**Airtable API for "STRUKT"**

INTRODUCTION

The STRUKT API provides an easy way to integrate your STRUKT data in Airtable with any external system. The API closely follows REST semantics, uses JSON to encode objects, and relies on standard HTTP codes to signal operation outcomes.

The API documentation below is specifically generated for your base. We recommend that you use the [graphical Airtable interface](https://airtable.com/appQfzQUbWtJj8Ck6) to add a few records of example data for each table. These records will be displayed in the documentation examples generated below.

To view documentation for all available endpoints, as well as documentation that has not been generated specific to your base, please visit [here](https://airtable.com/developers/web/api).

The ID of this base is appQfzQUbWtJj8Ck6.

**Please note**: if you make changes to a field (column) name or type, the API interface for those fields will change correspondingly. Therefore, please make sure to update your API implementation accordingly whenever you make changes to your Airtable schema from the graphical interface.

Official API client:

* JavaScript: [airtable.js](https://github.com/Airtable/airtable.js) (Node.js + browser)

Community-built API clients:

* Ruby: [airrecord](https://github.com/sirupsen/airrecord" \t "_blank)
* .NET: [airtable.net](https://github.com/ngocnicholas/airtable.net)
* Python 3: [pyairtable](https://github.com/gtalarico/pyairtable" \t "_blank)
* Python 2/3: [airtable.py](https://github.com/josephbestjames/airtable.py)

METADATA

This API gives you the ability to list all of your bases, tables, fields, and views. For more, see the API reference documentation for [List bases](https://airtable.com/developers/web/api/list-bases) and [Get base schema](https://airtable.com/developers/web/api/get-base-schema).

RATE LIMITS

The API is limited to 5 requests per second per base. If you exceed this rate, you will receive a 429 status code and will need to wait 30 seconds before subsequent requests will succeed.

The [official JavaScript client](https://github.com/Airtable/airtable.js) has built-in retry logic.

If you anticipate a higher read volume, we recommend using a caching proxy. This rate limit is the same for all plans and increased limits are not currently available.

AUTHENTICATION

Airtable uses simple token-based authentication. For personal development, we recommend using [personal access tokens](https://airtable.com/developers/web/guides/personal-access-tokens), which can be created at [/create/tokens](https://airtable.com/create/tokens). To learn more about other authentication methods like OAuth, please visit our [developer documentation](https://airtable.com/developers/web/api/authentication).

**Using Airtable.js in the browser is strongly discouraged, since that will expose your API key to everyone who has access to that web page.**

To configure Airtable.js either store your secret API token (e.g. personal access token) in the AIRTABLE\_API\_KEY environment variable or pass it directly to the client library. Note that environment variables are not available when using Airtable.js in the browser.

All API requests must be authenticated and made over HTTPS.

EXAMPLE USING ENVIRONMENT VARIABLE

# Shell:

$ export AIRTABLE\_API\_KEY=YOUR\_SECRET\_API\_TOKEN

# Node:

const base = require('airtable').base('appQfzQUbWtJj8Ck6');

EXAMPLE USING CUSTOM CONFIGURATION

var Airtable = require('airtable');

Airtable.configure({

endpointUrl: 'https://api.airtable.com',

apiKey: 'YOUR\_SECRET\_API\_TOKEN'

});

var base = Airtable.base('appQfzQUbWtJj8Ck6');

USER TABLE

The id for User is tbl87AICCbvbgrLCY. Table ids and table names can be used interchangeably in API requests. Using table ids means table name changes do not require modifications to your API request.

Fields

Each record in the User table contains the following fields:

Field names and field ids can be used interchangeably. Using field ids means field name changes do not require modifications to your API request. We recommend using field ids over field names where possible, to reduce modifications to your API request if the user changes the field name later.

FIELD NAME

FIELD ID

TYPE

DESCRIPTION

Full Name

fld1ZCiTpDGafzo9i

Text

string

A single line of text.

EXAMPLE VALUES

"Joe Bishop"

"Test User"

"Bishops French Polishing"

"Therese"

Email Address

fldgyVjQJc389lqNA

Email

string

A valid email address.

EXAMPLE VALUES

"josephbishop135@gmail.com"

"testuser@example.com"

"hello@bishopsfrenchpolishing.com"

"theresebwd@yahoo.co.uk"

Email Lowercase

fldoPlhwKbwIKU3Ad

Formula

number, string, array of numbers or strings

Computed value: LOWER({Email Address}).

EXAMPLE VALUES

"\"josephbishop135@gmail.com\""

"\"testuser@example.com\""

"\"hello@bishopsfrenchpolishing.com\""

"\"theresebwd@yahoo.co.uk\""

Email Span (Formula)

fldaPWVD5069kCEdv

Formula

number, string, array of numbers or strings

Computed value: "<span id='user-email' style='display:none;'>" & {Email Address} & "</span>".

EXAMPLE VALUES

"\"<span id='user-email' style='display:none;'>josephbishop135@gmail.com</span>\""

"\"<span id='user-email' style='display:none;'></span>\""

"\"<span id='user-email' style='display:none;'></span>\""

"\"<span id='user-email' style='display:none;'>testuser@example.com</span>\""

"\"<span id='user-email' style='display:none;'>hello@bishopsfrenchpolishing.com</span>\""

Password (optional)

fldWI1u2ZBdOkF3Kg

Text

string

A single line of text.

EXAMPLE VALUES

"foo", "bar"

Gender Identity

fldC2jSZ2i1wAPyyE

Single select

string

Selected option name.

When creating or updating records, if thechoice string does not exactly match an existing option, the request will fail with an INVALID\_MULTIPLE\_CHOICE\_OPTIONSerror unless the typecast parameter is enabled. If typecast is enabled, a new choice will be created if one does not exactly match.

POSSIBLE VALUES

[

"Male",

"Female",

"Non-binary",

"Prefer not to say",

"Self-Described"

]

Gender Identity (Self-Described)

fldgBXPP1dUKSeg4F

Text

string

A single line of text.

EXAMPLE VALUES

"foo", "bar"

Pronouns

fldU7eVgwu7NXzOCx

Single select

string

Selected option name.

When creating or updating records, if thechoice string does not exactly match an existing option, the request will fail with an INVALID\_MULTIPLE\_CHOICE\_OPTIONSerror unless the typecast parameter is enabled. If typecast is enabled, a new choice will be created if one does not exactly match.

POSSIBLE VALUES

[

"She/her",

"He/him",

"They/them",

"She/they",

"He/they",

"Prefer not to say",

"Self-Describe"

]

Pronouns (Self-Described)

fldYxgXKPcIkUj0RL

Text

string

A single line of text.

EXAMPLE VALUES

"foo", "bar"

Date of Birth

fldRqiciHRilJR5XB

Date

string (ISO 8601 formatted date)

UTC date, e.g. "2014-09-05".

EXAMPLE VALUES

"1990-10-21"

Height

fldUqzxNSXcu2SWDv

Number

number

A decimal number showing 1 decimal digit. This field only allows positive numbers.

EXAMPLE VALUE

42.2

Starting Weight (kg)

fldDPHkZ7dab654SY

Number

number

A decimal number showing 1 decimal digit. This field only allows positive numbers.

EXAMPLE VALUE

42.2

Current Weight (kg)

fldxdfKqdgXTTnhye

Number

number

A decimal number showing 1 decimal digit. This field only allows positive numbers.

EXAMPLE VALUE

42.2

Goal Weight (kg)

fldaukV3YmumJpnM0

Number

number

A decimal number showing 1 decimal digit. This field only allows positive numbers.

EXAMPLE VALUE

42.2

Body Type

fldrUVO5LxbrVpnsE

Single select

string

Selected option name.

When creating or updating records, if thechoice string does not exactly match an existing option, the request will fail with an INVALID\_MULTIPLE\_CHOICE\_OPTIONSerror unless the typecast parameter is enabled. If typecast is enabled, a new choice will be created if one does not exactly match.

POSSIBLE VALUES

[

"Ectomorph (naturally slim)",

"Mesomorph (athletic/muscular)",

"Endomorph (easily gains fat)",

"Not Sure"

]

Main Goal

fldoMusvugnevq4Xj

Multiple select

array of strings

Array of selected option names.

When creating or updating records, if achoice string does not exactly match an existing option, the request will fail with an INVALID\_MULTIPLE\_CHOICE\_OPTIONSerror unless the typecast parameter is enabled. If typecast is enabled, a new choice will be created if one does not exactly match.

POSSIBLE VALUES

[

"Fat Loss",

"Muscle Gain",

"Energy Boost",

"Better Mood/ Mental Health",

"Athletic Performance",

"Routine & Structure",

"Lifestyle Transformation",

"Other"

]

Dietary Needs/Allergies

fldExrYCRvz4kEKXJ

Long text

string

Multiple lines of text, which may contain "mention tokens", e.g.  
<airtable:mention id="menE1i9oBaGX3DseR">@Alex</airtable:mention>

EXAMPLE VALUE

"Lorem ipsum dolor sit amet, consectetur adipiscing elit. Pellentesque vel accumsan orci. Fusce interdum ipsum nec neque iaculis congue. Vivamus bibendum quam at sollicitudin vestibulum. Nunc suscipit nisl sit amet enim hendrerit pellentesque. Curabitur non fermentum orci."

Medical Considerations

fld6bLC7BzQTGCTQq

Long text

string

Multiple lines of text, which may contain "mention tokens", e.g.  
<airtable:mention id="menE1i9oBaGX3DseR">@Alex</airtable:mention>

EXAMPLE VALUE

"Lorem ipsum dolor sit amet, consectetur adipiscing elit. Pellentesque vel accumsan orci. Fusce interdum ipsum nec neque iaculis congue. Vivamus bibendum quam at sollicitudin vestibulum. Nunc suscipit nisl sit amet enim hendrerit pellentesque. Curabitur non fermentum orci."

Activity Level

fldiAxBLFeYUc2eBp

Single select

string

Selected option name.

When creating or updating records, if thechoice string does not exactly match an existing option, the request will fail with an INVALID\_MULTIPLE\_CHOICE\_OPTIONSerror unless the typecast parameter is enabled. If typecast is enabled, a new choice will be created if one does not exactly match.

POSSIBLE VALUES

[

"Sedentary",

"Light",

"Moderate",

"Active"

]

Equipment Access

fldbocmaSg5LlWH9e

Single select

string

Selected option name.

When creating or updating records, if thechoice string does not exactly match an existing option, the request will fail with an INVALID\_MULTIPLE\_CHOICE\_OPTIONSerror unless the typecast parameter is enabled. If typecast is enabled, a new choice will be created if one does not exactly match.

POSSIBLE VALUES

[

"None",

"Home",

"Gym",

"Mixed"

]

STRUKT Tier

fld98M7wsuRlo8gnR

Single select

string

Selected option name.

When creating or updating records, if thechoice string does not exactly match an existing option, the request will fail with an INVALID\_MULTIPLE\_CHOICE\_OPTIONSerror unless the typecast parameter is enabled. If typecast is enabled, a new choice will be created if one does not exactly match.

POSSIBLE VALUES

[

"Core",

"Pro",

"Elite"

]

Charity Choice

fldNDU5oR61lquQxG

Link to another record

array of record IDs (strings)

Array of linked records IDs from the Charity Choices table.

EXAMPLE VALUE

["rec8116cdd76088af", "rec245db9343f55e8", "rec4f3bade67ff565"]

Start Date

fldqOvSQydoQr3m5R

Date

string (ISO 8601 formatted date)

UTC date, e.g. "2014-09-05".

