

7.6 Appendix – Database populate script

```
<?php

// convert core files from csv files
// -----

// include global variables
// -----
include( "../include/my_vars.php" );
include( "../include/my_db.php" );
include( "../include/my_functions.php" );

// convert text file to database ( file is in csv format)
// -----

// read file in directory
// -----
$file      = file_get_contents("sheet2.csv");
$file_contents = explode("\n",$file);

// declare variables
// -----
$exercise = $primary_muscle = $secondary_muscle = $type = $level = $equipment =
$unit_of_measurement = "";

// loop, process all lines in file
// -----
foreach ($file_contents as $file_content) {

    // split line
    // -----
    list($exercise, $primary_muscle, $secondary_muscle, $type, $level, $equipment,
$unit_of_measurement) = explode(",", $file_content);

    // clean each input item
```

```

// -----
$exercise      = filter_var($exercise, FILTER_SANITIZE_STRING, FILTER_FLAG_ENCODE_AMP
);

$primary_muscle = filter_var($primary_muscle,
FILTER_SANITIZE_STRING, FILTER_FLAG_ENCODE_AMP );

$secondary_muscle = filter_var($secondary_muscle,
FILTER_SANITIZE_STRING, FILTER_FLAG_ENCODE_AMP );

$type          = filter_var($type, FILTER_SANITIZE_STRING, FILTER_FLAG_ENCODE_AMP );
$level         = filter_var($level, FILTER_SANITIZE_STRING, FILTER_FLAG_ENCODE_AMP );
$equipment     = filter_var($equipment,
FILTER_SANITIZE_STRING, FILTER_FLAG_ENCODE_AMP );

$unit_of_measurement = filter_var($unit_of_measurement,
FILTER_SANITIZE_STRING, FILTER_FLAG_ENCODE_AMP );

// initialise lastid
// -----
$exercise_lastid = "";
$primary_muscle_lastid = "";
$secondary_muscle_lastid = "";
$category_lastid = "";
$level_lastid = "";
$equipment_lastid = "";
$measurement_lastid = "";

// exercise
// -----

if($exercise) {
    $query = sprintf("SELECT * FROM exercise WHERE exercise_name=%s LIMIT 1", clean_input(
$exercise ));

    $result = $db->query($query);
    if(count($result) == 0) {
        $query = sprintf("INSERT INTO exercise (exercise_name) values(%s)", clean_input( $exercise )
);

        $result = $db->query($query);
        $exercise_lastid = $db->lastid();
    }
}

// process all others if exercise lastid is valid

```

```

// -----
if( $exercise_lastid ) {

    // muscle, primary (1:1)
    // -----
    if( $primary_muscle ) {
        $query = sprintf("SELECT * FROM muscle WHERE muscle_name=%s LIMIT 1", clean_input(
$primary_muscle ));
        $result = $db->query($query);
        if(count($result) == 0) {
            $query = sprintf("INSERT INTO muscle (muscle_name) values(%s)", clean_input(
$primary_muscle ));
            $result = $db->query($query);
        }
    }

    // muscle, secondary (1:1)
    // -----
    if( $secondary_muscle ) {
        $query = sprintf("SELECT * FROM muscle WHERE muscle_name=%s LIMIT 1", clean_input(
$secondary_muscle ));
        $result = $db->query($query);
        if(count($result) == 0) {
            $query = sprintf("INSERT INTO muscle (muscle_name) values(%s)", clean_input(
$secondary_muscle ));
            $result = $db->query($query);
        }
    }

    // exercise type (1:1)
    // -----
    if($type) {
        $query = sprintf("SELECT * FROM category WHERE category_name=%s LIMIT 1",
clean_input( $type ));
        $result = $db->query($query);
        if(count($result) == 0) {
            $query = sprintf("INSERT INTO category (category_name) values(%s)", clean_input( $type
));
            $result = $db->query($query);
        }
    }
}

```

```

// level (1:1)
// -----
if( $level ) {
    $query = sprintf("SELECT * FROM level WHERE level_name=%s LIMIT 1", clean_input(
$level ) );

    $result = $db->query($query);
    if(count($result) == 0) {
        $query = sprintf("INSERT INTO level (level_name) values(%s)", clean_input( $level ) );
        $result = $db->query($query);
    }
}

// equipment (1:1)
// -----
if( $equipment ) {
    $query = sprintf("SELECT * FROM equipment WHERE equipment_name =%s LIMIT 1",
clean_input( $equipment ) );

    $result = $db->query($query);
    if(count($result) == 0) {
        $query = sprintf("INSERT INTO equipment (equipment_name) values(%s)", clean_input(
$equipment ) );

        $result = $db->query($query);
    }
}

// measurement (1:1)
// -----
if( $unit_of_measurement ) {
    $query = sprintf("SELECT * FROM measurement WHERE measurement_name=%s LIMIT
1", clean_input( $unit_of_measurement ) );

    $result = $db->query($query);
    if(count($result) == 0) {
        $query = sprintf("INSERT INTO measurement (measurement_name) values(%s)",
clean_input( $unit_of_measurement ) );

        $result = $db->query($query);
    }
}
}

```

```
}

}

// inform user & terminate
// -----
echo ("Conversion of core files is now completed. ");

?>
```