VALL GYM
a gym database

Relation Schema

member (<u>member_id</u>, first_name, last_name, contact_id, workout_id)
contact (<u>contact_id</u>, email, phone_no)
workout (<u>workout_id</u>, name, diet_id, routine_id, sched_id)
diet (<u>diet_id</u>, name, bf_id, lunch_id, dinner_id)
breakfast (<u>bf_id</u>, name)
lunch (<u>lunch_id</u>, name)
dinner (<u>dinner_id</u>, name)
routine (<u>routine_id</u>, name, pushup_id, curlup_id, jogging_id)
push_ups (<u>pushup_id</u>, count)
curl_ups (<u>curlup_id</u>, count)
jogging (<u>jogging_id</u>, count)
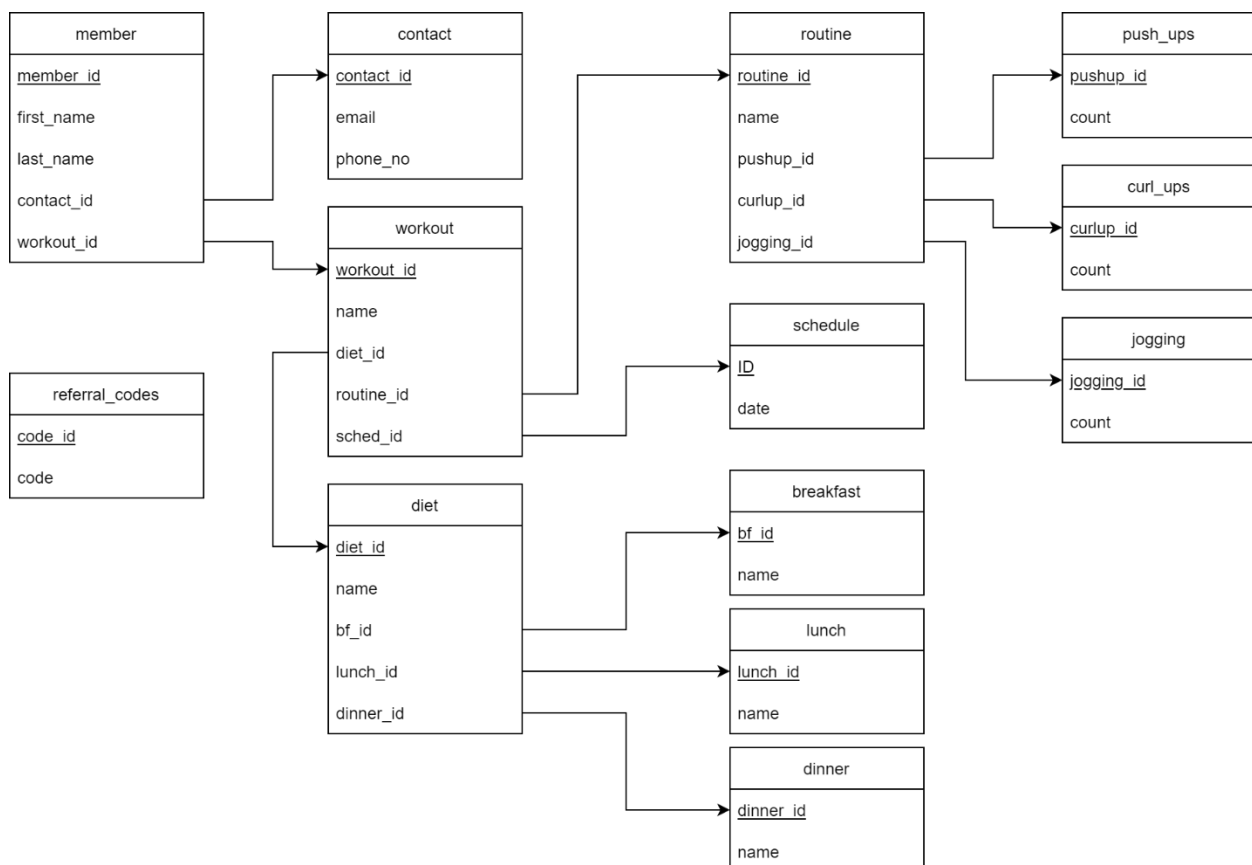schedule (<u>sched_id</u>, date)

Schema Diagram

Figure 1. Schema diagram for the Vall Gym database.