EXAMPLE VALUES

"2025-06-09"

Onboarding Complete

fld3Uly8Ju8XUg44G

Checkbox

boolean

This field is "true" when checked and otherwise empty.

EXAMPLE VALUE

true

Meals

fldMNW9kZZMdnf3Gv

Link to another record

array of record IDs (strings)

Array of linked records IDs from the Mealstable.

EXAMPLE VALUE

["rec8116cdd76088af", "rec245db9343f55e8", "rec4f3bade67ff565"]

Meal Guidance

fldq7qTuzvzn6iZGJ

Link to another record

array of record IDs (strings)

Array of linked records IDs from the Meal Guidance table.

EXAMPLE VALUE

["rec8116cdd76088af", "rec245db9343f55e8", "rec4f3bade67ff565"]

Workouts

fldAlPeMBoyrthbEo

Link to another record

array of record IDs (strings)

Array of linked records IDs from the Workouts table.

EXAMPLE VALUE

["rec8116cdd76088af", "rec245db9343f55e8", "rec4f3bade67ff565"]

Workout Guidance

fld0A0bf9oZC9H7xt

Link to another record

array of record IDs (strings)

Array of linked records IDs from the Workout Guidance table.

EXAMPLE VALUE

["rec8116cdd76088af", "rec245db9343f55e8", "rec4f3bade67ff565"]

Supplement Logs

fldChtIkPtvSGcsk7

Link to another record

array of record IDs (strings)

Array of linked records IDs from the Supplement Logs table.

EXAMPLE VALUE

["rec8116cdd76088af", "rec245db9343f55e8", "rec4f3bade67ff565"]

Supplement Guidance

fldl7DG0ffYWdSQR5

Link to another record

array of record IDs (strings)

Array of linked records IDs from the Supplement Guidance table.

EXAMPLE VALUE

["rec8116cdd76088af", "rec245db9343f55e8", "rec4f3bade67ff565"]

Weekly Check-Ins

fldkgG8u33EMJ4anQ

Link to another record

array of record IDs (strings)

Array of linked records IDs from the Weekly Check-Ins table.

EXAMPLE VALUE

["rec8116cdd76088af", "rec245db9343f55e8", "rec4f3bade67ff565"]

Chat Interactions

fld17YCUBpWr7yNrl

Link to another record

array of record IDs (strings)

Array of linked records IDs from the Chat Interactions table.

EXAMPLE VALUE

["rec8116cdd76088af", "rec245db9343f55e8", "rec4f3bade67ff565"]

Trial Start Date

fldM6PE95xTKD1IaQ

Date

string (ISO 8601 formatted date)

UTC date, e.g. "2014-09-05".

EXAMPLE VALUES

"2025-06-09"

Trial End Date

fldiaXWsjYDh9GyTI

Formula

number, string, array of numbers or strings

Computed value: DATEADD({Trial Start Date}, 7, 'days').

EXAMPLE VALUES

"2025-06-16T00:00:00.000Z"

{

"error": "#ERROR"

}

{

"error": "#ERROR"

}

{

"error": "#ERROR"

}

{

"error": "#ERROR"

}

Is Trial Active?

fldxqjzw3sXPfjKwZ

Formula

number, string, array of numbers or strings

Computed value: IF(TODAY() <= {Trial End Date}, "Yes", "No").

EXAMPLE VALUES

"\"No\""

"\"[object Object]\""

"\"[object Object]\""

"\"[object Object]\""

"\"[object Object]\""

Subscription Status

fld56wqdbKwsg8WQV

Single select

string

Selected option name.

When creating or updating records, if thechoice string does not exactly match an existing option, the request will fail with an INVALID\_MULTIPLE\_CHOICE\_OPTIONSerror unless the typecast parameter is enabled. If typecast is enabled, a new choice will be created if one does not exactly match.

POSSIBLE VALUES

[

"Trial",

"Active",

"Cancelled",

"Expired",

"Paused"

]

Stripe Customer ID

fldbYGEbWIQPm0nfl

Text

string

A single line of text.

EXAMPLE VALUES

"foo", "bar"

Payment Method on File?

fldtKISF2d9hvGzFi

Checkbox

boolean

This field is "true" when checked and otherwise empty.

EXAMPLE VALUE

true

Chat Interactions 2

fld0GzYfaHQBVB16o

Link to another record

array of record IDs (strings)

Array of linked records IDs from the Chat Interactions table.

EXAMPLE VALUE

["rec8116cdd76088af", "rec245db9343f55e8", "rec4f3bade67ff565"]

Sleep Log

fldTPxc8xVCGxa8tB

Link to another record

array of record IDs (strings)

Array of linked records IDs from the Sleep Log table.

EXAMPLE VALUE

["rec8116cdd76088af", "rec245db9343f55e8", "rec4f3bade67ff565"]

Daily Routine

fld8MMsg1vorBGxX3

Long text

string

Multiple lines of text, which may contain "mention tokens", e.g.  
<airtable:mention id="menE1i9oBaGX3DseR">@Alex</airtable:mention>

EXAMPLE VALUES

"I'm a busy mum and wife, we have two children. I like to try and wake up before them to get a hold of the day "

Work Schedule / Commitments

flddRvyYVZCfpd72U

Long text

string

Multiple lines of text, which may contain "mention tokens", e.g.  
<airtable:mention id="menE1i9oBaGX3DseR">@Alex</airtable:mention>

EXAMPLE VALUES

"Part time work. I work on Weds, Thurs, and Friday mornings. I take the eldest to preschool on Tuesdays and Fridays. I aim to get into London on Thursd..."

Preferred Workout Time

fldjHNRWWPbrEbrW2

Multiple select

array of strings

Array of selected option names.

When creating or updating records, if achoice string does not exactly match an existing option, the request will fail with an INVALID\_MULTIPLE\_CHOICE\_OPTIONSerror unless the typecast parameter is enabled. If typecast is enabled, a new choice will be created if one does not exactly match.

POSSIBLE VALUES

[

"Morning",

"Lunchtime",

"Afternoon",

"Evening",

"Varies",

"Not Sure Yet"

]

Anything else you'd like us to know?

fldmdiuC5NyjrhdTn

Long text

string

Multiple lines of text, which may contain "mention tokens", e.g.  
<airtable:mention id="menE1i9oBaGX3DseR">@Alex</airtable:mention>

EXAMPLE VALUES

"I'm quite sure I have diastis recti (sorry about the spelling) from my second pregnancy. whilst my back is recovering, from the muscular strain, I sti..."

Preferred Coaching Tone

flddHyoL5wLJlqmPW

Multiple select

array of strings

Array of selected option names.

When creating or updating records, if achoice string does not exactly match an existing option, the request will fail with an INVALID\_MULTIPLE\_CHOICE\_OPTIONSerror unless the typecast parameter is enabled. If typecast is enabled, a new choice will be created if one does not exactly match.

POSSIBLE VALUES

[

"Friendly & Supportive",

"Direct & No-Nonsense",

"Encouraging & Positive",

"Calm & Mindful",

"Playful & Light-Hearted",

"Push Me Hard - I Need It!"

]

Preferred Reminder/Nudge Times

fldqhDrRmOckxmbs8

Long text

string

Multiple lines of text, which may contain "mention tokens", e.g.  
<airtable:mention id="menE1i9oBaGX3DseR">@Alex</airtable:mention>

EXAMPLE VALUES

"meal prep ideas, etc but I think this might need to be on the Friday so that I can arrange it being delivered on Sunday afternoons so I'm ready for th..."

Anything else you’d like us to know about how you prefer to be coached?

fldOIcwKeYu8JfHVM

Long text

string

Multiple lines of text, which may contain "mention tokens", e.g.  
<airtable:mention id="menE1i9oBaGX3DseR">@Alex</airtable:mention>

EXAMPLE VALUES

"i respond well to regular praise and being acknowledged. "

Ethnicity / Cultural Background

fldJeywRCXqSNaAZI

Multiple select

array of strings

Array of selected option names.

When creating or updating records, if achoice string does not exactly match an existing option, the request will fail with an INVALID\_MULTIPLE\_CHOICE\_OPTIONSerror unless the typecast parameter is enabled. If typecast is enabled, a new choice will be created if one does not exactly match.

POSSIBLE VALUES

[

"Black / African / Caribbean / Black British",

"White / White British / European",

"South Asian (e.g Indian, Pakistani, Bangladeshi)",

"East Asian (e.g. Chinese, Japanese, Korean)",

"Middle Eastern / North African",

"Mixed / Multiple Backgrounds",

"Self-Describe"

]

Ethnicity (Self-Describe)

fldTObj8gxog0PfSg

Text

string

A single line of text.

EXAMPLE VALUES

"foo", "bar"

Religion / Faith

fldsSCO77ayEavDc8

Multiple select

array of strings

Array of selected option names.

When creating or updating records, if achoice string does not exactly match an existing option, the request will fail with an INVALID\_MULTIPLE\_CHOICE\_OPTIONSerror unless the typecast parameter is enabled. If typecast is enabled, a new choice will be created if one does not exactly match.

POSSIBLE VALUES

[

"Christian",

"Muslim",

"Jewish",

"Hindu",

"Sikh",

"Buddhist",

"Spiritual but not religious",

"Prefer not to say",

"Self-Describe"

]

Religion (Self-Describe)

fldWYILsWm7RbavDz

Text

string

A single line of text.

EXAMPLE VALUES

"foo", "bar"

Accessibility or Support Needs

fldh2Nm60zyI6p5eZ

Long text

string

Multiple lines of text, which may contain "mention tokens", e.g.  
<airtable:mention id="menE1i9oBaGX3DseR">@Alex</airtable:mention>

EXAMPLE VALUES

"I think I'm adhd"

Current Nutrition Style

fldLUBVM9kZ6eMksN

Multiple select

array of strings

Array of selected option names.

When creating or updating records, if achoice string does not exactly match an existing option, the request will fail with an INVALID\_MULTIPLE\_CHOICE\_OPTIONSerror unless the typecast parameter is enabled. If typecast is enabled, a new choice will be created if one does not exactly match.

POSSIBLE VALUES

[

"Balanced / Whole Foods",

"Low carb/ Keto",

"High Protein",

"Vegetarian",

"Vegan",

"Intuitive Eating",

"Intermittent Fasting",

"I don't follow any style"

]

Current Challenges with Nutrition

flddASjb0xOfxB9F2

Long text

string

Multiple lines of text, which may contain "mention tokens", e.g.  
<airtable:mention id="menE1i9oBaGX3DseR">@Alex</airtable:mention>

EXAMPLE VALUES

"I'd like to have more family meal options, the children are 3 and 4 and can't have very flavoured things. also one had dairy and peanut allergies"

Nutrition Goals

fld2KrpYZIZXkLl3I

Multiple select

array of strings

Array of selected option names.

When creating or updating records, if achoice string does not exactly match an existing option, the request will fail with an INVALID\_MULTIPLE\_CHOICE\_OPTIONSerror unless the typecast parameter is enabled. If typecast is enabled, a new choice will be created if one does not exactly match.

POSSIBLE VALUES

[

"Fat Loss",

"Muscle Gain",

"Energy / Stamina",

"Blood Sugar / Blood Pressure Control",

"Supporting Mental Health",

"Improving Gut Health"

]

Food Preferences / Dietary Needs

fld8yLxmUBrp4MOil

Long text

string

Multiple lines of text, which may contain "mention tokens", e.g.  
<airtable:mention id="menE1i9oBaGX3DseR">@Alex</airtable:mention>

EXAMPLE VALUES

"Dairy free"

Any cultural/religious influences on food?

fldCz3mPYr6ZUXTDA

Text

string

A single line of text.

