

| users | |
|-----------------|---------|
| id | int |
| username | varchar |
| password | varchar |
| first_name | varchar |
| last_name | varchar |
| birthday | date |
| preferred_units | int |

| templates | |
|-----------|-----|
| id | int |
| user_id | int |

| template_exercises | |
|--------------------|-----|
| id | int |
| template_id | int |
| exercise_id | int |

| units | |
|-------|---------|
| id | int |
| unit | varchar |

| workouts | |
|-----------|----------|
| id | int |
| user_id | int |
| started | datetime |
| completed | datetime |

| sets | |
|-------------------|-----|
| id | int |
| workout_exercises | int |
| exercise | int |
| target_weight | int |
| completed_weight | int |
| target_reps | int |
| completed_reps | int |
| target_RPE | int |
| complete_RPE | int |
| resttime | int |

| workout_exercises | |
|-------------------|-----|
| id | int |
| workout_id | int |
| exercise_id | int |

