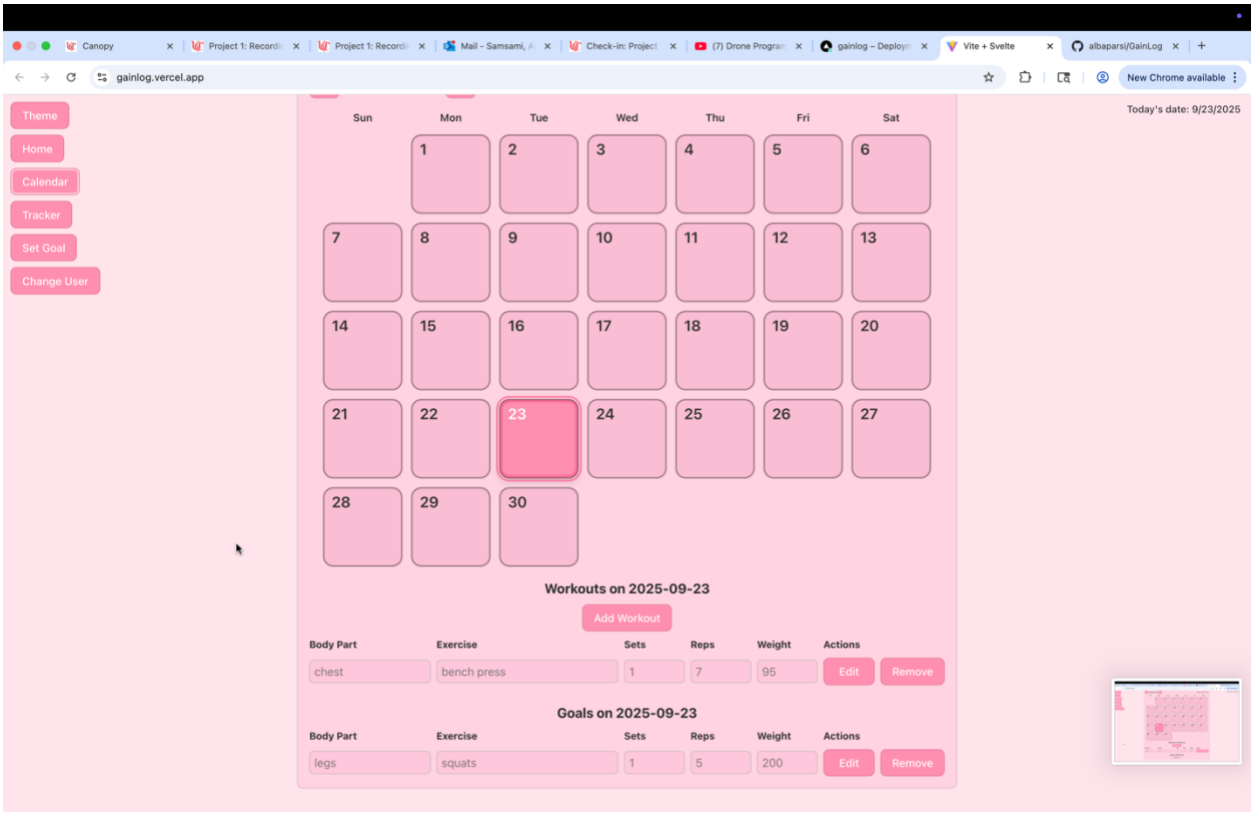

gainlog.vercel.app
Theme
Home
Calendar
Tracker
Set Goal
Change User
Today's date: 9/23/2025
What are we hitting today?
e.g. Chest, Cardio...
Exercise
Sets
Reps
Weight
Action
Exercise
1st
1
Weight
Remove
Add Exercise
Done Tracking


gainlog.vercel.app
New Chrome available
Today's date: 9/23/2025
Theme
Home
Calendar
Tracker
Set Goal
Change User
What are we hitting today?
chest
Exercise
Sets
Reps
Weight
Action
bench press
1st
7
95
Remove
Add Exercise
Done Tracking
Are you done tracking?
Yes
No


gainlog.vercel.app
New Chrome available
Today's date: 9/23/2025
Theme
Home
Calendar
Tracker
Set Goal
Change User
What are we hitting today?
e.g. Chest, Cardio...
Exercise
Sets
Reps
Weight
Action
Exercise
1st
1
Weight
Remove
Add Exercise
Done Tracking
Your results have been saved.


gainlog.vercel.app
Theme
Home
Calendar
Tracker
Set Goal
Change User
Today's date: 9/23/2025
Goals
legs
Exercise
Sets
Reps
Weight
Action
squats
1
5
200
Remove
Add Goal Exercise
Done Setting Goals
Are you done setting goals?
Yes
No


gainlog.vercel.app
Theme
Home
Calendar
Tracker
Set Goal
Change User
Today's date: 9/23/2025
September 2025
Selected: 2025-09-22
Sun
Mon
Tue
Wed
Thu
Fri
Sat
Workouts on 2025-09-22
Add Workout
Body Part
Exercise
Sets
Reps
Weight
Actions
back
rows
1
11
110
Edit
Remove
Goals on 2025-09-22
No goals yet.



Code explanation:

Tech stack:

- Frontend: Svelte + Vite
- Styling: Plain CSS + dynamic theme variables applied to document root
- frontend currently uses localStorage as primary persistence

Structure:

- Single main component: App.svelte manages routing (simple page state), data stores (arrays), calendar rendering, and inline editing
- Currently not using (Counter.svelte placeholder)
- Assets under src/assets, global styles in app.css

State & persistence:

- Data kept in plain arrays: users, workouts, goals
- Loaded/saved via localStorage (helper functions loadData / saveData)
- IDs assigned incrementally, calendar filters by date string

- Editing uses transient flags: _editing plus _draft object to avoid mutating committed values until save

Calendar & tables:

- Calendar computes current month grid; highlights today; groups workouts/goals by date
- Inline row editing for both workouts and goals with consistent action buttons (Edit, Save, Cancel, Remove)
- Prevents accidental deletion: when the Remove button is clicked, user is prompted to confirm

Theme system:

- Theme definitions as a JS object; applying a theme sets CSS custom properties on document.documentElement
- Theme picker toggled from a button (now placed at bottom of the nav stack)

Navigation:

- Simple page switch via a page string (no router library)
- Conditional rendering for Calendar / Tracker / Goals / Home sections

Build & config:

- vite.config.js for bundling/dev
- svelte.config.js basic setup
- No TypeScript beyond ambient vite-env.d.ts

Use of AI:

I had a database initially, and I tried to deploy the db but couldn't. I tried using AI to deploy it and it was helpful. I also used it to figure out the theme structure and colors.

Future Work:

In the future this project will be well rounded. It will have a database, An AI agent to help the users with their goals and summery, and authentication.

Demo Video:

https://vimeo.com/1121176355