

Shiv's Workout Logger Website

The purpose of this website is to easily log the workout that you have done by typing in the name of the exercise, the number of sets and reps of the exercise, and the date of the exercise. This makes it easier for someone who does not like to write down their information and waste paper to instead use a website that organizes and inserts the information into a database easily. Sometimes, special notes need to be created to write down what happened during the workout, if you have to drop the weight you used next time, what weight you used during the exercise, etc, hence the workout notes option where you are allowed to write all your notes that directly links to the workout you are writing it for. Having said that, the website also includes useful notes on good nutritional advice and videos on exercise for you to watch in case you forget. The motivation behind this website is to, have people such as myself who do not like writing things, have an easier method to log workouts which is important because in order to achieve faster results, you must know what you did during the last exercise and try to do more after (overloading). Another, reason that motivated me to create this website, is how easily forgetful some people are, and having a website, like this will allow you to simply access your information and information on how to do an exercise with just a few clicks of a button.