

USER				user Progress						notification
Column	Data type	Description		Column	Data type	Description				id
Gmail	String	Primary key		Gmail id	String					tittle
weight	float	nullable		day	String					description
bmi	float	nullable		workout count	int					
gender	String	nullable		all complete	bool					
age	int	nullable		Date	time stamp					
Streak	int									
wokrout time	time									
height	float									
Profile Picture	file									
scheduling workout table						Workout Table				
Column	Data Type	Description	Constraints / Notes		Columns	Data type	Description			
id	uuid	Primary Key. Unique	uuid (unique, non-nullable)		Workout id	uuid	primary			
user_id	uuid	Foreign Key to the user table	uuid (non-nullable), references schedules.id		Workout Name	string	non null			
workout_id	uuid	Foreign Key to the workout table	uuid (non-nullable), references workouts.id		Workout type	String	cardio or exercise			
day_of_week	string	The day the workout is scheduled	text (non-nullable)		Workout Category	String	body part wise			
custom_sets	integer	User-defined sets	integer (nullable)		sets	int	null when cardio type			
custom_reps	integer	User-defined reps	integer (nullable)		reps	int	null when cardio type			
custom_duration	integer	User-defined duration	integer (nullable)		duration	time	null when exercise type			
order_in_day	integer	The order of this workout in the day	integer (non-nullable)		Gif Path	string	non null			
					Description	String	non null			