EXAMPLE VALUES

"foo", "bar"

Would you like STRUKT to generate suggested meals?

fldVAFhVRslUXt48E

Checkbox

boolean

This field is "true" when checked and otherwise empty.

EXAMPLE VALUE

true

Do you track calories/macros?

fld4YKS0Qod3KoN85

Single select

string

Selected option name.

When creating or updating records, if thechoice string does not exactly match an existing option, the request will fail with an INVALID\_MULTIPLE\_CHOICE\_OPTIONSerror unless the typecast parameter is enabled. If typecast is enabled, a new choice will be created if one does not exactly match.

POSSIBLE VALUES

[

"Yes, regularly",

"Sometimes",

"No, but I'd like to start",

"No, not for me"

]

Allergies & Food Intolerances

fldQaYsbc7GvVm5OQ

Long text

string

Multiple lines of text, which may contain "mention tokens", e.g.  
<airtable:mention id="menE1i9oBaGX3DseR">@Alex</airtable:mention>

EXAMPLE VALUES

"We don't have dairy or peanut in our household. "

Are you currently doing any workout or training?

fldHHwlDwztas0tQ6

Single select

string

Selected option name.

When creating or updating records, if thechoice string does not exactly match an existing option, the request will fail with an INVALID\_MULTIPLE\_CHOICE\_OPTIONSerror unless the typecast parameter is enabled. If typecast is enabled, a new choice will be created if one does not exactly match.

POSSIBLE VALUES

[

"Yes",

"No"

]

If yes, what does your current training look like?

fldyL4k7gLpfWzzzk

Long text

string

Multiple lines of text, which may contain "mention tokens", e.g.  
<airtable:mention id="menE1i9oBaGX3DseR">@Alex</airtable:mention>

EXAMPLE VALUES

"3 days a week, weight lifting at home and also trying to achieve over 5k steps a day"

What type of workouts do you enjoy or want to try?

fldWTb3RqUuDLk4X2

Multiple select

array of strings

Array of selected option names.

When creating or updating records, if achoice string does not exactly match an existing option, the request will fail with an INVALID\_MULTIPLE\_CHOICE\_OPTIONSerror unless the typecast parameter is enabled. If typecast is enabled, a new choice will be created if one does not exactly match.

POSSIBLE VALUES

[

"Strength Training",

"Running",

"Walking",

"Yoga",

"Pilates",

"HIIT",

"Cycling",

"Swimming",

"Stretching / Mobility",

"Other"

]

Where do you usually work out?

fldixejBqhUykYygt

Single select

string

Selected option name.

When creating or updating records, if thechoice string does not exactly match an existing option, the request will fail with an INVALID\_MULTIPLE\_CHOICE\_OPTIONSerror unless the typecast parameter is enabled. If typecast is enabled, a new choice will be created if one does not exactly match.

POSSIBLE VALUES

[

"Home",

"Gym",

"Outdoors",

"Combination",

"Not sure Yet"

]

What equipment do you have access to?

fld6YXvPTe0gLdT4N

Long text

string

Multiple lines of text, which may contain "mention tokens", e.g.  
<airtable:mention id="menE1i9oBaGX3DseR">@Alex</airtable:mention>

EXAMPLE VALUES

"yoga mat, dumbells, resistance bands"

How much time do you realistically have for training each week?

fldBcJkFYmvZPVcCu

Text

string

A single line of text.

EXAMPLE VALUES

"3 x 45 mins"

Do you have any injuries or movement limitations we should be aware of?

fldJWf6nAzeH8KTOp

Long text

string

Multiple lines of text, which may contain "mention tokens", e.g.  
<airtable:mention id="menE1i9oBaGX3DseR">@Alex</airtable:mention>

EXAMPLE VALUES

"lower back pain and disastis recti from 2 close pregnancies"

What's your main goal when it comes to movement?

fldzKoUXxXB9GqkBR

Long text

string

Multiple lines of text, which may contain "mention tokens", e.g.  
<airtable:mention id="menE1i9oBaGX3DseR">@Alex</airtable:mention>

EXAMPLE VALUES

"ankles not collapsing, joints not clicking so much"

Currently taking supplements?

fldsKNjizsjaRHLUh

Single select

string

Selected option name.

When creating or updating records, if thechoice string does not exactly match an existing option, the request will fail with an INVALID\_MULTIPLE\_CHOICE\_OPTIONSerror unless the typecast parameter is enabled. If typecast is enabled, a new choice will be created if one does not exactly match.

POSSIBLE VALUES

[

"Yes",

"No",

"Occasionally"

]

If yes, please list your current supplements.

fldxpt3yjLeg6FuY8

Long text

string

Multiple lines of text, which may contain "mention tokens", e.g.  
<airtable:mention id="menE1i9oBaGX3DseR">@Alex</airtable:mention>

EXAMPLE VALUES

"Magnesium Glycinate\nVitamin D\nVitamin C"

Reasons for Taking Them

fldIP3eXYV5nUC5f8

Long text

string

Multiple lines of text, which may contain "mention tokens", e.g.  
<airtable:mention id="menE1i9oBaGX3DseR">@Alex</airtable:mention>

EXAMPLE VALUES

"Energy"

Any past Reactions or Intolerances?

fldB4kij9oqQwhqAW

Long text

string

Multiple lines of text, which may contain "mention tokens", e.g.  
<airtable:mention id="menE1i9oBaGX3DseR">@Alex</airtable:mention>

EXAMPLE VALUES

"Flaffal\nflax seed and chia seed"

Are you open to Supplement Suggestions?

fldB1vQd6i4L6Z4bZ

Single select

string

Selected option name.

When creating or updating records, if thechoice string does not exactly match an existing option, the request will fail with an INVALID\_MULTIPLE\_CHOICE\_OPTIONSerror unless the typecast parameter is enabled. If typecast is enabled, a new choice will be created if one does not exactly match.

POSSIBLE VALUES

[

"Yes",

"No"

]

Typical Sleep Duration (hrs)

fldd5MdzNV1s6ExYr

Single select

string

Selected option name.

When creating or updating records, if thechoice string does not exactly match an existing option, the request will fail with an INVALID\_MULTIPLE\_CHOICE\_OPTIONSerror unless the typecast parameter is enabled. If typecast is enabled, a new choice will be created if one does not exactly match.

POSSIBLE VALUES

[

"Less than 5 hrs",

"5-6 hrs",

"6-7 hrs",

"7-8 hrs",

"8+ hrs "

]

Sleep Quality

fld0fft24QHRqONLO

Single select

string

Selected option name.

When creating or updating records, if thechoice string does not exactly match an existing option, the request will fail with an INVALID\_MULTIPLE\_CHOICE\_OPTIONSerror unless the typecast parameter is enabled. If typecast is enabled, a new choice will be created if one does not exactly match.

POSSIBLE VALUES

[

"Poor",

"Fair",

"Good",

"Very Good",

"Excellent"

]

Usual Bedtime

fld2sAzf7P76cLN82

Text

string

A single line of text.

EXAMPLE VALUES

"midnight"

Usual Wake Time

fldakzkhY4qooiiD0

Text

string

A single line of text.

EXAMPLE VALUES

"6am"

Sleep Challenges (optional)

fldQ1sZzLVMfiiMi1

Long text

string

Multiple lines of text, which may contain "mention tokens", e.g.  
<airtable:mention id="menE1i9oBaGX3DseR">@Alex</airtable:mention>

EXAMPLE VALUES

"Our children often climb into our bed at night. sometimes we get them back into their bed but sometimes we don't know they're in there."

Vision of Success

flduToalFOFMhJBRa

Long text

string

Multiple lines of text, which may contain "mention tokens", e.g.  
<airtable:mention id="menE1i9oBaGX3DseR">@Alex</airtable:mention>

EXAMPLE VALUES

"I want to wear normal, nice clothes again. I've been so frumpy for so long, hiding under baggy clothes. I want to feel confident and strong and able t..."

Chosen Charity: WWF – Protecting Nature for Future Generations

fldOzrvxeZUV9Qqx4

Checkbox

boolean

This field is "true" when checked and otherwise empty.

EXAMPLE VALUE

true

Chosen Charity: Mind – Supporting Mental Health

fldPXNMbAH73oqLEB

Checkbox

boolean

This field is "true" when checked and otherwise empty.

EXAMPLE VALUE

true

Chosen Charity: Cancer Research UK – Beating Cancer Sooner

fldui2sOqQe4n1Cio

Checkbox

boolean

This field is "true" when checked and otherwise empty.

EXAMPLE VALUE

true

Chosen Charity: Crisis – Ending Homelessness

fld8R71oKZjOZJnGX

Checkbox

boolean

This field is "true" when checked and otherwise empty.

EXAMPLE VALUE

true

Chosen Charity: The Trussell Trust – UK Food Bank Network

fldeMBjbtDg5HidBD

Checkbox

boolean

This field is "true" when checked and otherwise empty.

EXAMPLE VALUE

true

Chosen Charity: British Red Cross – Global Emergency Relief

fldWDZYKD6gwxHLCO

Checkbox

boolean

This field is "true" when checked and otherwise empty.

EXAMPLE VALUE

true

Chosen Charity: Stonewall – LGBTQ+ Equality and Inclusion

fld1gCYbEAvnjYVeL

Checkbox

boolean

This field is "true" when checked and otherwise empty.

EXAMPLE VALUE

true

Chosen Charity: Other - Preferred Charity Choice

fldM5JWoj0dsiUuER

Checkbox

boolean

This field is "true" when checked and otherwise empty.

EXAMPLE VALUE

true

If you selected "Other", please tell us your preferred charity here:

fldHiOIfaMtbsELit

Text

string

A single line of text.

EXAMPLE VALUES

"foo", "bar"

Mood Log

fldpyz2aqpmlYH8IR

Link to another record

array of record IDs (strings)

Array of linked records IDs from the Mood Log table.

EXAMPLE VALUE

["rec8116cdd76088af", "rec245db9343f55e8", "rec4f3bade67ff565"]

Daily Reflections

fldB2NbRaQ8yvsj58

Link to another record

array of record IDs (strings)

Array of linked records IDs from the Daily Reflections table.

EXAMPLE VALUE

["rec8116cdd76088af", "rec245db9343f55e8", "rec4f3bade67ff565"]

Onboarding Completed

fldTcShCNsMR0JdgB

Checkbox

boolean

This field is "true" when checked and otherwise empty.