Table Insert Samples

member

member_id	first_name	last_name	contact_id	workout_id
1	Carlos Gabriel	Aquino	1	4
2	Melben Kian	Gabiana	2	2
3	Vall James	Luceres	3	1
4	Charissa Mae	Madriaga	4	1
5	Emiline	Acompanado	null	5

contact

contact_id	email	phone_no
1	aquino111@gmail.com	+639521259283
2	gabiana0123@gmail.com	+639129582354
3	luceres021@gmail.com	+639583958354
4	madriaga222@gmail.com	null

workout

workout_id	name	diet_id	routine_id	sched_id
1	Calisthenics	2	1	4
2	Biceps	3	2	2
3	Abs	1	1	4
4	Cardio	2	4	1
5	Legs	4	2	5

diet

diet_id	name	bf_id	lunch_id	dinner_id
1	Atkins	4	4	2
2	Carnivore	1	1	3
3	Low carbohydrate	2	1	3
4	Low fat	3	3	2
5	Vegan	3	2	4

breakfast

bf_id	name
1	Buttered mushrooms
2	Marinated tofu
3	Edamame
4	Scrambled eggs
5	Sweet potatoes

dinner

dinner_id	name
1	Grilled mackerel
2	Fried rice
3	Tofu
4	Homemade burger
5	Peas and vegetables
6	Mashed Potatoes

lunch

lunch_id	name
1	Salmon w/ rice
2	Mixed vegetables
3	Roast chicken
4	Sardines with avocado
5	Fried chicken breast

routine

routine_id	name	pushup_id	curlup_id	jogging_id
1	Morning exercise	2	4	5
2	Balanced	3	1	3
3	Basic Routine	1	2	1
4	Intense training	4	3	2
5	30mins exercise	4	2	1

push_ups

pushup_id	count
1	20
2	12
3	15
4	25
5	30
6	50

curl_ups

curlup_id	count
1	5
2	10
3	15
4	20
5	25

jogging

jogging_id	count
1	20
2	12
3	15
4	25
5	30

schedule

sched_id	date
1	M F
2	T Th
3	F
4	Weekends
5	Weekdays

referral_codes

code_id	code
1	8tnhTYJ5
2	e7M1OabK
3	AUUgnw4V
4	DNvFJ13W
5	B12wyy41

Entity-Relationship Diagram

Entity Sets
member (*member_id*, first_name, last_name)
contact (*contact_id*, email, phone_no)
workout (*workout_id*, name)
diet (*diet_id*, name)
breakfast (*bf_id*, name)
lunch (*lunch_id*, name)
dinner (*dinner_id*, name)
routine (*routine_id*, name)
push_ups (*pushup_id*, count)
curl_ups (*curlup_id*, count)
jogging (*jogging_id*, count)
schedule (*sched_id*, date)
referral_codes (*code_id*

