Types
- 🔑 id INT
- 🔷 created_at DATETIME
- 🔷 update_at TIMESTAMP
- 🔷 Name VARCHAR(45)
- 🔶 Type_id INT
- **Indexes**

ContactMet...
- 🔑 id INT
- 🔷 created_at DAT...
- 🔷 update_at TIME...
- 🔶 Type VARCHAR...
- 🔷 Value VARCHAR...
- 🔷 IsPrimary BIT
- 🔷 CanSpam BIT
- 🔶 User_id INT
- **Indexes**

Users
- 🔑 id INT
- 🔷 created_at DATETIME
- 🔷 update_at TIMESTAMP
- 🔷 FirstName VARCHAR(45)
- 🔷 LastName VARCHAR(45)
- 🔷 DOB DATETIME
- 🔷 Password VARCHAR(45)
- 🔶 User_Type INT
- **Indexes**

Follows
- 🔑 id INT
- 🔶 Followers_id INT
- 🔶 Following_id INT
- 🔷 created_at DATET...
- 🔷 updated_at DATE...
  - 1 more
- **Indexes**

Reactions
- 🔑 id INT
- 🔷 created_at DATETIME
- 🔷 update_at TIMESTAMP
- 🔶 Emoji VARCHAR(2)
- 🔶 Post_id INT
- 🔶 Owner_id INT
- **Indexes**

Emojis
- 🔑 id INT
- 🔷 created_at DATETIME
- 🔷 update_at TIMESTA...
- 🔷 Name VARCHAR(45)
- 🔷 Description VARCH...
- 🔷 Code VARCHAR(2)
- 🔶 Type_id INT
- **Indexes**

Workout
- 🔑 id INT
- 🔷 created_at DATETIME
- 🔷 update_at TIMESTAMP
- 🔷 URL VARCHAR(2048)
- 🔷 Text VARCHAR(4000)
- 🔷 Media_Type VARCHAR(45)
- 🔷 Privacy_Setting INT
- 🔶 Owner_id INT
- 🔷 Duration INT(3)
- **Indexes**

Comments
- 🔑 id INT
- 🔷 created_at DATETIME
- 🔷 update_at TIMESTAMP
- 🔷 Text VARCHAR(4000)
- 🔶 Post_id INT
- 🔶 Owner_id INT
- **Indexes**

Excercise
- 🔑 id INT
- 🔶 ExcerciseType_id INT
- 🔶 Workout_id INT
- 🔷 created_at DATETIME
- 🔷 update_at TIMESTAMP
- 🔷 Reps INT(2)
- 🔷 Sets INT(2)
- 🔷 RPE INT(2)
- 🔷 Duration INT(3)
- 🔷 Location VARCHAR(45)
- **Indexes**

ExcerciseType
- 🔑 id INT
- 🔷 Name VARCHAR(45)
- 🔷 BodyPart VARCHAR(45)
- **Indexes**

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ETIME
STAMP
R(45)
R(45)

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TIME
TIME
...

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