EXAMPLE VALUE

true

Custom Plan Summary

fld5uPlfoDDhO2zEa

Long text (with rich text formatting enabled)

string

A Markdown-inspired markup language.  
[Learn more about using Markdown in long text's rich text formatting API.](https://support.airtable.com/docs/using-rich-text-with-airtable)

EXAMPLE VALUE

[

{

"type": "paragraph",

"value": [

{

"type": "paragraphLine",

"value": [

{

"type": "text",

"value": "Lorem ipsum dolor sit amet, consectetur adipiscing elit. Etiam et nulla vulputate, sollicitudin risus sed, suscipit sapien. "

},

{

"type": "text",

"value": "Donec ac tempus velit, nec efficitur augue. Donec fermentum ex cursus, tincidunt justo ac, bibendum turpis",

"attributes": {

"bold": true,

}

}

]

},

{

"type": "paragraphLine",

"value": [

{

"type": "mention",

"value": {

"userName": "Waffles Wags-a-lot",

"userId": "usrR2o0pNsHC4FdrT",

"mentionId": "menE1i9oBaGX3DseR"

},

"attributes": {

"bold": true

}

}

]

}

]

}

]

AI Coach Notes

fldHm5BAQ3nXP0iZx

Long text

string

Multiple lines of text, which may contain "mention tokens", e.g.  
<airtable:mention id="menE1i9oBaGX3DseR">@Alex</airtable:mention>

EXAMPLE VALUE

"Lorem ipsum dolor sit amet, consectetur adipiscing elit. Pellentesque vel accumsan orci. Fusce interdum ipsum nec neque iaculis congue. Vivamus bibendum quam at sollicitudin vestibulum. Nunc suscipit nisl sit amet enim hendrerit pellentesque. Curabitur non fermentum orci."

Custom Plans

fldLQTSBkDradOl8B

Link to another record

array of record IDs (strings)

Array of linked records IDs from the Custom Plans table.

EXAMPLE VALUE

["rec8116cdd76088af", "rec245db9343f55e8", "rec4f3bade67ff565"]

Custom Plans 2

fldDR5CTbhYgaI050

Link to another record

array of record IDs (strings)

Array of linked records IDs from the Custom Plans table.

EXAMPLE VALUE

["rec8116cdd76088af", "rec245db9343f55e8", "rec4f3bade67ff565"]

Progress Tracker

fldnvm6woV5vBIyf0

Link to another record

array of record IDs (strings)

Array of linked records IDs from the Progress Tracker table.

EXAMPLE VALUE

["rec8116cdd76088af", "rec245db9343f55e8", "rec4f3bade67ff565"]

Progress Tracker 2

fldd2InksgQr8qfTP

Link to another record

array of record IDs (strings)

Array of linked records IDs from the Progress Tracker table.

EXAMPLE VALUE

["rec8116cdd76088af", "rec245db9343f55e8", "rec4f3bade67ff565"]

Record ID

fldGZDVHktuEn2zQh

Formula

number, string, array of numbers or strings

Computed value: RECORD\_ID().

EXAMPLE VALUES

"\"recOdXhy52jBvPPna\""

"\"recE2f3R6IeX3O6Tz\""

"\"recYx575vXOTydcYl\""

"\"recrIARGS5JO3xnSY\""

"\"recUqO7504TLh2fRn\""

MEALS TABLE

The id for Meals is tblWLkTKkxkSEcySD. Table ids and table names can be used interchangeably in API requests. Using table ids means table name changes do not require modifications to your API request.

Fields

Each record in the Meals table contains the following fields:

Field names and field ids can be used interchangeably. Using field ids means field name changes do not require modifications to your API request. We recommend using field ids over field names where possible, to reduce modifications to your API request if the user changes the field name later.

FIELD NAME

FIELD ID

TYPE

DESCRIPTION

Name

fldmfVaFqtZAPOzTi

Text

string

A single line of text.

EXAMPLE VALUES

"foo", "bar"

User

fldWvzars92kZ6fZu

Link to another record

array of record IDs (strings)

Array of linked records IDs from the Usertable.

EXAMPLE VALUE

["rec8116cdd76088af", "rec245db9343f55e8", "rec4f3bade67ff565"]

User Email

fldquiQ0oQiyEf2pL

Lookup

array of numbers, strings, booleans, or objects

Array of Email Address fields in linked User records.

EXAMPLE VALUES

[

"josephbishop135@gmail.com"

]

[

"josephbishop135@gmail.com"

]

[

"theresebwd@yahoo.co.uk"

]

Date

fld9KC4EDsgjsMAPa

Date

string (ISO 8601 formatted date)

UTC date, e.g. "2014-09-05".

EXAMPLE VALUES

"2025-06-09"

"2025-06-09"

"2025-06-13"

"2025-06-17"

"2025-06-17"

Meal Type

fldmvAbVSaBGVNzqS

Single select

string

Selected option name.

When creating or updating records, if thechoice string does not exactly match an existing option, the request will fail with an INVALID\_MULTIPLE\_CHOICE\_OPTIONSerror unless the typecast parameter is enabled. If typecast is enabled, a new choice will be created if one does not exactly match.

POSSIBLE VALUES

[

"Breakfast",

"Snack",

"Lunch",

"Dinner"

]

Description

fldtWww1qbE9yJWte

Long text

string

Multiple lines of text, which may contain "mention tokens", e.g.  
<airtable:mention id="menE1i9oBaGX3DseR">@Alex</airtable:mention>

EXAMPLE VALUES

"protein pancakes"

"chicken wrap + matcha latte"

"I had eggs on toast and a protein shake for breakfast."

"I had 1x misfits cookie dough protein bar and 1x boiled egg as a snack."

"Nutritional breakdown for 1x misfits cookie dough protein bar and 1x boiled egg."

Calories

fldQXr3rOcMaBYjOC

Number

number

A decimal number showing 1 decimal digit. This field only allows positive numbers.

EXAMPLE VALUES

420.0

550.0

Protein (g)

fldhts0NWA2ekG60o

Number

number

A decimal number showing 1 decimal digit. This field only allows positive numbers.

EXAMPLE VALUES

25.0

40.0

Carbs (g)

fldOZFMZG8tekyglr

Number

number

A decimal number showing 1 decimal digit. This field only allows positive numbers.

EXAMPLE VALUES

35.0

40.0

Fats (g)

fldtH1QNiyM8ZaX4V

Number

number

A decimal number showing 1 decimal digit. This field only allows positive numbers.

EXAMPLE VALUES

18.0

20.0

Meal Source

flda7m7J31O2KqV2T

Single select

string

Selected option name.

When creating or updating records, if thechoice string does not exactly match an existing option, the request will fail with an INVALID\_MULTIPLE\_CHOICE\_OPTIONSerror unless the typecast parameter is enabled. If typecast is enabled, a new choice will be created if one does not exactly match.

POSSIBLE VALUES

[

"Homamade",

"Branded",

"Restaurant",

"AI-Generated"

]

Notes

fldBO90BIT6BTI7qJ

Long text

string

Multiple lines of text, which may contain "mention tokens", e.g.  
<airtable:mention id="menE1i9oBaGX3DseR">@Alex</airtable:mention>

EXAMPLE VALUES

"really great snack idea"

Confirmed

fldxsrP11ycVMVFKK

Checkbox

boolean

This field is "true" when checked and otherwise empty.

EXAMPLE VALUE

true

MEAL GUIDANCE TABLE

The id for Meal Guidance is tbl4kO4otohpEIPfL. Table ids and table names can be used interchangeably in API requests. Using table ids means table name changes do not require modifications to your API request.

Fields

Each record in the Meal Guidance table contains the following fields:

Field names and field ids can be used interchangeably. Using field ids means field name changes do not require modifications to your API request. We recommend using field ids over field names where possible, to reduce modifications to your API request if the user changes the field name later.

FIELD NAME

FIELD ID

TYPE

DESCRIPTION

Name

fldMJGUbQZOh0p3GZ

Text

string

A single line of text.

EXAMPLE VALUES

"foo", "bar"

User

fldHXjF5sA6DWxjyf

Link to another record

array of record IDs (strings)

Array of linked records IDs from the Usertable.

EXAMPLE VALUE

["rec8116cdd76088af", "rec245db9343f55e8", "rec4f3bade67ff565"]

User Email

fldjEctPnq2uZf7m1

Lookup

array of numbers, strings, booleans, or objects

Array of Email Address fields in linked User records.

EXAMPLE VALUES

To see example values, try adding some data to Meal Guidance.

Meal Type

fldsleXdh2D9o7TFl

Single select

string

Selected option name.

When creating or updating records, if thechoice string does not exactly match an existing option, the request will fail with an INVALID\_MULTIPLE\_CHOICE\_OPTIONSerror unless the typecast parameter is enabled. If typecast is enabled, a new choice will be created if one does not exactly match.

POSSIBLE VALUES

[

"Breakfast",

"Lunch",

"Snack",

"Dinner"

]

Suggested Meal

fldb2cQ1If5kXuid6

Long text

string

Multiple lines of text, which may contain "mention tokens", e.g.  
<airtable:mention id="menE1i9oBaGX3DseR">@Alex</airtable:mention>

EXAMPLE VALUE

"Lorem ipsum dolor sit amet, consectetur adipiscing elit. Pellentesque vel accumsan orci. Fusce interdum ipsum nec neque iaculis congue. Vivamus bibendum quam at sollicitudin vestibulum. Nunc suscipit nisl sit amet enim hendrerit pellentesque. Curabitur non fermentum orci."

Macros Estimate

fld9Z0ARge6TYAOK7

Text

string

A single line of text.

EXAMPLE VALUES

"foo", "bar"

Calorie Target

fldsdlZ6CWIM54zZF

Number

number

A decimal number showing 1 decimal digit. This field only allows positive numbers.

EXAMPLE VALUE

42.2

Preferred Timing

fldD0agHbSqZruMlP

Text

string

A single line of text.

EXAMPLE VALUES

"foo", "bar"

Customised By

fldzenzBbfoeeJP4E

Single select

string

Selected option name.

When creating or updating records, if thechoice string does not exactly match an existing option, the request will fail with an INVALID\_MULTIPLE\_CHOICE\_OPTIONSerror unless the typecast parameter is enabled. If typecast is enabled, a new choice will be created if one does not exactly match.

POSSIBLE VALUES

[

"AI Assistant",

"Coach",

"Manual"

]

Notes

fld1PHqIUhx32FFBv

Long text

string

Multiple lines of text, which may contain "mention tokens", e.g.  
<airtable:mention id="menE1i9oBaGX3DseR">@Alex</airtable:mention>

EXAMPLE VALUE

"Lorem ipsum dolor sit amet, consectetur adipiscing elit. Pellentesque vel accumsan orci. Fusce interdum ipsum nec neque iaculis congue. Vivamus bibendum quam at sollicitudin vestibulum. Nunc suscipit nisl sit amet enim hendrerit pellentesque. Curabitur non fermentum orci."

WORKOUTS TABLE

The id for Workouts is tblgqvIqFetN2s23J. Table ids and table names can be used interchangeably in API requests. Using table ids means table name changes do not require modifications to your API request.

Fields

Each record in the Workouts table contains the following fields:

Field names and field ids can be used interchangeably. Using field ids means field name changes do not require modifications to your API request. We recommend using field ids over field names where possible, to reduce modifications to your API request if the user changes the field name later.

FIELD NAME

FIELD ID

TYPE

DESCRIPTION

Name

fldzprSqEbdujTe0a

Text

string

A single line of text.

EXAMPLE VALUES

"foo", "bar"

User

fldUuYZtmkiycOVnb

Link to another record

array of record IDs (strings)

Array of linked records IDs from the Usertable.

EXAMPLE VALUE

["rec8116cdd76088af", "rec245db9343f55e8", "rec4f3bade67ff565"]

User Email

fldv0HoCY28n3zadh

Lookup

array of numbers, strings, booleans, or objects

Array of Email Address fields in linked User records.

EXAMPLE VALUES

[

"theresebwd@yahoo.co.uk"

]

Date

fldzVeaYTUHMxMDd9

Date

string (ISO 8601 formatted date)

UTC date, e.g. "2014-09-05".

EXAMPLE VALUES

"2025-07-30"

Workout Type

fld9xRDtOz1mBkDQ5

Single select

string

Selected option name.

