



Client	
Client ID	int
Trainer ID	int
Name	varchar(255)
Email	varchar(255)
Password	varchar(255)

Trainer	
Trainer ID	int
Name	varchar(255)
Email	varchar(255)
Password	varchar(255)

Workout	
Workout ID	int
Trainer ID	int

Exercise	
Exercise ID	int
Name	varchar(255)
Type	varchar(30)

ClientWorkoutExercise	
ClientWorkoutExercise ID	int
ClientWorkout ID	int
Exercise ID	int
Notes	varchar(500)

ClientWorkout	
ClientWorkout ID	int
Client ID	int
Workout ID	int
Date	date

Could delete  
ClientWorkoutHistory if dates  
in ClientWorkoutExercise  
and when looking history  
just query it

ClientWorkoutExerciseHistory	
ClientWorkoutExerciseHistory ID	int
ClientWorkoutExercise ID	int
Date	date
Notes	varchar(500)

Nutrition	
Nutrition ID	int
Client ID	int
Date	date
Total Calories	int
Fats	int
Protein	int
Carbohydrates	int