CS50 FINAL PROJECT

GYMLOG

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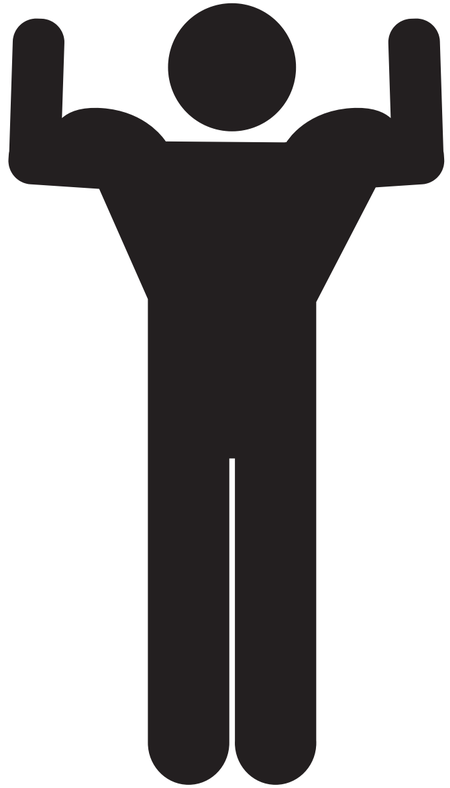
- 22/12/2025



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Workout tracking is often:

- Unstructured
- Hard to review
- Repetitive to set up

GYMLOG

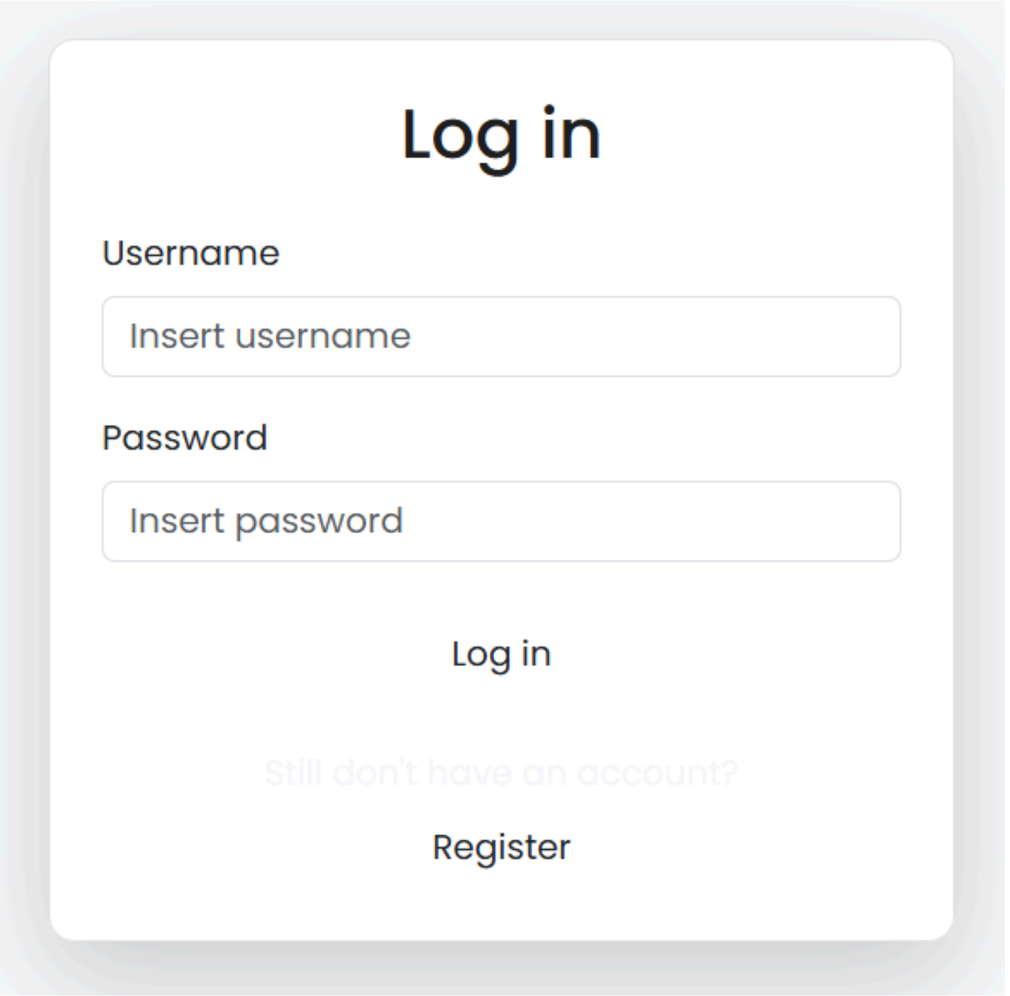
What GymLog does:

- 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



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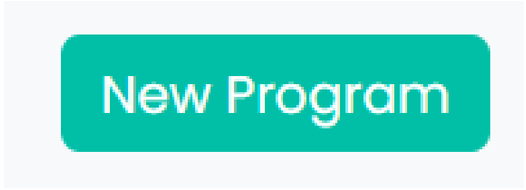

