

User		
User_ID	INT	Primary Key
Name	VARCHAR(100)	
Age	INT	
Height	DECIMAL(5,2)	
Weight	DECIMAL(5,2)	
Fitness_level_availability	VARCHAR(100)	

One to Many

Workout Plan		
Plan_ID	INT	Primary Key
User_ID	INT	Foreign Key
Goal	VARCHAR(255)	

One to Many

Workout Session		
Session_ID	INT	Primary Key
Plan_ID	INT	Foreign Key
Diffuculty	VARCHAR(50)	

One To Many

Exercise		
Exercise_ID	INT	Primary Key
Exercise_Name	VARCHAR(100)	
Muscle_group	VARCHAR(100)	
Calories_burned	DECIMAL(5,2)	

Many to Many

Session Exercise		
Session_ID	INT	Foreign Key
Exercise_ID	INT	Foreign Key
Sets	INT	
Reps		