	Programs	
PK, FK	Program_ID	Long
FK	User_ID	Long
FK	Creator_ID	Long
FK	Creator_Name	Char
U	Program_Name	Char
	Number_Of_Workouts	Int
	Fail_Condition	Int
	Number_Of_Fails	Int
	Deload_Amount	Num
	Max_Deload_Amount	Num
	Time_Off_Deload	Num
	Increase_Condition	Int

- **CreatorID** used to identify the creator of a program. Can be left null to indicate system created program
- **Creator_Name** see above
- **ProgramName** is unique
- **FailCondition** = what has to happen to constitute failing an exercise for deloading. 0 = count a failure each time an exercise is failed. Example: fail bench week 1 workout a, one failure, fail bench workout b, two failures, fail bench week 2 workout a three failures. 1 = only count all failures once during each workout cycle. For example fail bench week 1 workout a, one failure. Fail bench workout b, still one failure. Fail bench week 2 workout a, two failures.
- **NumberOfFails** is number of consecutive failures of an exercise needed to force deload next workout
- **DeloadAmount** is percentage amount of how much to drop the weight. Default is 10
- **MaxDeloadAmount** is max percentage of how much weight can be deloaded from time off. Default is 50
- **TimeOffDeload** is an int variable. It gets multiplied by the number of weeks since the previous workout, then multiplied by the deload amount to get the final amount that the weight is dropped. The final amount can only be as much as the maxDeloadAmount
- **Increase_Condition** is an int to define which condition to use to increase weight. 0 = increase weight after every successful exercise. 1 = increase after successfully completing exercise for the entire workout cycle

	Workouts	
PK	Workout_ID	Long
FK	Program_ID	Long
FK	User_ID	Long
	Workout_Number	Int
FK	Exercise_ID	Int
	Lift_Number	Int
	Set_Number	Int
	Reps	Int
	Max_Weight	Num
	Work_Weight	Num
	Increase_Type	Int
	Increase_Amount	Num
	Timer	Int

Workout_Number is which workout. Workout A, Workout B, etc

Lift_Number – number to set order of lifts

set_number which set in the workout

Reps number of reps to be done

Max_Weight – Max weight is based off of the one rep max using the number of reps to be completed

Work_weight – percentage of how much of the max_weight should be lifted for the exercise

increase_type – variable to declare if weight will be increased by a percentage or by a static weight amount. 0 = weight in lbs. 1 = percentage of max_weight

Timer – minimum rest time in seconds

	Lifts	
PK	Lift_ID	Long
FK	User_ID	Long
	Date	Int
FK	Program_ID	Long
FK	Workout_ID	Long
	Workout_Number	Int
	Lift_Number	Int
	Set_Number	Int
	Reps_Completed	Int
	Weight	Num
	Status	Int

Workout_ID – used to get the current workout

Workout_Number – used to pick the workout in the program

Lift_Number – used to get the correct exercise

Set_Number – used to get the correct weight

Weight – the weight that's being lifted. Calculated from table_workouts. Take workout.max_weight and multiply by workouts.work_weight

Status – whether the lift is incomplete (0), passed (1), or failed (0). compare workouts.reps to reps_completed

	Exercises	
PK	Exercise_ID	Long
U	Exercise_Name	Char
FK	User_ID	Long
	One_Rep_Max	Num
	Date_Last_Lifted	Int

