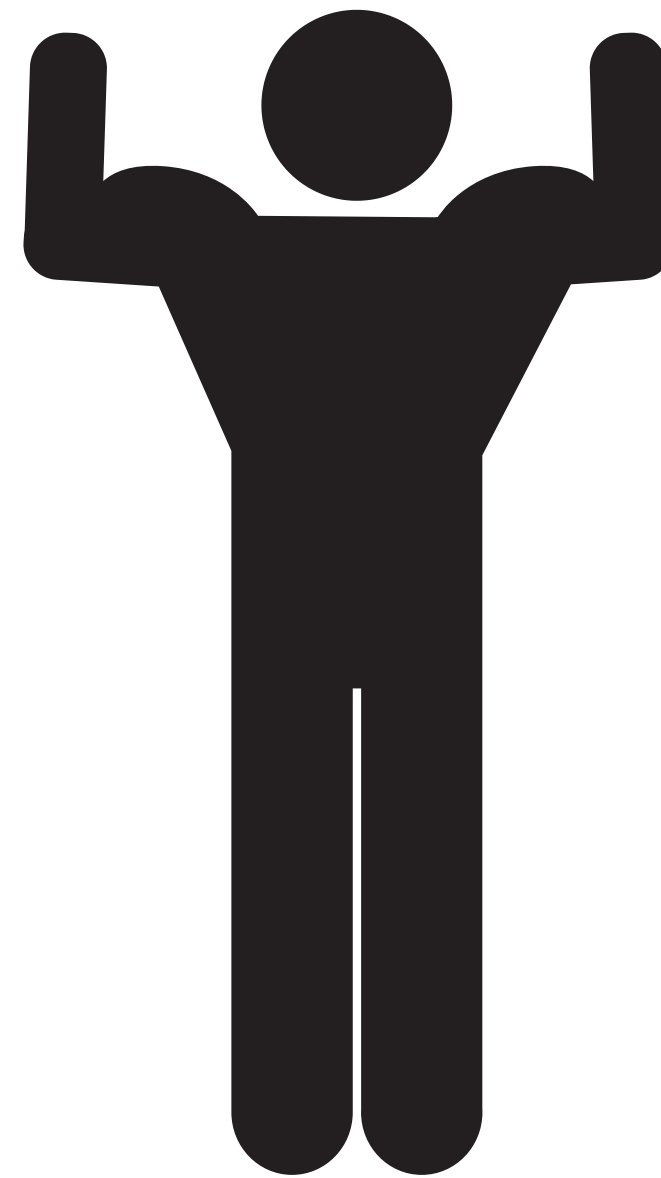


# CS50 FINAL PROJECT

## GYMLOG

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- 22/12/2025



# GYMLOG

Workout tracking is often:

- Unstructured
- Hard to review
- Repetitive to set up



# GYMLOG

What GymLog does:

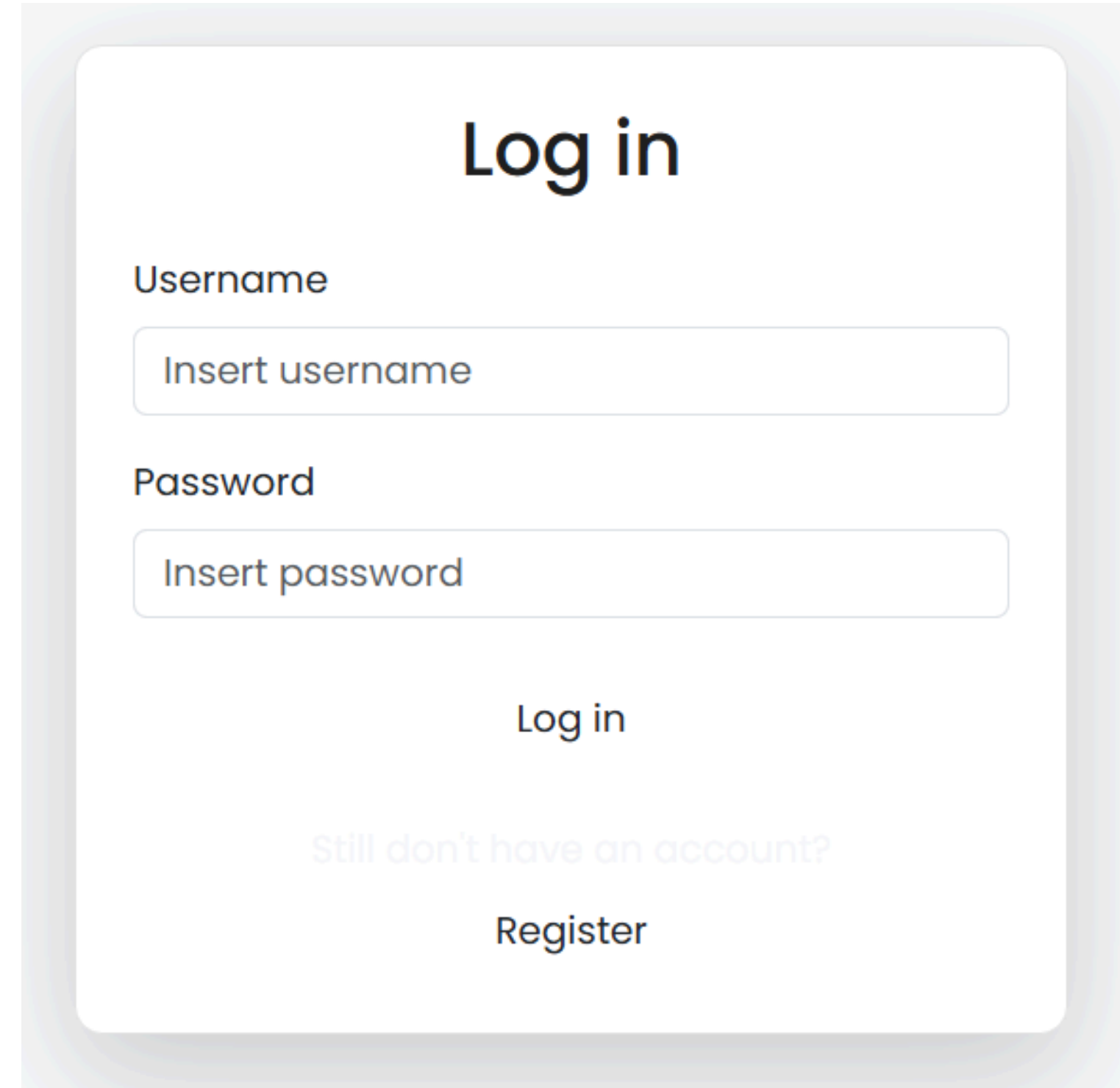
- Create training programs
- Define exercises and sets
- Train using saved programs
- Automatically store history



# GYMLOG

How GymLog works:

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

A login form for the GymLog application. It features a title 'Log in' at the top. Below the title are two input fields: 'Username' with a placeholder 'Insert username' and 'Password' with a placeholder 'Insert password'. A 'Log in' button is positioned below the password field. At the bottom, there is a link 'Still don't have an account?' followed by a 'Register' button.