When creating or updating records, if thechoice string does not exactly match an existing option, the request will fail with an INVALID\_MULTIPLE\_CHOICE\_OPTIONSerror unless the typecast parameter is enabled. If typecast is enabled, a new choice will be created if one does not exactly match.

POSSIBLE VALUES

[

"Weights",

"Cardio",

"Run",

"Home",

"AI-Generated"

]

Description

fldKkhKomMg3Cf108

Long text

string

Multiple lines of text, which may contain "mention tokens", e.g.  
<airtable:mention id="menE1i9oBaGX3DseR">@Alex</airtable:mention>

EXAMPLE VALUES

"Dumbbell and bodyweight mix"

Duration (mins)

fldaij5HlQKv8gMcT

Number

number

A decimal number showing 1 decimal digit. This field only allows positive numbers.

EXAMPLE VALUES

35.0

Calories Burned

fld2muGFVrfM0xHmI

Number

number

A decimal number showing 1 decimal digit. This field only allows positive numbers.

EXAMPLE VALUE

42.2

Notes

fld1aEpGu5H8DWPxY

Long text

string

Multiple lines of text, which may contain "mention tokens", e.g.  
<airtable:mention id="menE1i9oBaGX3DseR">@Alex</airtable:mention>

EXAMPLE VALUES

"Felt strong!"

Confirmed

fldS3LfnROZ9adMAo

Checkbox

boolean

This field is "true" when checked and otherwise empty.

EXAMPLE VALUE

true

WORKOUT GUIDANCE TABLE

The id for Workout Guidance is tblOdxF26cJMZLmK8. Table ids and table names can be used interchangeably in API requests. Using table ids means table name changes do not require modifications to your API request.

Fields

Each record in the Workout Guidance table contains the following fields:

Field names and field ids can be used interchangeably. Using field ids means field name changes do not require modifications to your API request. We recommend using field ids over field names where possible, to reduce modifications to your API request if the user changes the field name later.

FIELD NAME

FIELD ID

TYPE

DESCRIPTION

Name

fldwh09iU6I3Vy5MV

Text

string

A single line of text.

EXAMPLE VALUES

"foo", "bar"

User

fld4gDlxBceteeR16

Link to another record

array of record IDs (strings)

Array of linked records IDs from the Usertable.

EXAMPLE VALUE

["rec8116cdd76088af", "rec245db9343f55e8", "rec4f3bade67ff565"]

User Email

fldJUp1tzuprnXNvs

Lookup

array of numbers, strings, booleans, or objects

Array of Email Address fields in linked User records.

EXAMPLE VALUES

To see example values, try adding some data to Workout Guidance.

Workout Type

fldARe2Anz5PUiX7q

Single select

string

Selected option name.

When creating or updating records, if thechoice string does not exactly match an existing option, the request will fail with an INVALID\_MULTIPLE\_CHOICE\_OPTIONSerror unless the typecast parameter is enabled. If typecast is enabled, a new choice will be created if one does not exactly match.

POSSIBLE VALUES

[

"Weights",

"Running",

"Mobility"

]

Focus Area

fldsXj7KhkMhnpYsH

Single select

string

Selected option name.

When creating or updating records, if thechoice string does not exactly match an existing option, the request will fail with an INVALID\_MULTIPLE\_CHOICE\_OPTIONSerror unless the typecast parameter is enabled. If typecast is enabled, a new choice will be created if one does not exactly match.

POSSIBLE VALUES

[

"Upper Body",

"Lower Body",

"Full Body",

"Endurance"

]

Target Duration (mins)

fldrWsKqihdHpQMdb

Number

number

A decimal number showing 1 decimal digit. This field only allows positive numbers.

EXAMPLE VALUE

42.2

Frequency per Week

fldkY4paDqDP7fBmf

Number

number

A decimal number showing 1 decimal digit. This field only allows positive numbers.

EXAMPLE VALUE

42.2

Suggested Days

fldeyld8NFWR6c4sD

Text

string

A single line of text.

EXAMPLE VALUES

"foo", "bar"

Customised By

fldRzSD66YeIOa8kE

Single select

string

Selected option name.

When creating or updating records, if thechoice string does not exactly match an existing option, the request will fail with an INVALID\_MULTIPLE\_CHOICE\_OPTIONSerror unless the typecast parameter is enabled. If typecast is enabled, a new choice will be created if one does not exactly match.

POSSIBLE VALUES

[

"AI Assistant",

"Coach",

"Manual"

]

Notes

fldUCIM7Qtcyzszr5

Long text

string

Multiple lines of text, which may contain "mention tokens", e.g.  
<airtable:mention id="menE1i9oBaGX3DseR">@Alex</airtable:mention>

EXAMPLE VALUE

"Lorem ipsum dolor sit amet, consectetur adipiscing elit. Pellentesque vel accumsan orci. Fusce interdum ipsum nec neque iaculis congue. Vivamus bibendum quam at sollicitudin vestibulum. Nunc suscipit nisl sit amet enim hendrerit pellentesque. Curabitur non fermentum orci."

CUSTOM PLANS TABLE

The id for Custom Plans is tblmnjDDlL3DnoK9X. Table ids and table names can be used interchangeably in API requests. Using table ids means table name changes do not require modifications to your API request.

Fields

Each record in the Custom Plans table contains the following fields:

Field names and field ids can be used interchangeably. Using field ids means field name changes do not require modifications to your API request. We recommend using field ids over field names where possible, to reduce modifications to your API request if the user changes the field name later.

FIELD NAME

FIELD ID

TYPE

DESCRIPTION

Name

fldH2XucnsVaXHt9T

Text

string

A single line of text.

EXAMPLE VALUES

"foo", "bar"

User

fldEaunj6tLabY8Ds

Link to another record

array of record IDs (strings)

Array of linked records IDs from the Usertable.

EXAMPLE VALUE

["rec8116cdd76088af", "rec245db9343f55e8", "rec4f3bade67ff565"]

User Email

fldE1S4IMG30XdByV

Link to another record

array of record IDs (strings)

Array of linked records IDs from the Usertable.

EXAMPLE VALUE

["rec8116cdd76088af", "rec245db9343f55e8", "rec4f3bade67ff565"]

Email Address (from User Email)

fldEtdBbhgNBik8eS

Lookup

array of numbers, strings, booleans, or objects

Array of Email Address fields in linked User records.

EXAMPLE VALUES

To see example values, try adding some data to Custom Plans.

Nutrition Plan

fldByvKxLzbrAd7xR

Long text

string

Multiple lines of text, which may contain "mention tokens", e.g.  
<airtable:mention id="menE1i9oBaGX3DseR">@Alex</airtable:mention>

EXAMPLE VALUE

"Lorem ipsum dolor sit amet, consectetur adipiscing elit. Pellentesque vel accumsan orci. Fusce interdum ipsum nec neque iaculis congue. Vivamus bibendum quam at sollicitudin vestibulum. Nunc suscipit nisl sit amet enim hendrerit pellentesque. Curabitur non fermentum orci."

Workout Plan

fldhG7I2cP1UQKElg

Long text

string

Multiple lines of text, which may contain "mention tokens", e.g.  
<airtable:mention id="menE1i9oBaGX3DseR">@Alex</airtable:mention>

EXAMPLE VALUE

"Lorem ipsum dolor sit amet, consectetur adipiscing elit. Pellentesque vel accumsan orci. Fusce interdum ipsum nec neque iaculis congue. Vivamus bibendum quam at sollicitudin vestibulum. Nunc suscipit nisl sit amet enim hendrerit pellentesque. Curabitur non fermentum orci."

Plan Summary

fldBUCjLBAP4yEZfX

Long text

string

Multiple lines of text, which may contain "mention tokens", e.g.  
<airtable:mention id="menE1i9oBaGX3DseR">@Alex</airtable:mention>

EXAMPLE VALUE

"Lorem ipsum dolor sit amet, consectetur adipiscing elit. Pellentesque vel accumsan orci. Fusce interdum ipsum nec neque iaculis congue. Vivamus bibendum quam at sollicitudin vestibulum. Nunc suscipit nisl sit amet enim hendrerit pellentesque. Curabitur non fermentum orci."

Created Time

fldPug5czaNJhFsjL

Created time

string

The time the record was created in UTC, e.g. "2015-08-29T07:00:00.000Z".

EXAMPLE VALUES

"2025-07-23T14:06:19.000Z"

"2025-07-23T14:06:19.000Z"

"2025-07-23T14:06:19.000Z"

Plan Delivered?

fldUY2s4Png8Rqm2K

Checkbox

boolean

This field is "true" when checked and otherwise empty.

EXAMPLE VALUE

true

Replan Requested?

fldgFB6qG4Ia9cCrE

Checkbox

boolean

This field is "true" when checked and otherwise empty.

EXAMPLE VALUE

true

SUPPLEMENT LOGS TABLE

The id for Supplement Logs is tblZ8F0Z8ZcMDYdej. Table ids and table names can be used interchangeably in API requests. Using table ids means table name changes do not require modifications to your API request.

Fields

Each record in the Supplement Logs table contains the following fields:

Field names and field ids can be used interchangeably. Using field ids means field name changes do not require modifications to your API request. We recommend using field ids over field names where possible, to reduce modifications to your API request if the user changes the field name later.

FIELD NAME

FIELD ID

TYPE

DESCRIPTION

Name

fldEmFw6dz59T57gx

Text

string

A single line of text.

EXAMPLE VALUES

"foo", "bar"

User

fldzShNTWJornIZnP

Link to another record

array of record IDs (strings)

Array of linked records IDs from the Usertable.

EXAMPLE VALUE

["rec8116cdd76088af", "rec245db9343f55e8", "rec4f3bade67ff565"]

User Email

flddXXvycnWn8RVBU

Lookup

array of numbers, strings, booleans, or objects

Array of Email Address fields in linked User records.

EXAMPLE VALUES

To see example values, try adding some data to Supplement Logs.

Date

fldQfsrapotczQaCY

Date

string (ISO 8601 formatted date)

UTC date, e.g. "2014-09-05".

EXAMPLE VALUE

"2014-09-05"

Time

fldSherUQZmn2ts73

Text

string

A single line of text.

EXAMPLE VALUES

"foo", "bar"

Supplement Name

fldad6mLDsXYMks5A

Text

string

A single line of text.

EXAMPLE VALUES

"foo", "bar"

Notes

fldEoF1lbZoj3wPhO

Long text

string

Multiple lines of text, which may contain "mention tokens", e.g.  
<airtable:mention id="menE1i9oBaGX3DseR">@Alex</airtable:mention>

EXAMPLE VALUE

"Lorem ipsum dolor sit amet, consectetur adipiscing elit. Pellentesque vel accumsan orci. Fusce interdum ipsum nec neque iaculis congue. Vivamus bibendum quam at sollicitudin vestibulum. Nunc suscipit nisl sit amet enim hendrerit pellentesque. Curabitur non fermentum orci."

Log Type

fldzGOKvw0IF0Rbmn

Single select

string

Selected option name.

When creating or updating records, if thechoice string does not exactly match an existing option, the request will fail with an INVALID\_MULTIPLE\_CHOICE\_OPTIONSerror unless the typecast parameter is enabled. If typecast is enabled, a new choice will be created if one does not exactly match.

POSSIBLE VALUES

[

"Manual",

"AI"

]

Confirmed?

fldiqJbsxO4yx4JvB

Checkbox

boolean

This field is "true" when checked and otherwise empty.

