**Logical Schema**

User (id, email, first\_name, last\_name)

id -> int, primary key

email -> varchar(254), unique

first\_name -> varchar(30)

last\_name -> varchar(30)

Health Profile (id, 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