

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)

```

WorkoutType

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

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
```

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

```
exerciseld      : INT
muscleld       : INT FK
exerciseName    : VARCHAR(50)
description     : LONGTEXT
```

Muscle

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