

Workout Tracker
Created by Robert Sadler
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User		
<u>Key</u>	<u>Field</u>	<u>Type</u>
ID	INT	PK
Username	STRING	Email Unique
Password	STRING	

Has

Workout		
<u>Field</u>	<u>Type</u>	<u>Constraint</u>
ID	INT	PK
*Workout	STRING	Unique
userID	INT	FK
Workout typeID	INT	FK

*The User will be able to create and define the values of multiple workouts and designate a workout category association

Workout category		
<u>Key</u>	<u>Field</u>	<u>Type</u>
ID	INT	PK
Strength	Field	INDEX
Flexability	Field	INDEX
Balance	Field	INDEX
Endurance	Field	INDEX

Has

Has

Repetitions		
<u>Field</u>	<u>Type</u>	<u>Constraint</u>
ID	INT	PK
userID	INT	FK
WorkoutID	INT	FK
CaloriesID	INT	FK

one to one

Calories Burned		
<u>Field</u>	<u>Type</u>	<u>Constraint</u>
ID	INT	PK
userID	INT	FK
RepetitionsID	INT	FK