

## Table exercise

This collection is used to store user exercises. All data collected via the form and being validated on the back end if links provided are valid otherwise it will replace them with default one.

- id int [pk] – Auto generated id by mongoDB
- exercise\_name str – value from the form
- img\_url str – Value from the form if not provided it will use the blank default image
- description str – Value from the form
- yt\_url str – Value from the form if not provided it will use the blank default video
- exercise\_reps int – value from the form
- exercise\_sets int – value from the form
- weight int – value from the form
- created\_by int – value from session
- exercise\_category array – Values from Categories collection
- about str – value from the form
- exercise\_comments str – value from the form
- exercise\_history array – Values from workout session hidden inputs
- is\_system Boolean – only True if exercise created by session[“admin”] otherwise False
- modified\_date datetime – Automatic Datestamp
- origin str – Value from session[“user”]
- steps array Values from the form

## Table users

Used to validate logins and checks if Routines table and Exercises table belongs to a user.

- id int [pk, increment] – Auto generated id by mongoDB
- username str – (e.g. Alex) Have validation set to minimum 3 letters, and can only consist letters and digits
- password str – (A hashed password)

## Table routines

Used to store user workouts. It is populated by a User through a form.

- id int [pk] – Auto generated id by mongoDB
- workout\_name str – value from the form
- modified\_date datetime – automatic datestamp
- created\_by str – value from session[“user”]
- exercise\_choices array – values from exercises collection
- completed bool – value from the form
- workout\_reps int – value from the form
- workout\_sets int – value from the form
- weight int – value from the form
- saved bool – value from the form

## Table user\_profile

Used to store each workout data to display it in a User profile as a chart. It is populated via JavaScript once the User presses add button, JS creates new hidden inputs which are later submitted into DB.

- id int [pk, increment] – Auto generated id by mongoDB
- workout\_id str – value from workout hidden inputs
- workout\_name str – value from workout hidden inputs
- exercise\_id str – value from workout hidden inputs
- exercise\_name str – value from workout hidden inputs
- reps int – value from workout hidden inputs
- weight int – value from workout hidden inputs
- username str – value from workout hidden inputs
- date datetime – automatic Datestamp
- comment str – unused but created for future functionality, saves as a blank string

## Table categories

Used to store names of exercise categories

- id int [pk, increment] – Auto generated id by mongoDB
- category\_name str – values are preset in the DB, in the future, a form will be added to add new records. Users are unable to add new records right now.
- img str – unused but created for future functionality, saves as blank string