

SmartGymTrackerDB

Goal

goalId	: INT
userId	: INT FK
timeCreated	: DATETIME
title	: VARCHAR(50)
description	: LONGTEXT
startDate	: DATE
targetEndDate	: DATE
Status	: ENUM('Not_Started', 'In_Progress', 'Completed', 'Failed')

Biometrics

biometricsId	: INT
userId	: INT FK
dateEntered	: DATE
weight	: FLOAT
height	: INT
bodyFatPercentage	: FLOAT
bmi	: FLOAT
restingHeartRate	: INT

WorkoutBiometrics

workoutId	: INT FK
steps	: INT
averageHeartRate	: INT
maxHeartRate	: INT
caloriesBurned	: INT
feeling	: VARCHAR(50)
sleepScore	: INT

Users

userId	: INT
username	: VARCHAR(50)
password	: VARCHAR(100)
firstName	: VARCHAR(50)
lastName	: VARCHAR(50)
email	: VARCHAR(254)
phoneNumber	: VARCHAR(20)
dateOfBirth	: DATE
gender	: VARCHAR(20)
privilegeLevel	: ENUM('User', 'Admin')
active	: BOOLEAN

Message

messageId	: INT
title	: VARCHAR(50)
message	: LONGTEXT
timeCreated	: DATETIME
type	: ENUM('System', 'Milestone', 'Tip', 'Trend', 'Goal', 'Specific')

Notification

userId	: INT FK
messageId	: INT FK
timeSent	: DATETIME
read	: BOOLEAN

WorkoutType

workoutTypeId	: INT
name	: VARCHAR(50)
description	: LONGTEXT
difficulty	: VARCHAR(50)

Workout

workoutId	: INT
userId	: INT FK
workoutStart	: DATETIME
duration	: INT
notes	: LONGTEXT

WorkoutTypes PerWorkout

workoutTypeId	: INT FK
workoutId	: INT FK

ExerciseSet

exerciseSetId	: INT
workoutId	: INT FK
exerciseId	: INT FK
notes	: LONGTEXT
setType	: ENUM('LIFTING', 'CARDIO')

StrengthSet

exerciseSetId	: INT FK
setNumber	: INT
weight	: FLOAT
reps	: FLOAT

CardioSet

exerciseSetId	: INT FK
duration	: INT
distance	: FLOAT

Exercise

exerciseId	: INT
muscleId	: INT FK
exerciseName	: VARCHAR(50)
description	: LONGTEXT

Muscle

muscleId	: INT
name	: VARCHAR(50)
description	: LONGTEXT

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