**Data Dictionary v0.3**

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| **Data Item** | **Data Type** | **Format** | **Description** | **Example** | **Validation** |
| exerciseType | String |  | Holds type of exercise performed, selected from a dropdown menu | Run, Walk, Jog | Must be a option from the dropdown menu |
| progressType | String |  | The unit of measurement for the exercise progress, selected from a dropdown menu | Kilometres, Steps | Must be a option from the dropdown menu |
| progressValue | Integer |  | The numeric value representing the distance traveled or steps taken during the exercise | 5, 1000 | Must be a positive integer |
| additionalNotes | String |  | Any additional notes or comments about the exercise session | "Felt great after run" | Any string is allowed |
| date | String | DD-MM-YYYY | The current date when the exercise log is submitted, formatted as day-month-year | 29-2-2024 | Automatically generated based on current date |