Relationship Sets
member_contact (member_id, contact_id)
member_workout (member_id, workout_id)
workout_diet (workout_id, diet_id)
diet_breakfast (diet_id, bf_id)
diet_lunch (diet_id, lunch_id)
diet_dinner (diet_id, dinner_id)
workout_routine (workout_id, routine_id)
routine_pushups (routine_id, pushup_id)
routine_curlups (routine_id, curlup_id)
routine_jogging (routine_id, jogging_id)
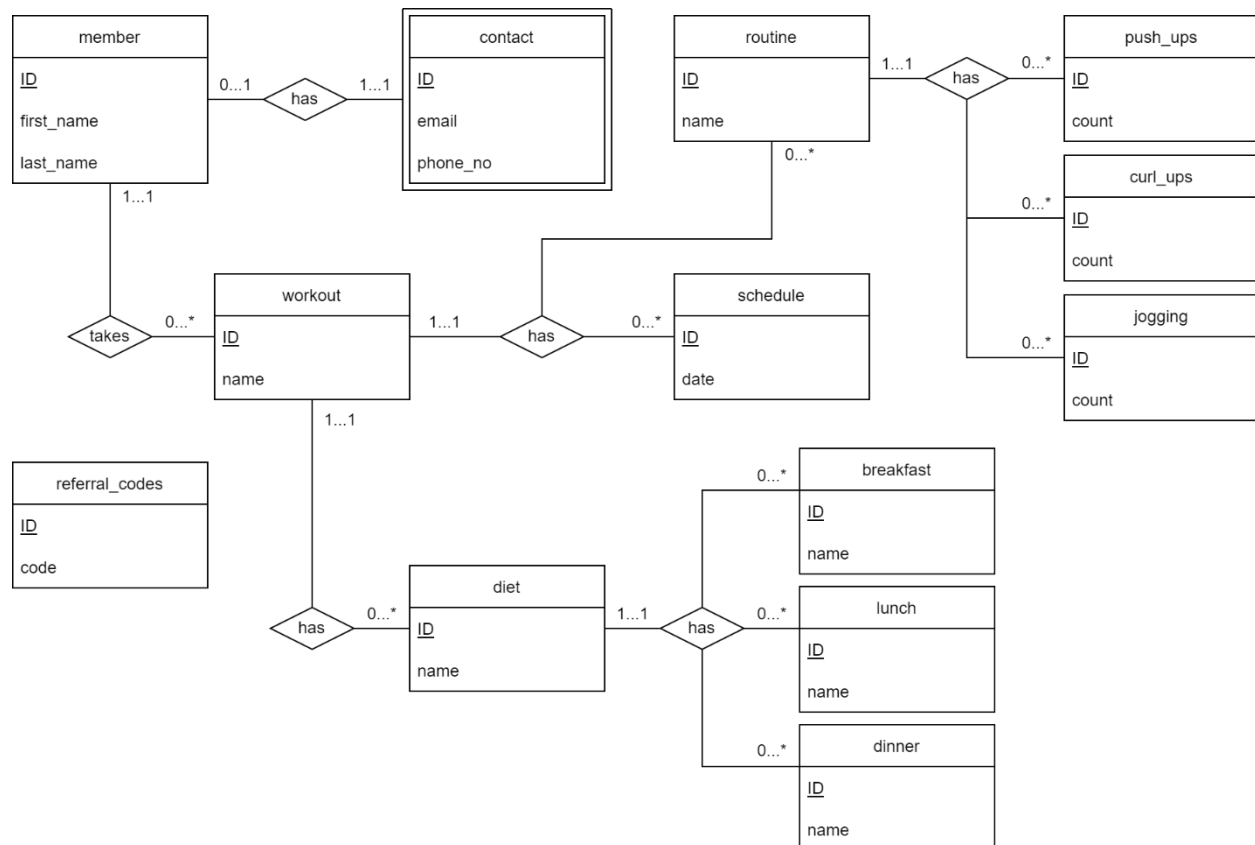workout_schedule (workout_id, sched_id)

Figure 2. Entity-relationship diagram for the Vall Gym database.

Database Program Deployment

1. Jar File Deployment
   a. (Preferably) Install the latest version of Java SDK and Java JRE. The program uses JDK ver. 16.
   b. In your console of choice, change directory to the folder where the `.jar` file named `VallGym` is located (`/…/VallGym/dist/`).
   c. Run the program using the command below :

   ```
   java -jar VallGym.jar
   ```

2. Java File Deployment
   a. (Preferably) Install the latest version of Java SDK and Java JRE. The program uses JDK ver. 16.
   b. Open the `VallGym` source code in an IDE of your choice. The program used Apache Netbeans in its development.
   c. Run the source code with `VallGym.java` as the main class file.

Note: The program has 1 dependency, Connector/J 8.0.33

Database Program Screenshots
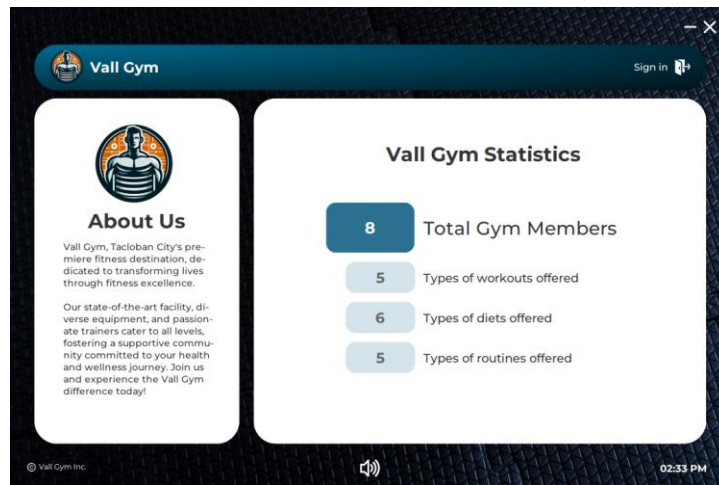
Figure 3. The Statistics pane.