Log in

Username

Insert username

Password

Insert 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

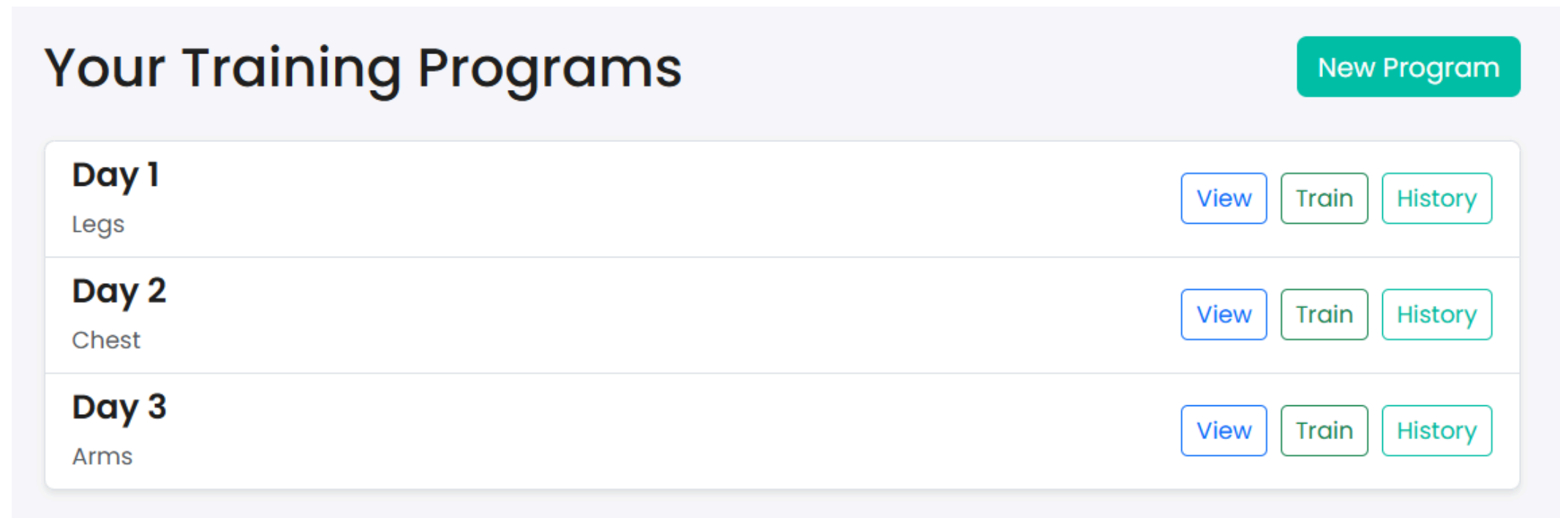
Description

Save Program

# GYMLOG

## How GymLog works:

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



# 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:

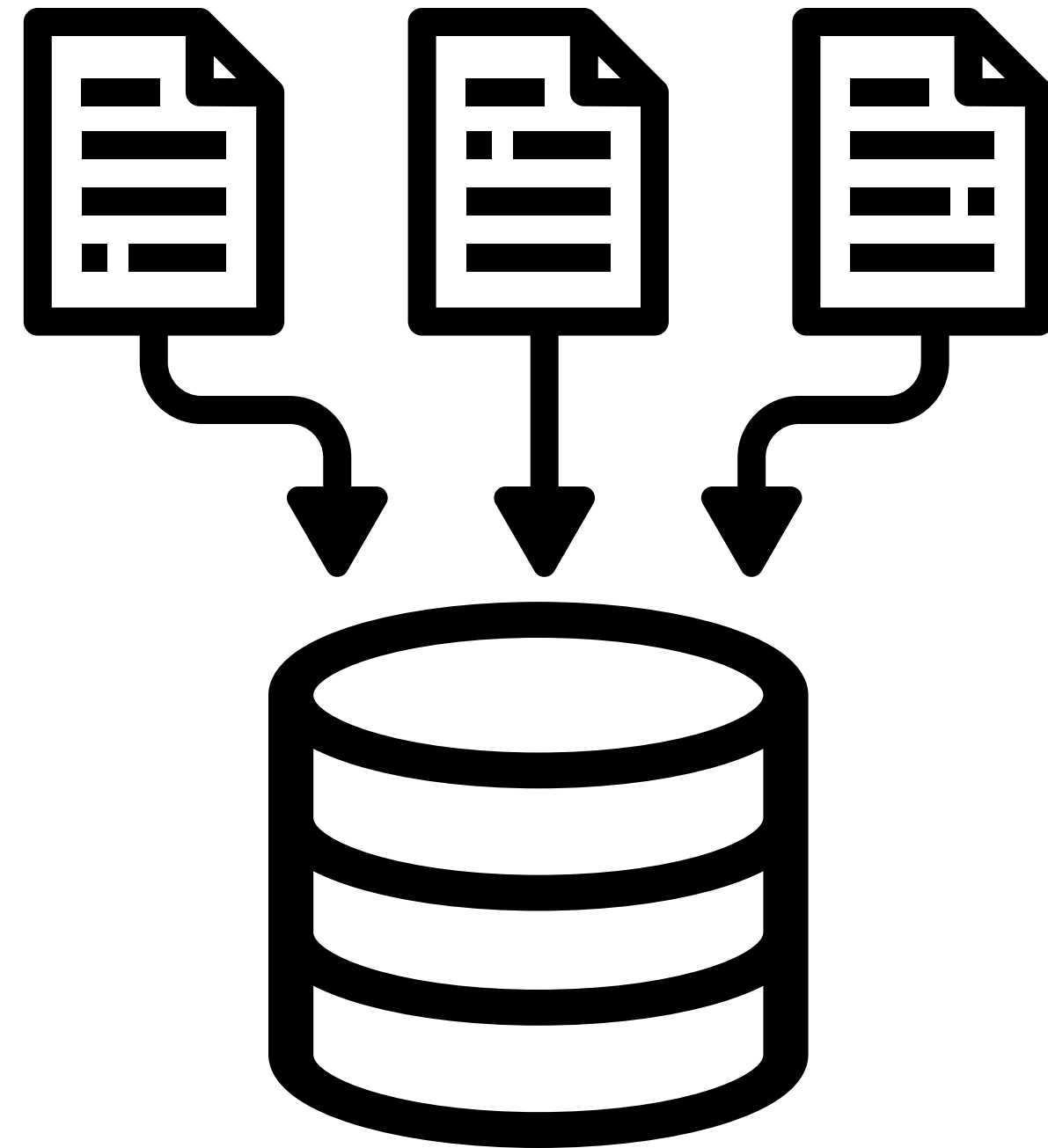
- Programs  $\neq$  Workouts
- Sets logged individually
- User-specific data



# GYMLOG

## Challenges & Learning:

- Database relationships
- Flask routing
- Debugging state issues



# GYMLOG

## CONCLUSION

- Practical
- Extensible
- CS50 concepts applied

# THANK YOU!

Federico Totaro Bessi  
CS50

