Logical Schema

User (<u>id</u>, email, first_name, last_name)
   id -> int, primary key
   email -> varchar(254), unique
   first_name -> varchar(30)
   last_name -> varchar(30)

Health Profile (<u>id</u>, user_id#, dob, gender, height, weight, favourite_workout_type, workout_experience, fitness_goal, injuries, other_considerations)
   id -> int, primary key
   user_id# -> int, refers to id in the User table
   dob -> date
   gender -> varchar(10), options 'Male', 'Female', 'Other'
   height -> float
   weight -> float
   favourite_workout_type -> varchar(50), options 'Weights', 'Cardio', 'Circuits', 'Crossfit', 'Yoga'
   workout_experience -> varchar(20), options 'Beginner', 'Intermediate', 'Expert'
   fitness_goal -> varchar(255)
   injuries -> text
   other_considerations -> text

Workout (id, user_id#, created, difficulty, workout_type, equipment_access, target_area, length, included_exercises, excluded_exercises, other_workout_considerations, llm_suggested_changes, llm_suggested_workout, workout_rating, workout_comments, actual_length)
   id -> int, primary key
   user_id# -> int, refers to id in the User table
   created -> timestamp
   difficulty -> varchar(100), options 'Easy', 'Medium', 'Hard'
   workout_type -> varchar(100)
   equipment_access -> varchar(100)
   target_area -> varchar(100)
   length -> int
   included_exercises -> text
   excluded_exercises -> text
   other_workout_considerations -> text
   llm_suggested_changes -> text array
   llm_suggested_workout -> text array
   workout_rating -> int, options 0, 1, 2, 3, 4, 5
   workout_comments -> text
   actual_length -> int

Recommendation (id, user_id#, created, recommendation)
  id -> int, primary key
  user_id# -> int, refers to id in the User table
  created -> timestamp
  recommendation -> text

User Creates/ Modifies Health Profile (user_id#, health_profile_id#)
  user_id# -> int, refers to id in the User table
  health_profile_id# -> int, refers to id in the Heatlh Profile table

User Creates/ Modifies Workout (user_id#, workout_id#)
  user_id# -> int, refers to id in the User table
  workout_id# -> int, refers to id in the Workout table

User Gets Recommendation (user_id#, recommendation_id#)
  user_id# -> int, refers to id in the User table
  recommendation_id# -> int, refers to id in the Recommendation table