WorkoutLog

PK	<u>Date</u>
	Time
FK	TemplateID
	Comment

Current workout for a particular day based on a Template.
Each workout has a Date, Time, TemplateID and Comment

A Template that can be pre-made or custome. They are all treated the same.

The TemplateID is unique for each template

Each template has a name and a bodyPartExID that points to a particular exercise in the ExerciseByBodyPart table

Template

PK	<u>TemplateID</u>
	Name
FK	LegExID
FK	BackExID
FK	ChestExID
FK	ShoulderExID
FK	BiceptExID
FK	TriceptExID

Weight, Sets and Reps for the workout on a particular date in the WorkoutLog.

WorkoutWeightSetReps

FK	<u>TemplateID</u>
	Weight
	Sets
	Reps

ExerciseByBodypart

	<u>**Category**</u>
PK	<u>**ExerciseID**</u>
	Name

This table categorizes each exercise a using a unique Category value for each body part. Ex. Category 1 for all leg exercises, Category 2 for all Back exercises. This will help to populate a dropdown menu for all leg exercises and let us know where to put a new leg exercise.

Each exercise will also have a unique ExerciseID and Name