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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
);

```