Insert Script

-- Insert Trainers

INSERT INTO Trainer VALUES

(101, 'Alex Johnson', '9988776655', 'Cardio'),

(102, 'Emily Brown', '9876543321', 'Strength'),

(103, 'Rahul Mehta', '7894561230', 'HIIT');

-- Insert Workout Plans

INSERT INTO Workout_Plan VALUES

(201, 'Fat Burn Plan', 'High intensity fat burning', '30 Days', 101),

(202, 'Muscle Gain', 'Strength and hypertrophy', '45 Days', 102),

(203, 'HIIT Routine', 'Short, intense workouts', '21 Days', 103);

-- Insert Members (7 total)

INSERT INTO Member VALUES

(1, 'John Doe', 28, '1997-06-15', '9876543210', 'john@example.com', 'Gold'),

(2, 'Jane Smith', 24, '2000-03-22', '9123456789', 'jane@example.com', 'Silver'),

(3, 'Raj Patel', 30, '1994-01-10', '9012345678', 'raj@example.com', 'Platinum'),

(4, 'Ayesha Khan', 26, '1998-11-05', '8899001122', 'ayesha@example.com', 'Gold'),

(5, 'Mike Williams', 35, '1989-05-18', '7766554433', 'mike@example.com', 'Bronze'),

(6, 'Sneha Iyer', 22, '2002-08-30', '9900112233', 'sneha@example.com', 'Silver'),

(7, 'Arjun Reddy', 27, '1997-09-14', '7888999000', 'arjun@example.com', 'Gold');

-- Insert Sessions

INSERT INTO Session VALUES

(301, '2025-04-10', '08:00:00', 1, 101),

(302, '2025-04-12', '10:30:00', 2, 102),

(303, '2025-04-15', '09:00:00', 3, 103),

(304, '2025-04-16', '07:30:00', 4, 101),

(305, '2025-04-17', '11:00:00', 5, 102),

(306, '2025-04-18', '06:30:00', 6, 103),

(307, '2025-04-19', '08:45:00', 7, 101);

```sql
-- Insert Payments
INSERT INTO Payment VALUES
(401, 1, 5000.00, 'Paid', '2025-04-01'),
(402, 2, 3500.00, 'Pending', '2025-04-05'),
(403, 3, 6000.00, 'Paid', '2025-04-02'),
(404, 4, 5500.00, 'Paid', '2025-04-06'),
(405, 5, 3000.00, 'Pending', '2025-04-07'),
(406, 6, 3200.00, 'Paid', '2025-04-08'),
(407, 7, 4500.00, 'Paid', '2025-04-09');

-- Insert Follows
INSERT INTO Member_Follows_Plan VALUES
(1, 201),
(2, 202),
(3, 203),
(4, 201),
(5, 202),
(6, 203),
(7, 201);

-- Insert Booking
INSERT INTO Member_Books_Session VALUES
(1, 301),
(2, 302),
(3, 303),
(4, 304),
(5, 305),
(6, 306),
(7, 307);
```