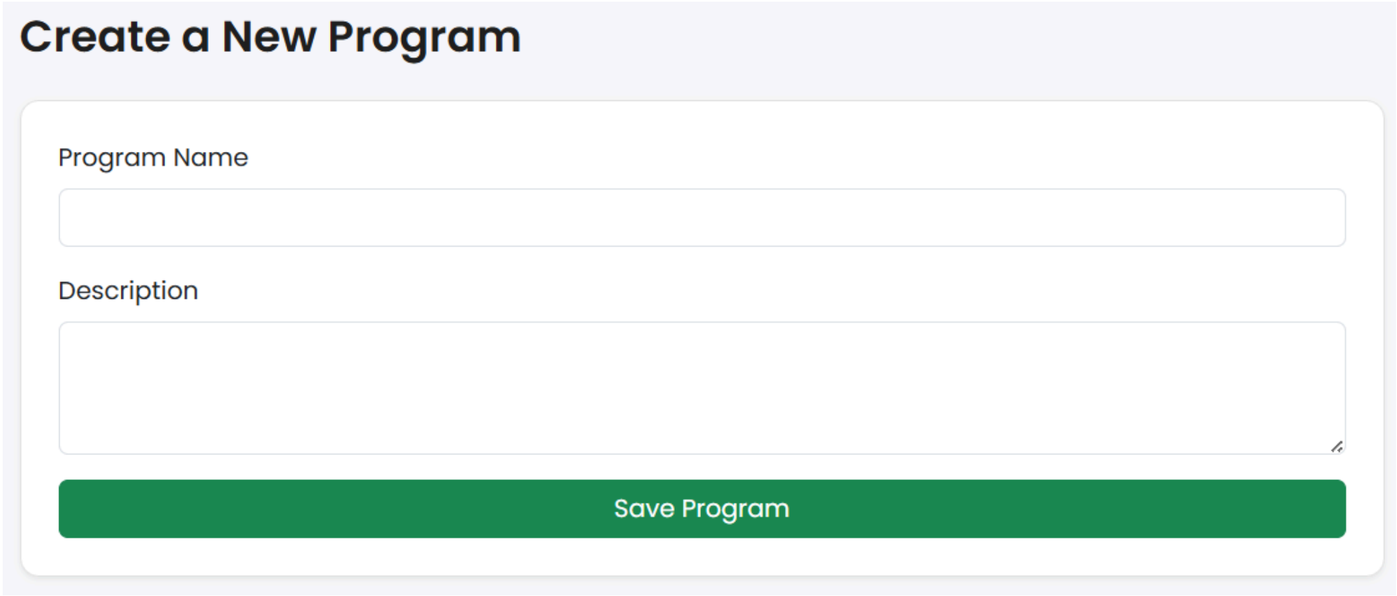

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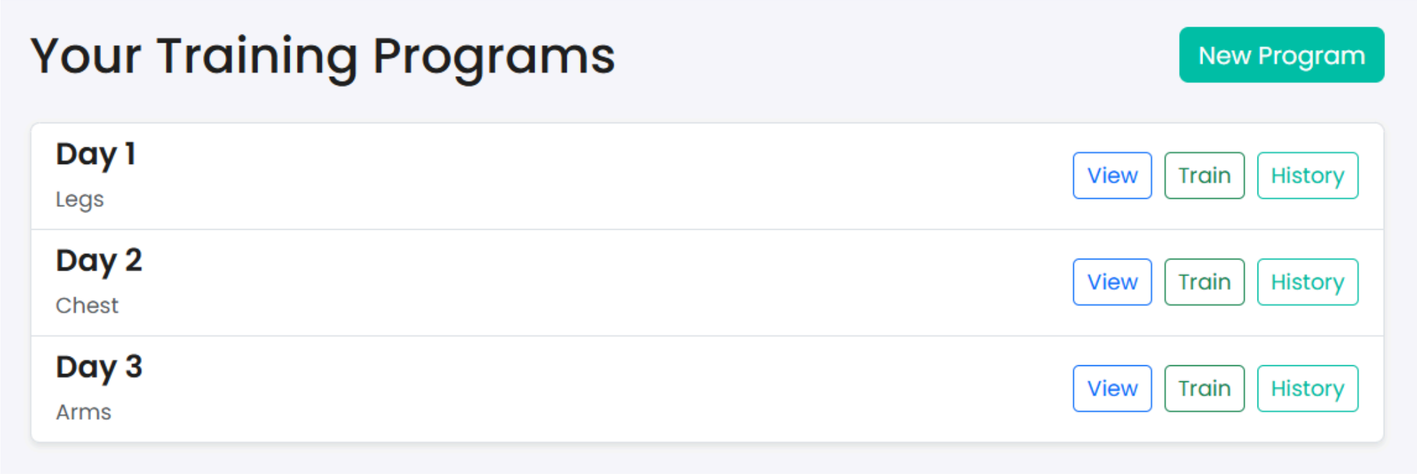

