DATA DICTIONARY

	TERM	DEFINITION
1.	User_ID	A unique numerical identifier for each user in the system.
2.	Password_hash	A securely hashed and encrypted version of the user's password.
3.	Username	The name that the user chooses to display within the application.
4.	Fitness Goals	A structured record storing the users goals like the duration, calories burned, et cetera.
5.	Exercise History	A detailed log of the exercises performed.
6.	Exercise ID	A unique identifier for each exercise available in the system.
7.	Category	Shows the types of exercises available in the application (e.g., cardio, strength, flexibility, yoga).
8.	Difficulty level	The difficulty rating of an exercise (e.g., Easy, Medium, Hard).
9.	Instructions	Step-by-step textual instructions for performing the exercise.
10.	Video_URL	A URL linking to a demonstration video for the exercise.
11.	Workout_ID	A unique identifier for user-created or predefined workout plans.
12.	Calories_Burned	The estimated number of calories burned during an exercise session.
13.	Points	The number of points a user has accumulated through workout

		activities and achievements.
14.	Badges	A list of achievements earned by the user, such as milestones for workout streaks or challenges completed.
15.	Leaderboard_Rank	The user's rank on the leaderboard, based on workout performance and accumulated points.
16.	Workout History	A record of completed workouts, including timestamps.
17.	Streak	The number of consecutive days or sessions a user has completed workouts without missing a day.
18.	Reminder	A scheduled notification prompting the user to complete a workout or fitness-related activity.
19.	Challenges	Fitness-related tasks or goals (e.g., "Complete 10 push-ups daily for a week") that users can participate in to earn rewards.
20.	Privacy Settings	User-configurable settings determining data visibility (e.g., public, private).