

Database Coding (Users)

```
CREATE TABLE users (  
    id INT AUTO_INCREMENT PRIMARY KEY,  
    username VARCHAR(50) NOT NULL,  
    password VARCHAR(100) NOT NULL  
);
```

```
INSERT INTO users (username, password) VALUES ('testuser', 'testpassword');
```

Database Coding (Client)

```
CREATE TABLE IF NOT EXISTS clients (  
    id INT AUTO_INCREMENT PRIMARY KEY,  
    name VARCHAR(255) NOT NULL,  
    phone_number VARCHAR(255) NOT NULL,  
    age INT NOT NULL,  
    weight DOUBLE NOT NULL,  
    height_cm DOUBLE NOT NULL -- Height in centimeters  
);
```

Database Coding (Fitness Plan)

```
CREATE TABLE fitness_plans (  
    id INT AUTO_INCREMENT PRIMARY KEY,  
    client_name VARCHAR(255),  
    week_start DATE,  
    week_end DATE,  
    objectives VARCHAR(255)  
);
```

Database Coding (Coach)

```
CREATE TABLE IF NOT EXISTS coaches (  
    id INT AUTO_INCREMENT PRIMARY KEY,  
    name VARCHAR(255) NOT NULL,  
    phone_number VARCHAR(255) NOT NULL,  
    hourly_rate DECIMAL(10, 2) NOT NULL  
);
```

Database Coding (Fitness Progress)

```
CREATE TABLE fitness_progress (  
    id INT AUTO_INCREMENT PRIMARY KEY,  
    client_name VARCHAR(255),  
    coach_name VARCHAR(255),  
    date_in DATE,  
    date_out DATE,  
    score VARCHAR(255)  
);
```