

User		
PK	UserID	INT(10)
	UserName	VARCHAR(25)
	PasswordHash	VARBINARY(64)
	UserEmail	VARCHAR(255)
	PhoneNumber	VARCHAR(20)
	FirstName	VARCHAR(50)
	LastName	VARCHAR(50)



"Logs"



Workout		
PK	WorkoutID	INT(10)
	WorkoutName	VARCHAR(50)
	WorkOutStartTime	DATETIME2
	WorkOutEndTime	DATETIME2
	WorkoutNotes	VARCHAR(500)
FK	UserID	INT(10)

"Includes"



PerformedExercise		
PK	PerformedExerciseID	INT(10)
	SequenceNumber	VARCHAR(10)
	Notes	VARCHAR(500)
FK	WorkoutID	INT(10)
FK	ExerciseDefinition	INT(10)

"Defines"



ExerciseDefinition		
PK	ExerciseDefinitionID	INT(10)
	Name	VARCHAR(10)
FK	MuscleGroupID	INT(10)
	Equipment	VARCHAR(50)
	Description	VARCHAR(500)

"Targets"



MuscleGroup		
PK	MuscleGroupID	INT(10)
	Name	VARCHAR(50)

"Contains"



ExerciseSet		
PK	ExerciseSetID	INT(10)
	SetCount	INT(10)
	Reps	INT
	Weight	INT
FK	PerformedExerciseID	INT(10)