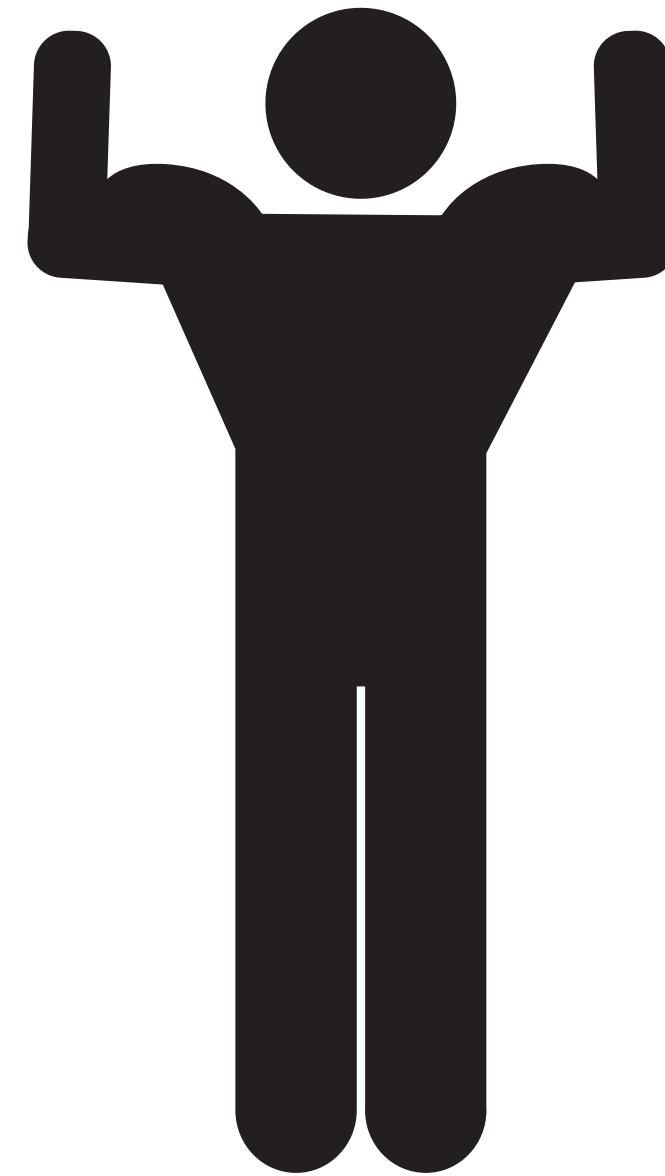


CS50 FINAL PROJECT

GYMLOG

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- EdX: federicototaro
- 22/12/2025



GYMLOG

Workout tracking is often:

- Unstructured
- Hard to review
- Repetitive to set up



GYMLOG

What GymLog does:

- Create training programs
- Define exercises and sets
- Train using saved programs
- Automatically store history



GYMLOG

How GymLog works:

- Register / Login
- Create a program
- Add exercises
- Train
- Review history

Log in

Username

Password

[Log in](#)

Still don't have an account?

[Register](#)

GYMLOG

How GymLog works:

- Register / Login
- Create a program
- Add exercises
- Train
- Review history

New Program

Create a New Program

Program Name

Description

Save Program

GYMLOG

How GymLog works:

- Register / Login
- Create a program
- Add exercises
- Train
- Review history

Your Training Programs

New Program

Day 1 Legs	View	Train	History
Day 2 Chest	View	Train	History
Day 3 Arms	View	Train	History

GYMLOG

How GymLog works:

- Register / Login
- Create a program
- Add exercises
- Train
- Review history

Squats

18/12/2025

Set	Reps	Weight (kg)
1	10	60.0
2	10	65.0
3	10	70.0

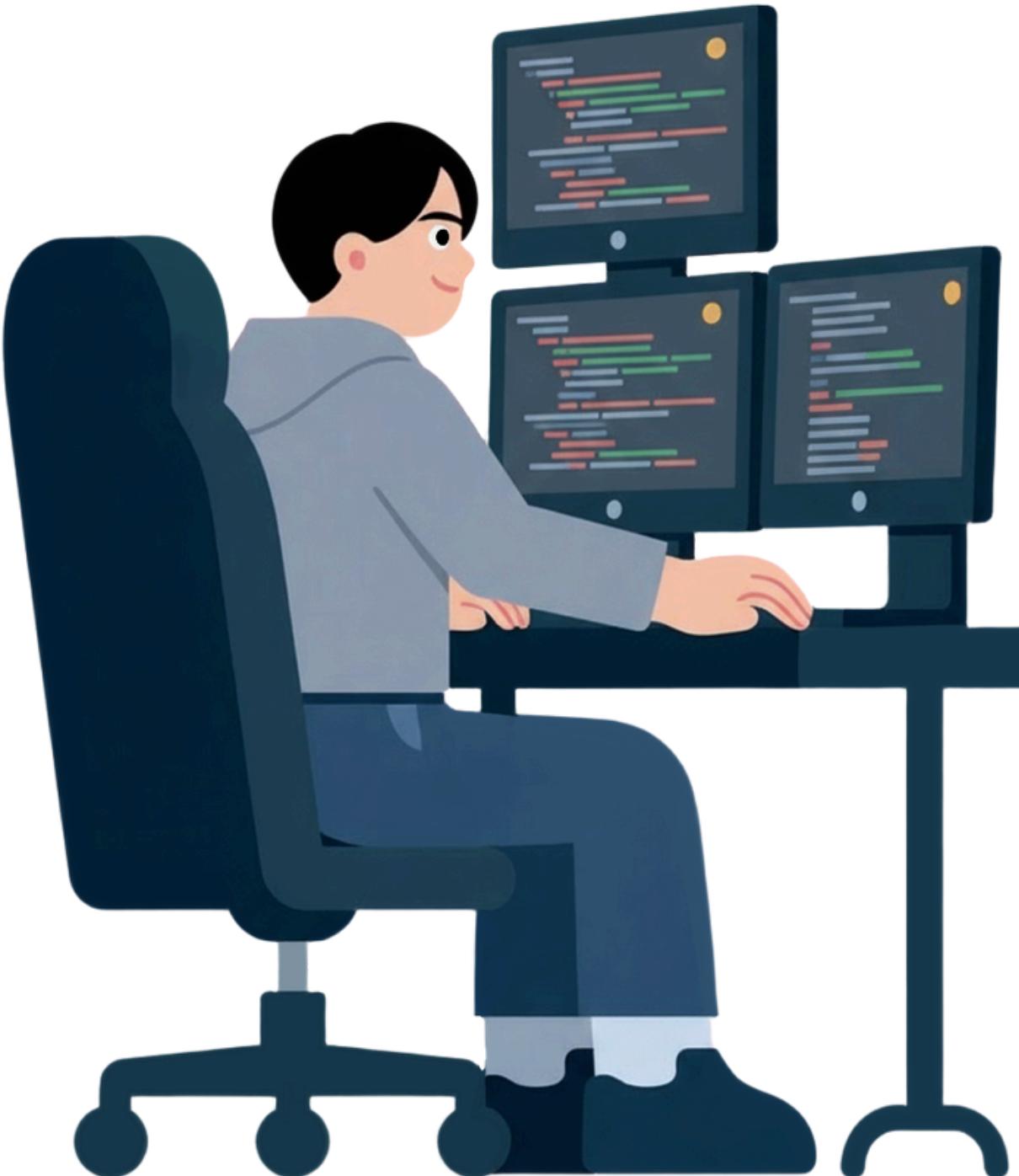
22/12/2025

Set	Reps	Weight (kg)
1	8	80.0
2	7	85.0
3	5	85.0

GYMLOG

Tools used:

- Python + Flask
- SQLite
- HTML + Jinja
- Bootstrap
- CS50 SQL library



GYMLOG

Data & Design Choices:

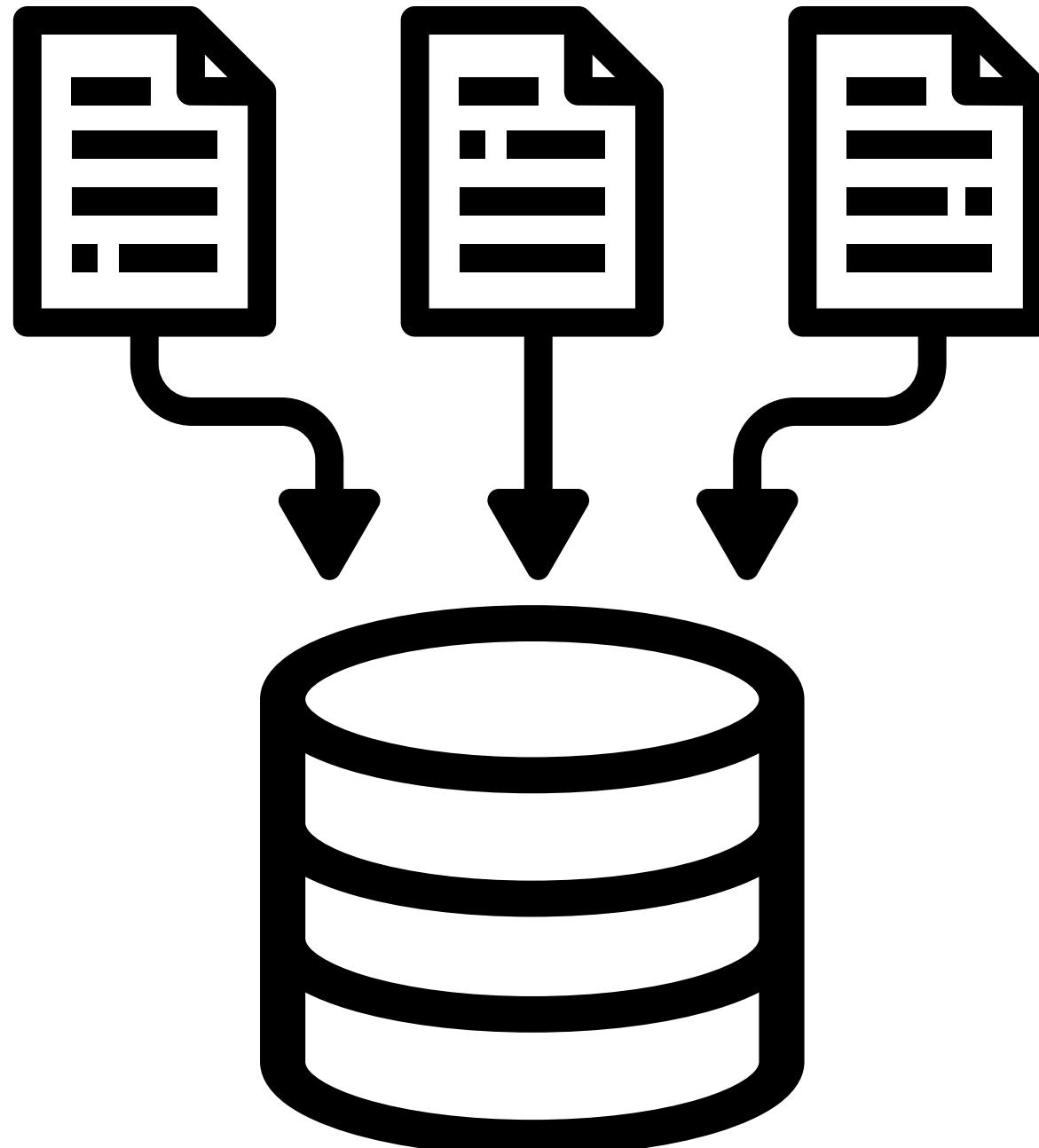
- Programs ≠ Workouts
- Sets logged individually
- User-specific data



GYMLOG

Challenges & Learning:

- Database relationships
- Flask routing
- Debugging state issues



GYMLOG

CONCLUSION

- Practical
- Extensible
- CS50 concepts applied

THANK YOU!

Federico Totaro Bessi
CS50

