

The Digital Athletic Log

http://athleticlog.org/

A free, online, cross platform, multisport, athletic training log.

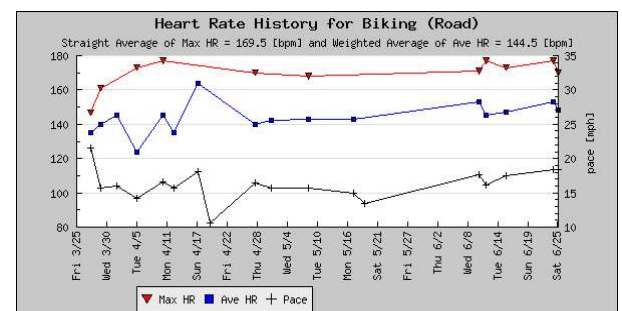
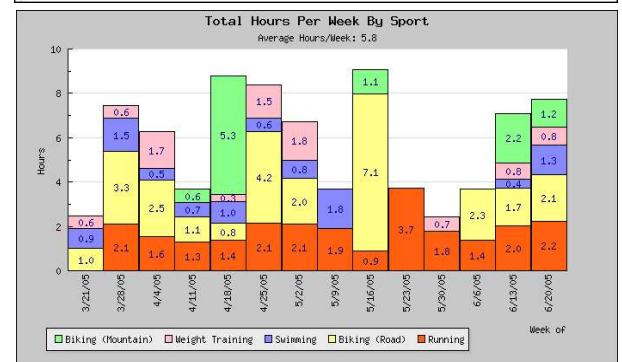
I created the Digital Athletic Log to keep track of my marathon and triathlon training progress. None of the logging software available had the all the features I wanted. I also needed a solution that would work across OS X, Linux, FreeBSD, and Windows.

The Digital Athletic Log offers the following features:

- **A Web Interface**
- **Advanced Graphing and Analysis Tools**
- **An Email Interface:** Entries can be made by email. This allows entries to be made from a cell phone, Blackberry, or any environment with email access.
- **Goal and Progress Tracking**
- **High Quality Printed Output:** The only really reliable long term storage for information is on paper. Hopefully people will still be able to read in 15 years when the internet crashes. The Digital Athletic Log can export any portion of the log as a high quality hardcopy.
- **Automated Backup**
- **Extensive Documentation**
- **Easily Customized** to store/analyze the information you want about your sports.
- **Free**



Sample view of log entries



The welcome screen

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Sample Plots from the Digital Athletic Log

You can try out the Digital Athletic Log before creating account of your own! Login: demo, Password: demo