




# Clean Data Reset with Verification

## What This Does

-  Keeps: Database structure, app code, deployment
  -  Replaces: All workout data with verified correct schedule
  -  Verifies: Every step before moving forward
- 

## STEP-BY-STEP PROCESS

### CHECKPOINT 1: Get Fresh CSV







1. Download the new `workouts.csv` from the previous conversation
  2. Save it to your project root (replace the old one)
  3. **DON'T IMPORT YET**
- 

### CHECKPOINT 2: Verify CSV Locally



Run the verification script:

```
bash  
  
npx ts-node scripts/verify-csv.ts
```

What to look for:

-  Total workouts: ~84
-  Strength sessions: 24 total
-  Strength days: Only Tuesday/Thursday
-  Start date: Monday, October 13, 2025
-  No  symbols in the output

**ACTION:**

- ☐ If you see ` CSV LOOKS GOOD - READY TO IMPORT` → Continue to Checkpoint 3
  - ☐ If you see ` ISSUES FOUND` → STOP and share the output with Claude
- 

### CHECKPOINT 3: Clear Old Database Data

Go to Supabase:

1. Open <https://supabase.com>
2. Go to your project
3. Click "SQL Editor"
4. Run this command:

```
sql

-- Delete all existing workouts
DELETE FROM workouts;

-- Verify they're gone
SELECT COUNT(*) FROM workouts;

-- Should return 0
```

#### ACTION:

- ☐ Confirmed workouts table is empty (COUNT = 0)
- 

### ✓ CHECKPOINT 4: Import Fresh Data

#### Run the import:

```
bash

npm run import
```

#### What you should see:

- ✓ Successfully imported X workouts
- No error messages

#### ACTION:

- ☐ Import completed successfully
- 

### ✓ CHECKPOINT 5: Verify Database

#### Run database verification:

```
bash

npx ts-node scripts/verify-database.ts
```

#### What to look for:

- ☒ Total workouts: ~84
- ☒ Strength sessions: 24 total
- ☒ Strength days: Only Tuesday/Thursday
- ☒ All weeks have correct workout counts
- ☒ Final verdict: ☒ DATABASE LOOKS GOOD

#### ACTION:

- ☐ Database verification passed
  - ☐ If you see issues, delete data and re-import
- 

### ☒ CHECKPOINT 6: Test Locally

#### Start your dev server:

```
bash  
  
npm run dev
```

**Open:** <http://localhost:3000/calendar>

#### Check:

- ☐ Week 1 shows workouts starting October 13
  - ☐ Tuesday shows run + strength 💪
  - ☐ Thursday shows run + strength 💪
  - ☐ Wednesday shows easy run (no strength)
  - ☐ Friday shows easy run (no strength)
- 

### ☒ CHECKPOINT 7: Deploy to Vercel

#### Push to GitHub:

```
bash  
  
git add .  
git commit -m "Fix: Load verified training data with correct strength schedule"  
git push
```

**Vercel will auto-deploy.**

**Check live site:**

- ☐ Visit your Vercel URL
  - ☐ Check calendar shows correct schedule
  - ☐ Verify strength on Tue/Thu only
- 

## TROUBLESHOOTING

### "CSV verification shows strength on wrong days"

→ The CSV file is incorrect. Don't import. Share the verify output with Claude.

### "Database verification fails after import"

→ Delete database data (Checkpoint 3) and re-import (Checkpoint 4)

### "Calendar shows wrong days even after successful import"

→ Check if calendar UI is caching old data. Try hard refresh (Cmd+Shift+R)

### "Import script fails"

→ Check .env.local has correct Supabase credentials

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## QUICK COMMANDS

```
bash

# Verify CSV before import
npx ts-node scripts/verify-csv.ts

# Import data
npm run import

# Verify database after import
npx ts-node scripts/verify-database.ts

# Test locally
npm run dev

# Deploy
git add . && git commit -m "message" && git push
```

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## SUCCESS CHECKLIST

Before you're done, verify ALL of these:

- ☐ CSV verification passed
  - ☐ Database cleared
  - ☐ Import completed successfully
  - ☐ Database verification passed
  - ☐ Local calendar shows correct schedule
  - ☐ Strength only appears on Tue/Thu
  - ☐ Deployed to Vercel
  - ☐ Live site shows correct schedule
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**If any checkpoint fails, STOP and fix it before moving forward.**

This ensures you never push bad data to production!