ResistanceTracker – PLANNING 3

DATABASE

Date: 29/07/2025

List of tables currently identified:

* Sessions (comprised of):
* Session hdr
* Session\_id
* Date
* Macrocycle
* Session name
* Number of exercises
* Number of sets
* Exercises per session
* Exercise\_id
* Session\_id \* = session\_id of session hdr
* Exercise name
* Sets per exercise
* Set\_id
* Exercise\_id \*= exercise\_id of exercises per session table
* Weight
* reps
* Macrocycles (simply have as placeholder for now and manually enter any data required until planning system is developed)
* Name
* Start date
* End date
* Exercises
* Exercise\_id
* Name
* Equipment type
* Exercise type
* Prime movers
* Primemover\_id
* Exercise\_id \* = exercise\_id of exercises
* Muscle\_id \*= muscle\_id of muscles
* secondary movers
* secondarymover\_id
* Exercise\_id \* = exercise\_id of exercises
* Muscle\_id \*= muscle\_id of muscles

(maybe have prime n sec movers merged into one table)

* Muscles
* Muscle\_id
* Body region
* Function desc
* Journal entries
* Date
* text
* Injuries
* Inj\_id
* Date injury
* Notes
* Date recovered
* User Measurements
* User\_id
* Weight
* Height
* Upper\_arm