Figure 4. The Sign-In pane.
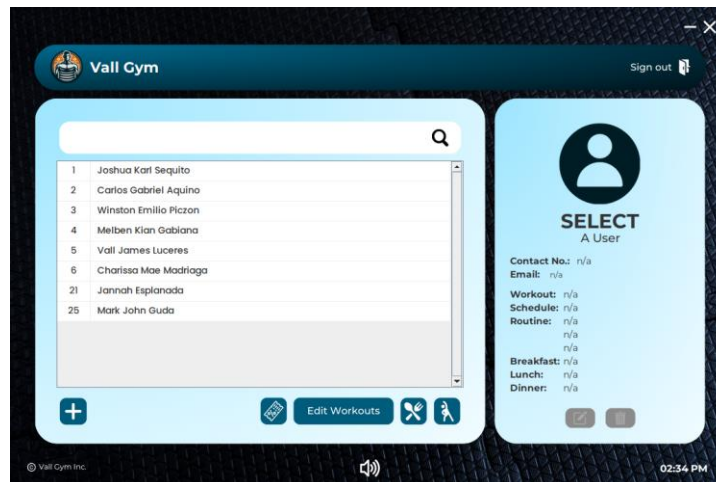

Figure 5. The Sign-Up pane.
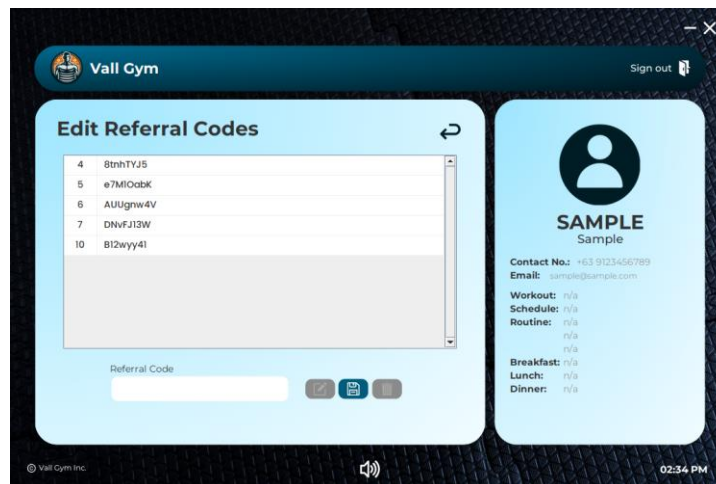
Figure 6. The Member Details pane.

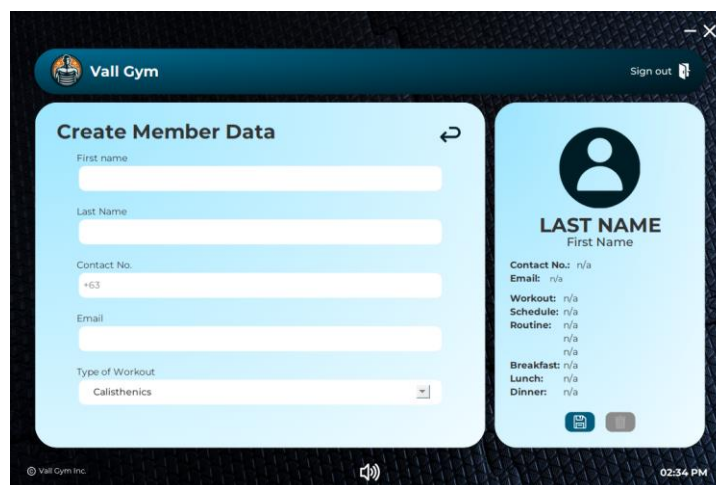*Figure 7. The Referral Codes Edit pane.*
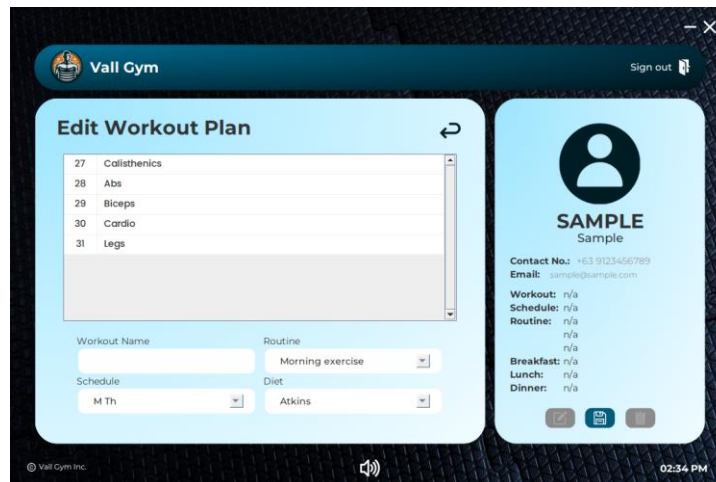

