

USERNAME	EMAIL
kking	kking@email.com
llewis	llewis@email.com
mmiller	mmiller@email.com
nnelson	nnelson@email.com
oowens	oowens@email.com
pparker	pparker@email.com
qquinn	qquinn@email.com
rroberts	rroberts@email.com
ssmith	ssmit@email.com
ttaylor	ttaylor@email.com

10 rows selected.

TRAINERID	FNAME	AGE	G	EMAIL
1	Alice	42	F	aanderson@letsge
2	Brain	39	M	bbennett@letsge
3	Clara	40	F	ccenter@letsget
4	Daniel	41	M	ddiaz@letsgetfi
5	Emma	41	F	eevans@letsgetf
6	Felix	38	M	ffoster@letsget
7	Grace	30	F	ggreen@letsgetf
8	Hannah	56	F	hharris@letsget
9	Isaac	31	M	iingram@letsget
10	Julia	21	F	jjohnson@letsge

10 rows selected.

TRAINERID	PHONE
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```
1 (123)-(456)-(7890)
1 (123)-(654)-(9872)
2 (123)-(789)-(4565)
3 (123)-(963)-(8528)
4 (123)-(753)-(2159)
4 (123)-(753)-(3570)
5 (321)-(852)-(0025)
6 (321)-(828)-(6969)
7 (123)-(000)-(0001)
7 (321)-(420)-(5555)
8 (321)-(888)-(7890)
```

TRAINERID PHONE

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9 (321)-(234)-(5678)
10 (321)-(999)-(4200)
```

13 rows selected.

GOALID GOAL

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1 New weight record
2 Tried a new exercise
3 Longest workout
4 New Carloies record
5 Started a 3 day streak
6 First exercise
7 Worked out everyday this week
8 Worked a new mussel
```

8 rows selected.

LOGNUMBER CALORIES STARTTIME

ENDTIME

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-----
      1      500 17-NOV-24 01.00.00.0000000000 AM 17-NOV-24 0
      2      741 17-NOV-24 04.00.00.0000000000 AM 17-NOV-24 0
      3      650 17-NOV-24 07.00.00.0000000000 AM 17-NOV-24 0
      4      400 17-NOV-24 03.00.00.0000000000 AM 17-NOV-24 0
      5      800 17-NOV-24 10.00.00.0000000000 AM 17-NOV-24 1
      6      343 17-NOV-24 08.14.00.0000000000 AM 17-NOV-24 1
      7      650 17-NOV-24 02.30.00.0000000000 AM 17-NOV-24 0
      8      400 17-NOV-24 09.00.00.0000000000 AM 17-NOV-24 1
      9      800 17-NOV-24 10.00.00.0000000000 AM 17-NOV-24 1
     10      343 17-NOV-24 09.13.00.0000000000 AM 17-NOV-24 1
```

10 rows selected.

EXERCISENAME	EQUIPMENT
Row	Row Machine
Pull Down	Lap Machine
Sqaunts	Smith Machine
Calf Extension	Free Weights
Bench Press	Dumbell
Bicep Curels	Chain Machine
Tricep Pulldown	Chain Machine
Planks	Yoga Mat
Situps	Yoga Mat
Walking	Tred

10 rows selected.

USERNAME	REPWEIGHT	EXERCISENAME
kking	120	Row
llewis	200	Pull Down

mmiller	250	Squats
nnelson	100	Bicep Curls
oowens	0	Situps
pparker	50	Calf Extension
qquinn	100	Bench Press
rroberts	0	Situps
ssmith	0	Walking
ttaylor	50	Tricep Pulldown

10 rows selected.

COMPLETED USERNAME

26-NOV-24	kking
26-NOV-24	llewis
26-NOV-24	mmiller
26-NOV-24	nnelson
26-NOV-24	oowens
26-NOV-24	pparker
26-NOV-24	qquinn
26-NOV-24	rroberts
26-NOV-24	ssmith
26-NOV-24	ttaylor

10 rows selected.

FNAME

EMAIL

Alice	aanderson@letsgetfit.com
Brain	bbennett@letsgetfit.com
Clara	ccenter@letsgetfit.com
Daniel	ddiaz@letsgetfit.com
Emma	eevans@letsgetfit.com

Felix	ffoster@letsgetfit.com
Grace	ggreen@letsgetfit.com
Hannah	hharris@letsgetfit.com
Isaac	iingram@letsgetfit.com
Julia	jjohnson@letsgetfit.com

10 rows selected.