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CREATE TABLE Users (
    user_id SERIAL PRIMARY KEY,
    username VARCHAR(255) UNIQUE NOT NULL,
    email VARCHAR(255) UNIQUE NOT NULL,
    password_hash VARCHAR(255) NOT NULL,
    created_at TIMESTAMP DEFAULT CURRENT_TIMESTAMP
);

CREATE TABLE WorkoutTemplates (
    template_id SERIAL PRIMARY KEY,
    user_id INT REFERENCES Users(user_id) ON DELETE CASCADE,
    title VARCHAR(100) NOT NULL,
    notes TEXT,
    created_at TIMESTAMP DEFAULT CURRENT_TIMESTAMP
);

CREATE TABLE TemplateExercises (
    exercise_id SERIAL PRIMARY KEY,
    template_id INT REFERENCES WorkoutTemplates(template_id) ON DELETE CASCADE,
    exercise_name VARCHAR(100) NOT NULL,
    sets INT NOT NULL DEFAULT 3,
    reps INT NOT NULL DEFAULT 10,
    weight_lbs INT
);

CREATE TABLE Schedules (
    schedule_id SERIAL PRIMARY KEY,
    user_id INT REFERENCES Users(user_id) ON DELETE CASCADE,
    template_id INT REFERENCES WorkoutTemplates(template_id) ON DELETE CASCADE,
    day_of_week VARCHAR(15),
    specific_date DATE,
    is_recurring BOOLEAN DEFAULT FALSE,
    created_at TIMESTAMP DEFAULT CURRENT_TIMESTAMP
);

CREATE TABLE Logs (
    log_id SERIAL PRIMARY KEY,
    user_id INT REFERENCES Users(user_id) ON DELETE CASCADE NOT NULL,
    template_id INT REFERENCES WorkoutTemplates(template_id) ON DELETE SET NULL,
    date_completed DATE DEFAULT CURRENT_DATE,
    created_at TIMESTAMP DEFAULT CURRENT_TIMESTAMP
);

CREATE TABLE Social (
    follow_id SERIAL PRIMARY KEY,
    follower_id INT REFERENCES Users(user_id) ON DELETE CASCADE NOT NULL,
    following_id INT REFERENCES Users(user_id) ON DELETE CASCADE NOT NULL,
    UNIQUE(follower_id, following_id),
    created_at TIMESTAMP DEFAULT CURRENT_TIMESTAMP
);

```