



storeUserData() - save the user information data into the database so user information can be retrieved upon login
createNewUser() - create a new user model
setUser() - after the user logs in with their email/pw, set the current session's user
getUserInfo() - retrieve the current logged in user's information, such as the user's workout preferences
updateUser() - update the current user information and save it into the database
updateCurrentWorkout() - update the current user's preferred choice of workout for the session
load7Days() - load user's workout plans for the next 7 days