Data Dictionary 1

| **Modern Name** | **Traditional Name** | **Type** | **Size** | **Format** | **Purpose** | **Example** |
| --- | --- | --- | --- | --- | --- | --- |
| UserProfileID | User\_Profile\_ID | Integer | 4 bytes | Numeric | Unique identifier for user profiles | 12345 |
| UserName | User\_Name | String | 50 chars | Alphanumeric | User's username | "john.doe" |
| Password | Password | String | 20 chars | Alphanumeric | User's password | "P@ssw0rd" |
| FirstName | First\_Name | String | 50 chars | Alphabetic | User's first name | "John" |
| LastName | Last\_Name | String | 50 chars | Alphabetic | User's last name | "Doe" |
| Email | Email | String | 100 chars | Email format | User's email address | "john.doe@example.com" |
| ExerciseID | Exercise\_ID | Integer | 4 bytes | Numeric | Unique identifier for exercises | 98765 |
| ExerciseName | Exercise\_Name | String | 100 chars | Alphabetic | Name of the exercise | "Squat" |
| Description | Description | String | 500 chars | Alphanumeric | Description of the exercise | "Perform a squat..." |
| MuscleGroups | Muscle\_Groups | String | 200 chars | Alphabetic | Muscle groups targeted by the exercise | "Quadriceps, Hamstrings" |
| ScheduleName | Schedule\_Name | String | 100 chars | Alphabetic | Name of the workout schedule | "Full Body Workout" |
| WorkoutDays | Workout\_Days | String | 100 chars | Alphabetic | Days of the week for the workout schedule | "Monday, Wednesday" |
| Duration | Duration | Integer | 4 bytes | Numeric | Duration of an exercise in minutes | 30 |
| ProgressID | Progress\_ID | Integer | 4 bytes | Numeric | Unique identifier for progress tracking | 24680 |
| CompletedExercises | Completed\_Exercises | Integer | 4 bytes | Numeric | Number of exercises completed by the user | 5 |
| Weight | Weight | Float | 4 bytes | Numeric | Weight lifted by the user for an exercise | 50.5 |

Data Dictionary 2 (Simplified)

| **Modern Naming Style** | **Traditional Naming Style** | **Type** | **Size** | **Scope** | **Format** | **Purpose** | **Example** |
| --- | --- | --- | --- | --- | --- | --- | --- |
| username | strUsername | Text | 16 | Local | xxxxxxxxxxxxxxxx | Client username for login screen | BarryDillon63 |
| password | strPassword | Text | 16 | Local | xxxxxxxxxxxxxxxx | Client password for login screen | Dillon45373 |
| weight | intClientWeight | Integer | 3 | Local | NNN Kg | What is the client’s weight | 86 Kg |
| percentCompleted | intPercentCompleted | Integer | 3 | Local | NN% | Percentage of exercises completed | 93% |