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Squats

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

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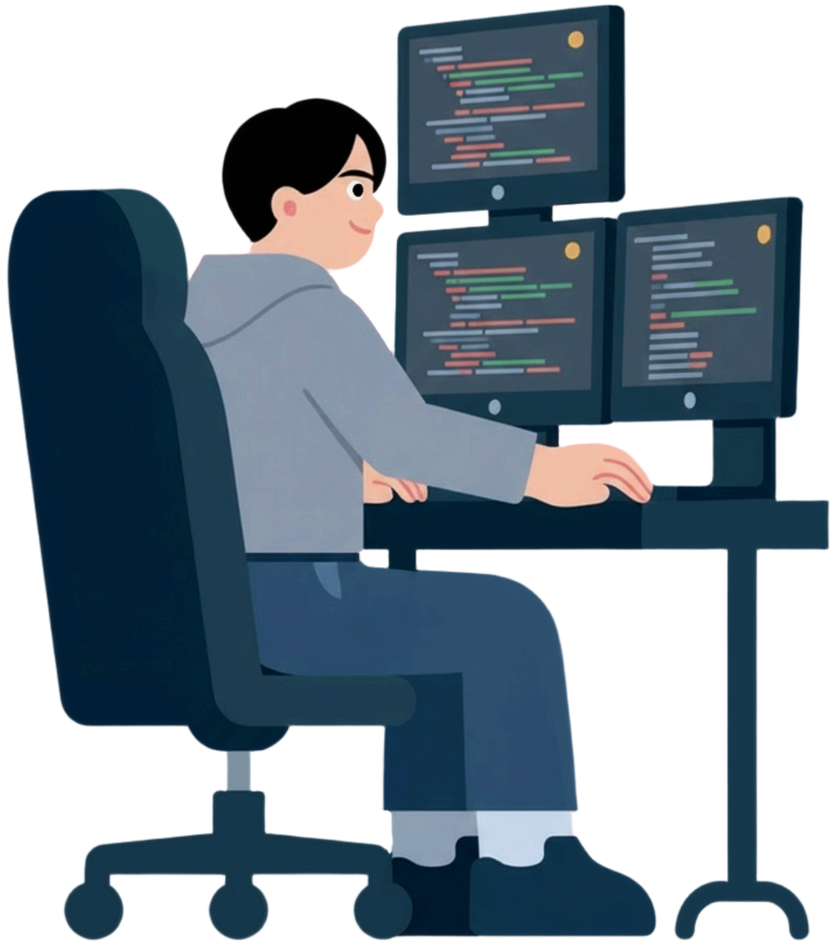
Tools used:

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



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Data & Design Choices:

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

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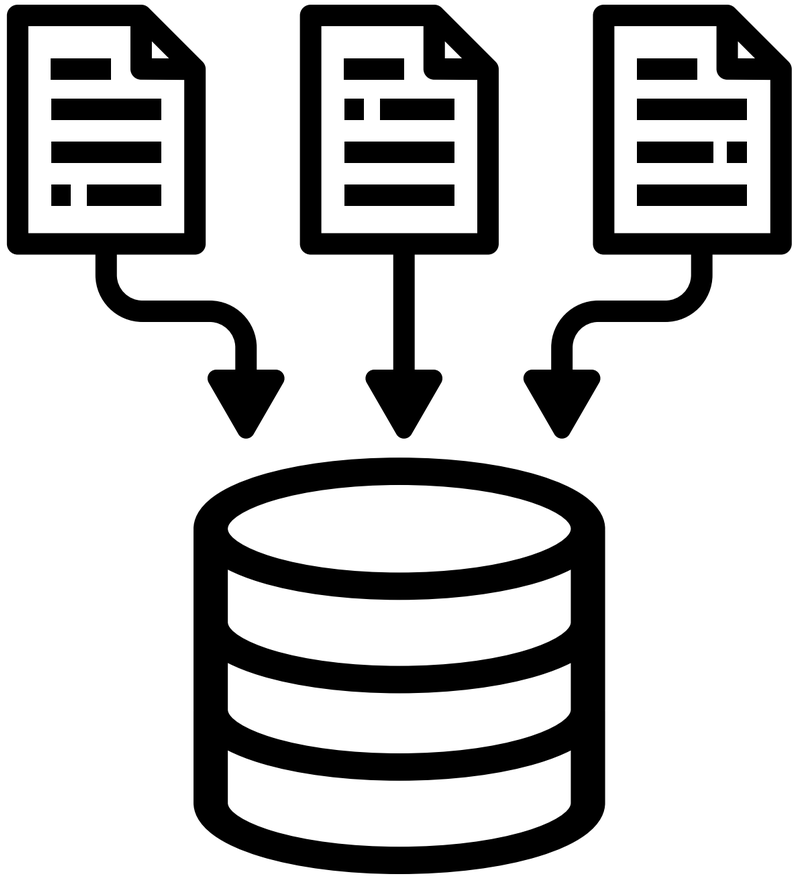
Challenges & Learning:

- Database relationships
- Flask routing
- Debugging state issues



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CONCLUSION

- Practical
- Extensible
- CS50 concepts applied

THANK YOU!

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CS50