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| --- | --- | --- | --- | --- |
| **Data Item** | **Data Type** | **Bytes Required** | **Description** | **Example** |
| workoutName | String | Variable | Name of the workout | "Push-ups" |
| sets | Integer | 4 | Number of sets | 3 |
| reps | Integer | 4 | Number of repetitions per set | 12 |
| weight | Float | 8 | Weight lifted (in kilograms) | 20.5 |
| date | String/Date Object | Variable | Date of the workout | "2024-02-29" or Date object |