Schema:

fitusers:(ID, username, password, email)

preferences:(FK(userid) from **fitusers**, PrefTime, RestDays, Monday, Tuesday, Wednesday, Thursday, Friday, Saturday, Sunday)

//Naming conventions of preferences adjusted for backend logic

exercise_events:(FK(userid) from **fitusers**, ID, date, exercise_group, time)

workout_logs: (FK(event_id), ID, workout_name, weight, reps, sets)