

```
INSERT INTO Trainer (fName, lName, gender, certification, securityCheck, emailAddr, phone, scheduleTID) VALUES
```

```
('Alex', 'Johnson', 'M', 'Certified Personal Trainer', TRUE, 'alex.johnson@example.com', '555-0101', 1),
```

```
('Samantha', 'Lee', 'F', 'Certified Nutrition Specialist', TRUE, 'samantha.lee@example.com', '555-0102', 2);
```

```
INSERT INTO Availability (date, startTime, endTime) VALUES
```

```
('2024-03-28', '08:00:00', '12:00:00'),
```

```
('2024-03-29', '13:00:00', '17:00:00');
```

```
INSERT INTO TrainerAvailability (trainerID, availabilityID) VALUES
```

```
(1, 1),
```

```
(2, 2);
```

```
INSERT INTO TrainerSchedule (trainerID, updatingAdmin) VALUES
```

```
(1, 1),
```

```
(2, 2);
```

```
INSERT INTO TrainerView (profileID, trainerID) VALUES
```

```
(1, 1),
```

```
(2, 2);
```

```
INSERT INTO TrainerAssigns (trainerID, profileID, exerciseID) VALUES
```

```
(1, 1, 1),
```

```
(2, 2, 2);
```

```
INSERT INTO Member (profileID, fName, lName, gender, emailAddr, phone, homeNum, streetName, postalCode, dateOfBirth) VALUES
```

```
(1, 'John', 'Doe', 'M', 'john.doe@example.com', '555-0201', '123', 'Maple Street', '90210', '1980-04-01'),
```

```
(2, 'Jane', 'Smith', 'F', 'jane.smith@example.com', '555-0202', '456', 'Oak Avenue', '90211', '1982-05-02');
```

```
INSERT INTO MemberSchedule (memberID, updatingAdmin) VALUES
```

```
(1, 1),
```

```
(2, 1);
```

```
INSERT INTO EventsMember (bookingID, scheduleMID) VALUES
```

```
(1, 1),
```

```
(2, 2);
```

```
INSERT INTO Booking (room, type, date, time, status, instructor, processingAdmin, equipmentStatus, roomStatus, trainerAvailable, scheduleTID, duration) VALUES
```

```
('Room A', 'Yoga', '2024-03-30', '09:00:00', 'Confirmed', 1, 1, TRUE, TRUE, TRUE, 1, 60),  
( 'Room B', 'Strength Training', '2024-03-31', '10:00:00', 'Confirmed', 2, 2, TRUE, TRUE, TRUE,  
2, 90);
```

```
INSERT INTO RequestBooking (bookingID, memberID) VALUES  
(1, 1),  
(2, 2);
```

```
INSERT INTO Equipment (name, location, monitoringAdmin, lastMonitored, score) VALUES  
( 'Treadmill', 'Room A', 1, '2024-03-27', 8),  
( 'Dumbbells', 'Room B', 2, '2024-03-27', 9);
```

```
INSERT INTO Admin (fName, lName, emailAddr, phone) VALUES  
( 'Alice', 'Wong', 'alice.wong@example.com', '555-0301'),  
( 'Bob', 'Smith', 'bob.smith@example.com', '555-0302');
```

```
INSERT INTO Payment (type, dateIssued, dateBilled, amount, processingAdmin, payee)  
VALUES  
( 'Membership Fee', '2024-03-01', '2024-03-05', 100.00, 1, 1),  
( 'Personal Training', '2024-03-02', '2024-03-06', 150.00, 2, 2);
```

```
INSERT INTO Profile (memberID, status, weight, bloodPressure, bodyFat) VALUES  
(1, 'Active', 180, '120/80', 20),  
(2, 'Active', 150, '110/70', 18);
```

```
INSERT INTO Goal (targetWeight, targetPace, targetBodyFat) VALUES  
(170, '00:07:30', 18),  
(140, '00:08:00', 15);
```

```
INSERT INTO Achievements (goalID) VALUES  
(1),  
(2);
```

```
INSERT INTO ProfileAchievements (profileID, achievID) VALUES  
(1, 1),  
(2, 2);
```

```
INSERT INTO ProfileGoals (profileID, goalID) VALUES  
(1, 1),  
(2, 2);
```

```
INSERT INTO ProfileRoutines (profileID, exerciseID) VALUES
```

(1, 1),  
(2, 2);

```
INSERT INTO Exercise (name, description) VALUES  
( 'Running', 'A cardiovascular exercise aiming to improve endurance.' ),  
( 'Squats', 'A strength exercise focusing on legs and core.' );
```