EXAMPLE VALUE

true

SUPPLEMENT GUIDANCE TABLE

The id for Supplement Guidance is tblLqJdwJHVRrbxwW. Table ids and table names can be used interchangeably in API requests. Using table ids means table name changes do not require modifications to your API request.

Fields

Each record in the Supplement Guidance table contains the following fields:

Field names and field ids can be used interchangeably. Using field ids means field name changes do not require modifications to your API request. We recommend using field ids over field names where possible, to reduce modifications to your API request if the user changes the field name later.

FIELD NAME

FIELD ID

TYPE

DESCRIPTION

Name

fldNpCtsczO1T9LPD

Text

string

A single line of text.

EXAMPLE VALUES

"foo", "bar"

User

fldfuoOVVrwDoacoQ

Link to another record

array of record IDs (strings)

Array of linked records IDs from the Usertable.

EXAMPLE VALUE

["rec8116cdd76088af", "rec245db9343f55e8", "rec4f3bade67ff565"]

User Email

fldLcr61V5BYKyxyq

Lookup

array of numbers, strings, booleans, or objects

Array of Email Address fields in linked User records.

EXAMPLE VALUES

To see example values, try adding some data to Supplement Guidance.

Goal Type

fldYbR9YVDZ5zOzp5

Single select

string

Selected option name.

When creating or updating records, if thechoice string does not exactly match an existing option, the request will fail with an INVALID\_MULTIPLE\_CHOICE\_OPTIONSerror unless the typecast parameter is enabled. If typecast is enabled, a new choice will be created if one does not exactly match.

POSSIBLE VALUES

[

"Fat Loss",

"Recovery",

"General Health"

]

Supplement Name

fldOU2U0NeHHKEMD9

Text

string

A single line of text.

EXAMPLE VALUES

"foo", "bar"

Timing

fldvsMflURK2c5lgx

Single select

string

Selected option name.

When creating or updating records, if thechoice string does not exactly match an existing option, the request will fail with an INVALID\_MULTIPLE\_CHOICE\_OPTIONSerror unless the typecast parameter is enabled. If typecast is enabled, a new choice will be created if one does not exactly match.

POSSIBLE VALUES

[

"Morning",

"Pre-Workout",

"Bedtime"

]

Frequency

fldsRNJc3uu0lHX5N

Single select

string

Selected option name.

When creating or updating records, if thechoice string does not exactly match an existing option, the request will fail with an INVALID\_MULTIPLE\_CHOICE\_OPTIONSerror unless the typecast parameter is enabled. If typecast is enabled, a new choice will be created if one does not exactly match.

POSSIBLE VALUES

[

"Daily",

"3x Weekly",

"As Needed"

]

Customised By

fldJhiUsuO91LLetT

Single select

string

Selected option name.

When creating or updating records, if thechoice string does not exactly match an existing option, the request will fail with an INVALID\_MULTIPLE\_CHOICE\_OPTIONSerror unless the typecast parameter is enabled. If typecast is enabled, a new choice will be created if one does not exactly match.

POSSIBLE VALUES

[

"AI Assistant",

"Coach",

"Manual"

]

Notes

fldVYX97RrGRD58DE

Long text

string

Multiple lines of text, which may contain "mention tokens", e.g.  
<airtable:mention id="menE1i9oBaGX3DseR">@Alex</airtable:mention>

EXAMPLE VALUE

"Lorem ipsum dolor sit amet, consectetur adipiscing elit. Pellentesque vel accumsan orci. Fusce interdum ipsum nec neque iaculis congue. Vivamus bibendum quam at sollicitudin vestibulum. Nunc suscipit nisl sit amet enim hendrerit pellentesque. Curabitur non fermentum orci."

SLEEP LOG TABLE

The id for Sleep Log is tblFepeTBkng3zDSY. Table ids and table names can be used interchangeably in API requests. Using table ids means table name changes do not require modifications to your API request.

Fields

Each record in the Sleep Log table contains the following fields:

Field names and field ids can be used interchangeably. Using field ids means field name changes do not require modifications to your API request. We recommend using field ids over field names where possible, to reduce modifications to your API request if the user changes the field name later.

FIELD NAME

FIELD ID

TYPE

DESCRIPTION

Name

fldzUYCJgOBfvD0es

Text

string

A single line of text.

EXAMPLE VALUES

"Therese"

User

fldabdr3bNgGqBawm

Link to another record

array of record IDs (strings)

Array of linked records IDs from the Usertable.

EXAMPLE VALUE

["rec8116cdd76088af", "rec245db9343f55e8", "rec4f3bade67ff565"]

User Email

fldLllPUBLcoIo8BF

Lookup

array of numbers, strings, booleans, or objects

Array of Email Address fields in linked User records.

EXAMPLE VALUES

To see example values, try adding some data to Sleep Log.

Date

fldTvCL5QQ9g7fXfw

Date

string (ISO 8601 formatted date)

UTC date, e.g. "2014-09-05".

EXAMPLE VALUES

"2025-06-13"

Sleep Duration (hrs)

fldt7AKiAq2qfHs89

Number

number

A decimal number showing 1 decimal digit. This field only allows positive numbers.

EXAMPLE VALUES

6.0

Sleep Quality

fldfdd8WYqyWx6Ckc

Single select

string

Selected option name.

When creating or updating records, if thechoice string does not exactly match an existing option, the request will fail with an INVALID\_MULTIPLE\_CHOICE\_OPTIONSerror unless the typecast parameter is enabled. If typecast is enabled, a new choice will be created if one does not exactly match.

POSSIBLE VALUES

[

"Excellent",

"Good",

"OK",

"Poor"

]

Bedtime

fldu544VmBsGIvEuw

Date and time

string (ISO 8601 formatted date)

UTC date and time, e.g. "2014-09-05T07:00:00.000Z".

EXAMPLE VALUES

"2025-06-12T23:49:29.000Z"

Wake Time

fld43mo9Z09vYzoGb

Date and time

string (ISO 8601 formatted date)

UTC date and time, e.g. "2014-09-05T07:00:00.000Z".

EXAMPLE VALUES

"2025-06-13T05:49:38.000Z"

Notes

fldzLiz85up5WqPAq

Long text

string

Multiple lines of text, which may contain "mention tokens", e.g.  
<airtable:mention id="menE1i9oBaGX3DseR">@Alex</airtable:mention>

EXAMPLE VALUE

"Lorem ipsum dolor sit amet, consectetur adipiscing elit. Pellentesque vel accumsan orci. Fusce interdum ipsum nec neque iaculis congue. Vivamus bibendum quam at sollicitudin vestibulum. Nunc suscipit nisl sit amet enim hendrerit pellentesque. Curabitur non fermentum orci."

Confirmed

fldzj1W50aorc2tGr

Checkbox

boolean

This field is "true" when checked and otherwise empty.

EXAMPLE VALUE

true

MOOD LOG TABLE

The id for Mood Log is tbltkNq7OSUcu4Xpp. Table ids and table names can be used interchangeably in API requests. Using table ids means table name changes do not require modifications to your API request.

Fields

Each record in the Mood Log table contains the following fields:

Field names and field ids can be used interchangeably. Using field ids means field name changes do not require modifications to your API request. We recommend using field ids over field names where possible, to reduce modifications to your API request if the user changes the field name later.

FIELD NAME

FIELD ID

TYPE

DESCRIPTION

Name

fldp311FEXBD8VDL4

Text

string

A single line of text.

EXAMPLE VALUES

"foo", "bar"

User

flddOxxse2QJe6DMk

Link to another record

array of record IDs (strings)

Array of linked records IDs from the Usertable.

EXAMPLE VALUE

["rec8116cdd76088af", "rec245db9343f55e8", "rec4f3bade67ff565"]

User Email

fldoac4MZVrLUbOuV

Lookup

array of numbers, strings, booleans, or objects

Array of Email Address fields in linked User records.

EXAMPLE VALUES

To see example values, try adding some data to Mood Log.

Date

fldKVcXqCXvabybIb

Date

string (ISO 8601 formatted date)

UTC date, e.g. "2014-09-05".

EXAMPLE VALUES

"2025-06-13"

"2025-06-13"

Mood Rating

fldUpnuuJRYIBy4mL

Single select

string

Selected option name.

When creating or updating records, if thechoice string does not exactly match an existing option, the request will fail with an INVALID\_MULTIPLE\_CHOICE\_OPTIONSerror unless the typecast parameter is enabled. If typecast is enabled, a new choice will be created if one does not exactly match.

POSSIBLE VALUES

[

"Great",

"Good",

"OK",

"Low",

"Very Low"

]

Notes

fldFMbuWMrBlhScua

Long text

string

Multiple lines of text, which may contain "mention tokens", e.g.  
<airtable:mention id="menE1i9oBaGX3DseR">@Alex</airtable:mention>

EXAMPLE VALUES

"Some people are very difficult but I'm content in myself"

"need a poo"

Energy Level

fld6isxdyHYfjqsQM

Single select

string

Selected option name.

When creating or updating records, if thechoice string does not exactly match an existing option, the request will fail with an INVALID\_MULTIPLE\_CHOICE\_OPTIONSerror unless the typecast parameter is enabled. If typecast is enabled, a new choice will be created if one does not exactly match.

POSSIBLE VALUES

[

"High",

"Medium",

"Low"

]

Stress Level (1-10)

fldmLOpTwpzUc0F4Y

Number

number

A decimal number showing 1 decimal digit. This field only allows positive numbers.

EXAMPLE VALUES

4.0

4.0

Confirmed

fldWU3MOVkTbAMHK8

Checkbox

boolean

This field is "true" when checked and otherwise empty.

EXAMPLE VALUE

true

DAILY REFLECTIONS TABLE

The id for Daily Reflections is tblDrFwiJTYGjOfEv. Table ids and table names can be used interchangeably in API requests. Using table ids means table name changes do not require modifications to your API request.

Fields

Each record in the Daily Reflections table contains the following fields:

Field names and field ids can be used interchangeably. Using field ids means field name changes do not require modifications to your API request. We recommend using field ids over field names where possible, to reduce modifications to your API request if the user changes the field name later.

FIELD NAME

FIELD ID

TYPE

DESCRIPTION

Name

fldEihBcggqnqJHy6

Text

string

A single line of text.

EXAMPLE VALUES

"foo", "bar"

User

fldub69oCFo7ruloF

Link to another record

array of record IDs (strings)

Array of linked records IDs from the Usertable.

EXAMPLE VALUE

["rec8116cdd76088af", "rec245db9343f55e8", "rec4f3bade67ff565"]

User Email

flddPdZaasd5x52N4

Lookup

array of numbers, strings, booleans, or objects

Array of Email Address fields in linked User records.

EXAMPLE VALUES

To see example values, try adding some data to Daily Reflections.

Date

fldZibMunrMSu8iRC

Date

string (ISO 8601 formatted date)

UTC date, e.g. "2014-09-05".

EXAMPLE VALUE

"2014-09-05"

What went well today?

fldYpH7CM04KeDuT4

Long text

string

Multiple lines of text, which may contain "mention tokens", e.g.  
<airtable:mention id="menE1i9oBaGX3DseR">@Alex</airtable:mention>

EXAMPLE VALUE

"Lorem ipsum dolor sit amet, consectetur adipiscing elit. Pellentesque vel accumsan orci. Fusce interdum ipsum nec neque iaculis congue. Vivamus bibendum quam at sollicitudin vestibulum. Nunc suscipit nisl sit amet enim hendrerit pellentesque. Curabitur non fermentum orci."

