

Jeremy Odell

Example NoSQL Database Entries

```
{
  Date: "Tuesday, October 5, 2021 1:01:01 PM",
  Workouts: [
    {
      Length: 60,
      Type: Cardio,
      Movements: [
        {
          Name: Running,
          Muscle Worked: Cardio,
          Weight: Null,
          Sets: 1,
          Repetitions: 1,
          Length: 60
        }
      ]
    }
  ]
},
{
  Date: "Wednesday, October 6, 2021 1:01:01 PM",
  Workouts: [
    {
      Length: 45,
      Type: Lifting,
      Movements: [
        {
          Name: Bench Press,
          Muscle Worked: Chest,
          Weight: 315,
          Sets: 10,
          Repetitions: 10,
          Length: Null
        },
        {
          Name: Pull Up,
```

```

    Muscle Worked: Back,
    Weight: Null,
    Sets: 10,
    Repetitions: 10,
    Length: Null
  },
]
}
]
},
{
  Date: "Thursday, October 7, 2021 1:01:01 PM",
  Workouts: [
    {
      Length: 90,
      Type: Lifting,
      Movements: [
        {
          Name: Squat,
          Muscle Worked: Legs,
          Weight: 315,
          Sets: 10,
          Repetitions: 10,
          Length: Null
        },
        {
          Name: Deadlift,
          Muscle Worked: Legs,
          Weight: 315,
          Sets: 10,
          Repetitions: 10,
          Length: Null
        }
      ],
    }
  ]
}

```