Figure 8. The Create/Edit Member pane.
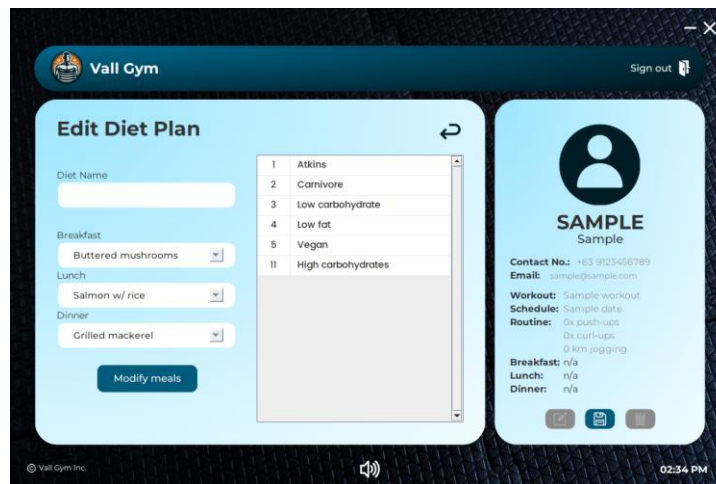
Figure 9. The Edit Workout Plan pane.

Figure 10. The Edit Diet Plan pane.
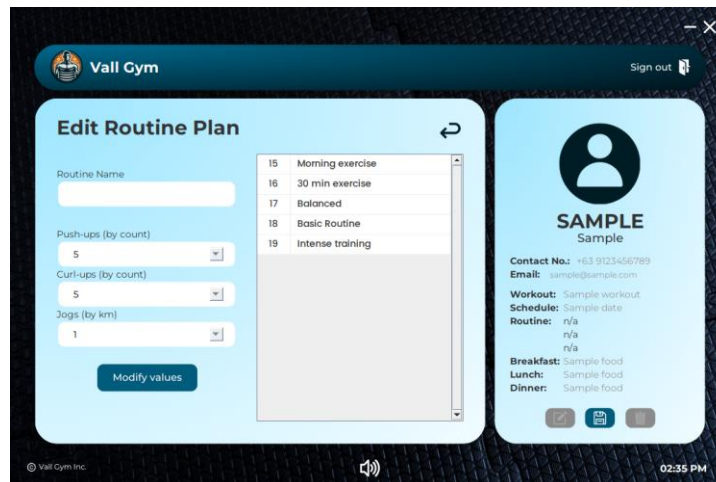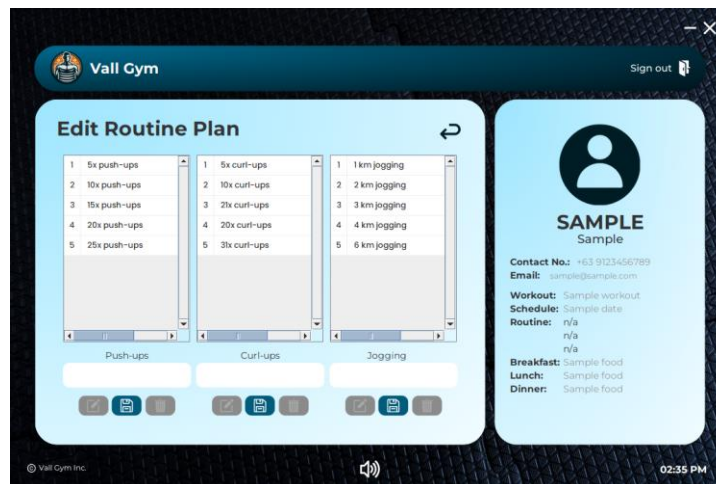

Figure 11. The Edit Meal Offers pane.

Figure 12. The Edit Routine Plan pane.

Figure 13. The Edit Exercise Counts pane.