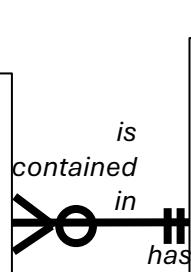


SmartGymTrackerDB

Biometrics

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

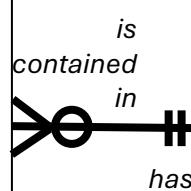


Users

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')

WorkoutBiometrics

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



Workout

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

completes

is completed by

WorkoutType

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

is used by

WorkoutTypes PerWorkout

workoutTypeId	: INT FK
workoutId	: INT FK

has

ExerciseSet

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

contains

contains

is a subset

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

is contained in

contains

is a subset

Muscle

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

has

is used by