Objective & Task Breakdown

I'm using PostgreSQL for my gym-focused web app because the relational model fits the structure of my data and the way users interact with workouts and progress tracking. My database has five key entities: Users, Workouts, Progress, Stats, and Logging. Users are at the core; they own workouts and submit progress data. Workouts are personalized and referenced in the Logging table to track sessions. Progress shows long-term achievements and pulls data from Stats, which contain goal-related metrics like reps and weight. Logging connects users to the workouts they perform and records stats tied to each session. This setup keeps my data clean, organized, and easy to query as users engage with the app.

After the MVP, I added two new tables: Routines and Schedule. Routines include a set of premade workout plans that users can follow. Each routine contains a curated group of exercises designed to help users stay consistent and explore different training styles. Schedule tracks planned workout dates, and if a user misses a workout, the app uses this table to reschedule the session automatically. Both tables use UUIDs for scalable referencing and connect cleanly with the rest of the system. These features are set aside for future updates, so they don't interfere with how the app works right now.