One_Rep_Max calculated from user input or most recent workout using formula

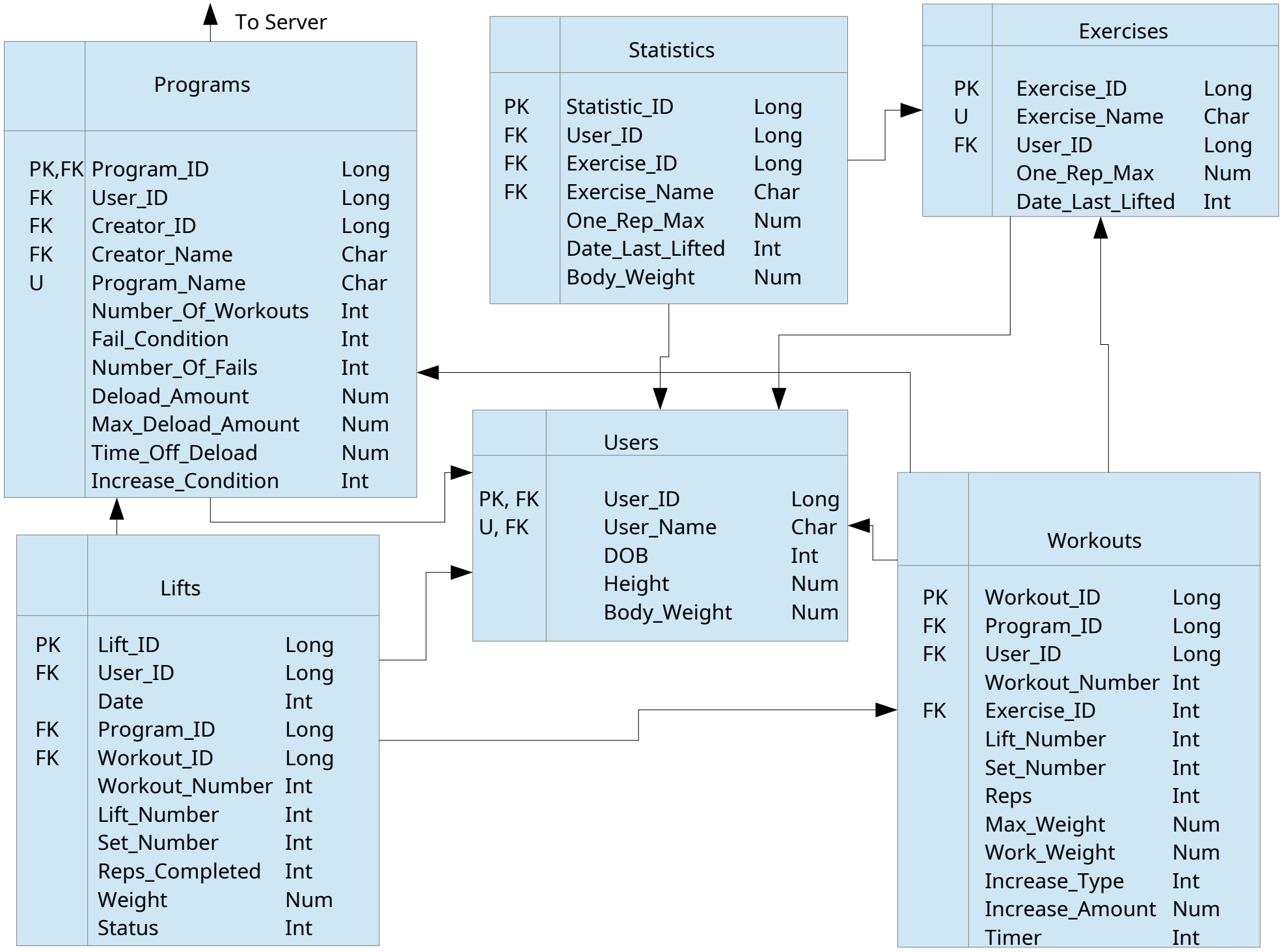
	Statistics	
PK	Statistic_ID	Long
FK	User_ID	
FK	Exercise_ID	Long
FK	Exercise_Name	Char
	One_Rep_Max	Num
	Date_Last_Lifted	Int
	Body_Weight	Num

One_Rep_Max calculated from user input or most recent workout using formula

	Users	
PK, FK	User_ID	Long
U, FK	User_Name	Char
	DOB	Int
	Height	Num
	Body_Weight	Num

User_ID is a foreign key to Server Side database User_ID. Generated/updated once uploaded to server

User_Name is foreign key to Server Side database User_Name. Generated/updated once uploaded to server


To Server
Programs
PK,FK Program_ID Long
FK User_ID Long
FK Creator_ID Long
FK Creator_Name Char
U Program_Name Char
Number_Of_Workouts Int
Fail_Condition Int
Number_Of_Fails Int
Deload_Amount Num
Max_Deload_Amount Num
Time_Off_Deload Num
Increase_Condition Int
Statistics
PK Statistic_ID Long
FK User_ID Long
FK Exercise_ID Long
FK Exercise_Name Char
One_Rep_Max Num
Date_Last_Lifted Int
Body_Weight Num
Exercises
PK Exercise_ID Long
U Exercise_Name Char
FK User_ID Long
One_Rep_Max Num
Date_Last_Lifted Int
Users
PK, FK User_ID Long
U, FK User_Name Char
DOB Int
Height Num
Body_Weight Num
Lifts
PK Lift_ID Long
FK User_ID Long
Date Int
FK Program_ID Long
FK Workout_ID Long
Workout_Number Int
Lift_Number Int
Set_Number Int
Reps_Completed Int
Weight Num
Status Int
Workouts
PK Workout_ID Long
FK Program_ID Long
FK User_ID Long
Workout_Number Int
FK Exercise_ID Int
Lift_Number Int
Set_Number Int
Reps Int
Max_Weight Num
Work_Weight Num
Increase_Type Int
Increase_Amount Num
Timer Int