

Each is a table in database and  
they can each communicate  
with each other

#### Interface USERS

- NAME
- ID
- Weight
- Each has a history of workouts
- Plans; templates

#### Interface History

- Date
- Workouts: List of exercise
- Starting weight (could be a feature to track weight before every workout)

#### Interface EXERCISES

- Name
- ID
- Reps (if we have time we could also have different criteria for exercise, i.e. if we have running exercise we track time)
- Weight
- Description
- Picture URL

#### Plans / Templates

- List of exercises
- Date?