What was challenging?

fldMeD609rZU7w8pI

Long text

string

Multiple lines of text, which may contain "mention tokens", e.g.  
<airtable:mention id="menE1i9oBaGX3DseR">@Alex</airtable:mention>

EXAMPLE VALUE

"Lorem ipsum dolor sit amet, consectetur adipiscing elit. Pellentesque vel accumsan orci. Fusce interdum ipsum nec neque iaculis congue. Vivamus bibendum quam at sollicitudin vestibulum. Nunc suscipit nisl sit amet enim hendrerit pellentesque. Curabitur non fermentum orci."

Anything you'd like to do differently tomorrow?

fldmDUQ8fkYCYwCUG

Long text

string

Multiple lines of text, which may contain "mention tokens", e.g.  
<airtable:mention id="menE1i9oBaGX3DseR">@Alex</airtable:mention>

EXAMPLE VALUE

"Lorem ipsum dolor sit amet, consectetur adipiscing elit. Pellentesque vel accumsan orci. Fusce interdum ipsum nec neque iaculis congue. Vivamus bibendum quam at sollicitudin vestibulum. Nunc suscipit nisl sit amet enim hendrerit pellentesque. Curabitur non fermentum orci."

Highlight of the Day

fldmfnusmD5b4C6Dn

Long text

string

Multiple lines of text, which may contain "mention tokens", e.g.  
<airtable:mention id="menE1i9oBaGX3DseR">@Alex</airtable:mention>

EXAMPLE VALUE

"Lorem ipsum dolor sit amet, consectetur adipiscing elit. Pellentesque vel accumsan orci. Fusce interdum ipsum nec neque iaculis congue. Vivamus bibendum quam at sollicitudin vestibulum. Nunc suscipit nisl sit amet enim hendrerit pellentesque. Curabitur non fermentum orci."

Notes

fldyDzpHX4w1v7Y7m

Long text

string

Multiple lines of text, which may contain "mention tokens", e.g.  
<airtable:mention id="menE1i9oBaGX3DseR">@Alex</airtable:mention>

EXAMPLE VALUE

"Lorem ipsum dolor sit amet, consectetur adipiscing elit. Pellentesque vel accumsan orci. Fusce interdum ipsum nec neque iaculis congue. Vivamus bibendum quam at sollicitudin vestibulum. Nunc suscipit nisl sit amet enim hendrerit pellentesque. Curabitur non fermentum orci."

Confirmed

fldB2QIIwl3IDgLet

Checkbox

boolean

This field is "true" when checked and otherwise empty.

EXAMPLE VALUE

true

WEEKLY CHECK-INS TABLE

The id for Weekly Check-Ins is tbl0M3WWO1DNafU7u. Table ids and table names can be used interchangeably in API requests. Using table ids means table name changes do not require modifications to your API request.

Fields

Each record in the Weekly Check-Ins table contains the following fields:

Field names and field ids can be used interchangeably. Using field ids means field name changes do not require modifications to your API request. We recommend using field ids over field names where possible, to reduce modifications to your API request if the user changes the field name later.

FIELD NAME

FIELD ID

TYPE

DESCRIPTION

Name

fldaW7Ppf6jwEn3RD

Text

string

A single line of text.

EXAMPLE VALUES

"foo", "bar"

User

fldwa79avyJ2BUOOn

Link to another record

array of record IDs (strings)

Array of linked records IDs from the Usertable.

EXAMPLE VALUE

["rec8116cdd76088af", "rec245db9343f55e8", "rec4f3bade67ff565"]

User Email

fldpAJOzDxoFKYZ1D

Lookup

array of numbers, strings, booleans, or objects

Array of Email Address fields in linked User records.

EXAMPLE VALUES

To see example values, try adding some data to Weekly Check-Ins.

Week Starting

fldBXelL387ryBTj9

Date

string (ISO 8601 formatted date)

UTC date, e.g. "2014-09-05".

EXAMPLE VALUE

"2014-09-05"

Weight (kg)

fldphkorHOy1bzSZJ

Number

number

A decimal number showing 1 decimal digit. This field only allows positive numbers.

EXAMPLE VALUE

42.2

Energy Level

fldOwflxYcSffihft

Single select

string

Selected option name.

When creating or updating records, if thechoice string does not exactly match an existing option, the request will fail with an INVALID\_MULTIPLE\_CHOICE\_OPTIONSerror unless the typecast parameter is enabled. If typecast is enabled, a new choice will be created if one does not exactly match.

POSSIBLE VALUES

[

"Low",

"OK",

"Good",

"Great"

]

Wins this Week

fldrqM8vLeLkdbUfd

Long text

string

Multiple lines of text, which may contain "mention tokens", e.g.  
<airtable:mention id="menE1i9oBaGX3DseR">@Alex</airtable:mention>

EXAMPLE VALUE

"Lorem ipsum dolor sit amet, consectetur adipiscing elit. Pellentesque vel accumsan orci. Fusce interdum ipsum nec neque iaculis congue. Vivamus bibendum quam at sollicitudin vestibulum. Nunc suscipit nisl sit amet enim hendrerit pellentesque. Curabitur non fermentum orci."

Challenges this Week

fldpxoUFilloTNDLc

Long text

string

Multiple lines of text, which may contain "mention tokens", e.g.  
<airtable:mention id="menE1i9oBaGX3DseR">@Alex</airtable:mention>

EXAMPLE VALUE

"Lorem ipsum dolor sit amet, consectetur adipiscing elit. Pellentesque vel accumsan orci. Fusce interdum ipsum nec neque iaculis congue. Vivamus bibendum quam at sollicitudin vestibulum. Nunc suscipit nisl sit amet enim hendrerit pellentesque. Curabitur non fermentum orci."

Nutrition Summary

flddCPSsoBtzJh0lg

Long text

string

Multiple lines of text, which may contain "mention tokens", e.g.  
<airtable:mention id="menE1i9oBaGX3DseR">@Alex</airtable:mention>

EXAMPLE VALUE

"Lorem ipsum dolor sit amet, consectetur adipiscing elit. Pellentesque vel accumsan orci. Fusce interdum ipsum nec neque iaculis congue. Vivamus bibendum quam at sollicitudin vestibulum. Nunc suscipit nisl sit amet enim hendrerit pellentesque. Curabitur non fermentum orci."

Movement Summary

fld4dzAIU4LFUJBj6

Long text

string

Multiple lines of text, which may contain "mention tokens", e.g.  
<airtable:mention id="menE1i9oBaGX3DseR">@Alex</airtable:mention>

EXAMPLE VALUE

"Lorem ipsum dolor sit amet, consectetur adipiscing elit. Pellentesque vel accumsan orci. Fusce interdum ipsum nec neque iaculis congue. Vivamus bibendum quam at sollicitudin vestibulum. Nunc suscipit nisl sit amet enim hendrerit pellentesque. Curabitur non fermentum orci."

Sleep Summary

fldp9ALYJik7wGnXr

Long text

string

Multiple lines of text, which may contain "mention tokens", e.g.  
<airtable:mention id="menE1i9oBaGX3DseR">@Alex</airtable:mention>

EXAMPLE VALUE

"Lorem ipsum dolor sit amet, consectetur adipiscing elit. Pellentesque vel accumsan orci. Fusce interdum ipsum nec neque iaculis congue. Vivamus bibendum quam at sollicitudin vestibulum. Nunc suscipit nisl sit amet enim hendrerit pellentesque. Curabitur non fermentum orci."

Motivation Level

fldBRLOfgpZZZn0a1

Single select

string

Selected option name.

When creating or updating records, if thechoice string does not exactly match an existing option, the request will fail with an INVALID\_MULTIPLE\_CHOICE\_OPTIONSerror unless the typecast parameter is enabled. If typecast is enabled, a new choice will be created if one does not exactly match.

POSSIBLE VALUES

[

"Low",

"Medium",

"High"

]

Goal for Next Week

fldZ7byEzwZTr7ZLG

Long text

string

Multiple lines of text, which may contain "mention tokens", e.g.  
<airtable:mention id="menE1i9oBaGX3DseR">@Alex</airtable:mention>

EXAMPLE VALUE

"Lorem ipsum dolor sit amet, consectetur adipiscing elit. Pellentesque vel accumsan orci. Fusce interdum ipsum nec neque iaculis congue. Vivamus bibendum quam at sollicitudin vestibulum. Nunc suscipit nisl sit amet enim hendrerit pellentesque. Curabitur non fermentum orci."

STRUKT Feedback

fldNHl4AtPqEcmZZM

Long text

string

Multiple lines of text, which may contain "mention tokens", e.g.  
<airtable:mention id="menE1i9oBaGX3DseR">@Alex</airtable:mention>

EXAMPLE VALUE

"Lorem ipsum dolor sit amet, consectetur adipiscing elit. Pellentesque vel accumsan orci. Fusce interdum ipsum nec neque iaculis congue. Vivamus bibendum quam at sollicitudin vestibulum. Nunc suscipit nisl sit amet enim hendrerit pellentesque. Curabitur non fermentum orci."

PROGRESS TRACKER TABLE

The id for Progress Tracker is tblb1mW4WwWKQKG52. Table ids and table names can be used interchangeably in API requests. Using table ids means table name changes do not require modifications to your API request.

Fields

Each record in the Progress Tracker table contains the following fields:

Field names and field ids can be used interchangeably. Using field ids means field name changes do not require modifications to your API request. We recommend using field ids over field names where possible, to reduce modifications to your API request if the user changes the field name later.

FIELD NAME

FIELD ID

TYPE

DESCRIPTION

Name

fldGjkSIUcRceOwkw

Text

string

A single line of text.

EXAMPLE VALUES

"foo", "bar"

User

fldbJpD80SUGWK1II

Link to another record

array of record IDs (strings)

Array of linked records IDs from the Usertable.

EXAMPLE VALUE

["rec8116cdd76088af", "rec245db9343f55e8", "rec4f3bade67ff565"]

User Email

fldwtr70esyzJ0Y4n

Link to another record

array of record IDs (strings)

Array of linked records IDs from the Usertable.

EXAMPLE VALUE

["rec8116cdd76088af", "rec245db9343f55e8", "rec4f3bade67ff565"]

Email Address (from User Email)

fldeKVVHdRRJJ52dZ

Lookup

array of numbers, strings, booleans, or objects

Array of Email Address fields in linked User records.

EXAMPLE VALUES

To see example values, try adding some data to Progress Tracker.

Date

fldvdyv9msTRwTlpf

Date

string (ISO 8601 formatted date)

UTC date, e.g. "2014-09-05".

EXAMPLE VALUE

"2014-09-05"

Weight (kg)

fldS3BWKHMibuWsKJ

Number

number

A decimal number showing 1 decimal digit. This field only allows positive numbers.

EXAMPLE VALUE

42.2

Waist Circumference (cm)

fld1HitjD2Atdj1MF

Number

number

A decimal number showing 1 decimal digit. This field only allows positive numbers.

EXAMPLE VALUE

42.2

Progress Photo

fldICIJ8pYvPd6R98

Attachment

array of attachment objects

Each attachment object may contain the following properties. To see which fields are required or optional, please consult the relevant section: [retrieve](https://airtable.com/appQfzQUbWtJj8Ck6/api/docs#javascript/table:progress%20tracker:retrieve), [create](https://airtable.com/appQfzQUbWtJj8Ck6/api/docs#javascript/table:progress%20tracker:create), [update](https://airtable.com/appQfzQUbWtJj8Ck6/api/docs#javascript/table:progress%20tracker:update), or [delete](https://airtable.com/appQfzQUbWtJj8Ck6/api/docs#javascript/table:progress%20tracker:delete).

id

string

unique attachment id

url

string

url, e.g. "https://v5.airtableusercontent.com/foo".   
  
