User			Workout		Goal		Progress	
id 🔑	BIGINT	+	id 🔑	BIGINT	id Ø	BIGINT	id 🔑	BIGINT
name	VARCHAR		type	VARCHAR	goalType	VARCHAR	dataPoints	TEXT
email	VARCHAR		duration	INT	targetValue	FLOAT	trends	VARCHAR
password	VARCHAR		intensity	VARCHAR	deadline	DATE -	user_id	BIGINT
			date	DATE	isAchieved	BOOLEAN		
			user_id	BIGINT	user_id	BIGINT		
Admin								

id 🔑

name

email

password

BIGINT

VARCHAR

VARCHAR

VARCHAR

User	
id 🔑	BIGINT
name	VARCHAR
email	VARCHAR
password	VARCHAR

		Workout	
Т		id 🔑	BIGINT -
		type	VARCHAR
		duration	INT
		intensity	VARCHAR
		date	DATE
L	*	user_id	BIGINT -

Goal	
id 🔑	BIGINT
goalType	VARCHAR
targetValue	FLOAT
deadline	DATE
isAchieved	BOOLEAN
user_id	BIGINT

	Progress	
	id 🔑	BIGINT
	dataPoints	TEXT
	trends	VARCHAR
*	user_id	BIGINT

Admin	
id @	BIGINT
name	VARCHAR
email	VARCHAR
password	VARCHAR