Note: URLs returned will expire 2 hours after being returned from our API. If you want to persist the attachments, we recommend downloading them instead of saving the URL. See [our support article](https://support.airtable.com/docs/airtable-attachment-url-behavior) for more information.

filename

string

filename, e.g. "foo.jpg"

size

number

file size, in bytes

type

string

content type, e.g. "image/jpeg"

width

number

height

number

width/height, in pixels (these may be available if the attachment is an image)

thumbnails.small.url

string

thumbnails.large.url

string

url of small/large thumbnails (these may be available if the attachment is an image or document). See notes under url about the lifetime of these URLs.

thumbnails.small.width

number

thumbnails.small.height

number

thumbnails.large.width

number

thumbnails.large.height

number

width/height of small/large thumbnails, in pixels (these will be available if the corresponding thumbnail url is available)

EXAMPLE VALUE

[

{

"id": "att6f75cc83f1b648",

"size": 26317,

"url": "https://www.filepicker.io/api/file/5YTJXioCQG0tYWPw6OPw",

"type": "image/jpeg",

"filename": "33823\_3\_xl.jpg",

"thumbnails": {

"small": {

"url": "https://www.filepicker.io/api/file/Dy5gioxaShSUvHX0LgIC",

"width": 54,

"height": 36

},

"large": {

"url": "https://www.filepicker.io/api/file/ueYi00yRiqhuUn420UZA",

"width": 197,

"height": 131

}

}

}

]

Energy Rating (1-10)

fld3fE5DmQiDLMgDs

Number

number

A decimal number showing 1 decimal digit. This field only allows positive numbers.

EXAMPLE VALUE

42.2

Notes

fld4Upl8wmSjjy5nb

Long text

string

Multiple lines of text, which may contain "mention tokens", e.g.  
<airtable:mention id="menE1i9oBaGX3DseR">@Alex</airtable:mention>

EXAMPLE VALUE

"Lorem ipsum dolor sit amet, consectetur adipiscing elit. Pellentesque vel accumsan orci. Fusce interdum ipsum nec neque iaculis congue. Vivamus bibendum quam at sollicitudin vestibulum. Nunc suscipit nisl sit amet enim hendrerit pellentesque. Curabitur non fermentum orci."

CHARITY CHOICES TABLE

The id for Charity Choices is tblmQ9PwqJ5y2MHnn. Table ids and table names can be used interchangeably in API requests. Using table ids means table name changes do not require modifications to your API request.

Fields

Each record in the Charity Choices table contains the following fields:

Field names and field ids can be used interchangeably. Using field ids means field name changes do not require modifications to your API request. We recommend using field ids over field names where possible, to reduce modifications to your API request if the user changes the field name later.

FIELD NAME

FIELD ID

TYPE

DESCRIPTION

Charity Name

fldNfyRDaYgVOlFxR

Text

string

A single line of text.

EXAMPLE VALUES

"foo", "bar"

Description

fld8eWfKgsKvoRwQD

Long text

string

Multiple lines of text, which may contain "mention tokens", e.g.  
<airtable:mention id="menE1i9oBaGX3DseR">@Alex</airtable:mention>

EXAMPLE VALUE

"Lorem ipsum dolor sit amet, consectetur adipiscing elit. Pellentesque vel accumsan orci. Fusce interdum ipsum nec neque iaculis congue. Vivamus bibendum quam at sollicitudin vestibulum. Nunc suscipit nisl sit amet enim hendrerit pellentesque. Curabitur non fermentum orci."

Website URL

fldRdanzl38K0g8Re

URL

string

A valid URL (e.g. airtable.com or https://airtable.com/universe).

EXAMPLE VALUES

"https://airtable.com", "http://minesweeperonline.com"

Category

fldOWMM5sorWLKEQN

Single select

string

Selected option name.

When creating or updating records, if thechoice string does not exactly match an existing option, the request will fail with an INVALID\_MULTIPLE\_CHOICE\_OPTIONSerror unless the typecast parameter is enabled. If typecast is enabled, a new choice will be created if one does not exactly match.

POSSIBLE VALUES

[

"Environment",

"Mental Health",

"Kids",

"Global Aid"

]

Active?

fldv3dZtBRIQfhwUH

Checkbox

boolean

This field is "true" when checked and otherwise empty.

EXAMPLE VALUE

true

User

fldPzZ1WCjCweeJeR

Link to another record

array of record IDs (strings)

Array of linked records IDs from the Usertable.

EXAMPLE VALUE

["rec8116cdd76088af", "rec245db9343f55e8", "rec4f3bade67ff565"]

User Email

fldxJZjVf0xjNpkHu

Lookup

array of numbers, strings, booleans, or objects

Array of Email Address fields in linked User records.

EXAMPLE VALUES

To see example values, try adding some data to Charity Choices.

CHAT INTERACTIONS TABLE

The id for Chat Interactions is tblDtOOmahkMYEqmy. Table ids and table names can be used interchangeably in API requests. Using table ids means table name changes do not require modifications to your API request.

Fields

Each record in the Chat Interactions table contains the following fields:

Field names and field ids can be used interchangeably. Using field ids means field name changes do not require modifications to your API request. We recommend using field ids over field names where possible, to reduce modifications to your API request if the user changes the field name later.

FIELD NAME

FIELD ID

TYPE

DESCRIPTION

Name

fldcHOwNiQlFpwuly

Text

string

A single line of text.

EXAMPLE VALUES

"Chat – 7/22/2025, 10:14:12 PM"

"Chat – 7/23/2025, 9:50:24 PM"

"Chat – 7/23/2025, 9:56:27 PM"

"Chat – 7/23/2025, 10:13:15 PM"

"Chat – 29/07/2025, 12:08:42"

Notes

fldDyieb8C10ht8oP

Link to another record

array of record IDs (strings)

Array of linked records IDs from the Usertable.

EXAMPLE VALUE

["rec8116cdd76088af", "rec245db9343f55e8", "rec4f3bade67ff565"]

User

fldDtbxnE1PyTleqo

Link to another record

array of record IDs (strings)

Array of linked records IDs from the Usertable.

EXAMPLE VALUE

["rec8116cdd76088af", "rec245db9343f55e8", "rec4f3bade67ff565"]

User Email

fldkDFXOrqWv8t9Sx

Lookup

array of numbers, strings, booleans, or objects

Array of Email Address fields in linked User records.

EXAMPLE VALUES

[

"theresebwd@yahoo.co.uk"

]

[

"theresebwd@yahoo.co.uk"

]

[

"theresebwd@yahoo.co.uk"

]

[

"theresebwd@yahoo.co.uk"

]

[

"theresebwd@yahoo.co.uk"

]

Date/Time

fld1WNv8Oj0PU0ODt

Created time

string

The time the record was created in UTC, e.g. "2015-08-29T07:00:00.000Z".

EXAMPLE VALUES

"2025-07-22T22:14:13.000Z"

"2025-07-23T21:45:51.000Z"

"2025-07-23T21:50:24.000Z"

"2025-07-23T21:56:28.000Z"

"2025-07-23T22:13:16.000Z"

Topic

fld2eLzWRUnKNR7Im

Single select

string

Selected option name.

When creating or updating records, if thechoice string does not exactly match an existing option, the request will fail with an INVALID\_MULTIPLE\_CHOICE\_OPTIONSerror unless the typecast parameter is enabled. If typecast is enabled, a new choice will be created if one does not exactly match.

POSSIBLE VALUES

[

"Nutrition",

"Workout",

"Mindset",

"Support",

"Other"

]

Message

fldgNRKet3scJ8PIe

Long text

string

Multiple lines of text, which may contain "mention tokens", e.g.  
<airtable:mention id="menE1i9oBaGX3DseR">@Alex</airtable:mention>

EXAMPLE VALUES

"I am going to pret for my lunch at work tomorrow. Based on my goals what should I look to get for lunch?"

"Log a misfits protein bar as a snack"

"What should I eat for dinner if I want high protein?"

"Log a misfits protein bar as a snack"

"I had a misfits cookies and cream protein bar earlier today as a snack. Please log it"

AI Response

fld3vU9nKXNmu6OZV

Long text

string

Multiple lines of text, which may contain "mention tokens", e.g.  
<airtable:mention id="menE1i9oBaGX3DseR">@Alex</airtable:mention>

EXAMPLE VALUES

"Hey Therese, \n\nThat's great! Planning your meals ahead of time is an excellent way to support your fitness goals. 🎯 \n\nHere's a guide on what you migh..."

"Sure thing, Therese! 📝 \n\nHere's how you log your Misfits Protein Bar as a snack in your nutrition tracking:\n\n1. Open your STRUKT app and go to the Nu..."

"Hello Therese!\n\nConsidering your high-protein nutrition style and the fact that you don't consume dairy or peanuts, I have a delicious, protein-packed..."

"Absolutely, Therese! Let's log that misfits protein bar as a snack for you. 😊\n\nHere's how you do it:\n\n1. Open the STRUKT app and go to the 'Nutrition..."

"Hi Therese! 🌞 I've logged your snack for you.\n\nHere's what I've recorded:\n- 🍪 Snack: Misfits Cookies and Cream Protein Bar\n- 📊 Nutritional estimate..."

ERRORS

The STRUKT API follows HTTP status code semantics. 2xx codes signify success, 4xx mostly represent user error, 5xx generally correspond to a server error. The error messages will return a JSON-encoded body that contains error and message fields. Those will provide specific error condition and human-readable message to identify what caused the error.

Success code

200

OK

Request completed successfully.

User error codes

These errors generally indicate a problem on the client side. If you are getting one of these, check your code and the request details.

400

Bad Request

The request encoding is invalid; the request can't be parsed as a valid JSON.

401

Unauthorized

Accessing a protected resource without authorization or with invalid credentials.

402

Payment Required

The account associated with the API key making requests hits a quota that can be increased by upgrading the Airtable account plan.

403

Forbidden

Accessing a protected resource with API credentials that don't have access to that resource.

404

Not Found

Route or resource is not found. This error is returned when the request hits an undefined route, or if the resource doesn't exist (e.g. has been deleted).

413

Request Entity Too Large

The request exceeded the maximum allowed payload size. You shouldn't encounter this under normal use.

422

Invalid Request

The request data is invalid. This includes most of the base-specific validations. You will receive a detailed error message and code pointing to the exact issue.

429

Too Many Requests

The API is limited to 5 requests per second per base. You will receive a 429 status code and a message "Rate limit exceeded. Please try again later" and will need to wait 30 seconds before subsequent requests will succeed. To learn more about rate limits, please visit our [Rate Limits](https://airtable.com/developers/web/api/rate-limits) guide.

Server error codes

These errors generally represent an error on our side. In the event of a 5xx error code, detailed information about the error will be automatically recorded, and Airtable's developers will be notified.

500

Internal Server Error

The server encountered an unexpected condition.

502

Bad Gateway

Airtable's servers are restarting or an unexpected outage is in progress. You should generally not receive this error, and requests are safe to retry.

503

Service Unavailable

The server could not process your request in time. The server could be temporarily unavailable, or it could have timed out processing your request. You should retry the request with backoffs.