SmartGymTrackerDB

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

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

Notification
Field	Type
userId	: INT FK
messageId	: INT FK
timeSent	: DATETIME
read	: BOOLEAN

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

Users
Field	Type
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

WorkoutType
Field	Type
workoutTypeId	: INT
name	: VARCHAR(50)
description	: LONGTEXT
difficulty	: VARCHAR(50)
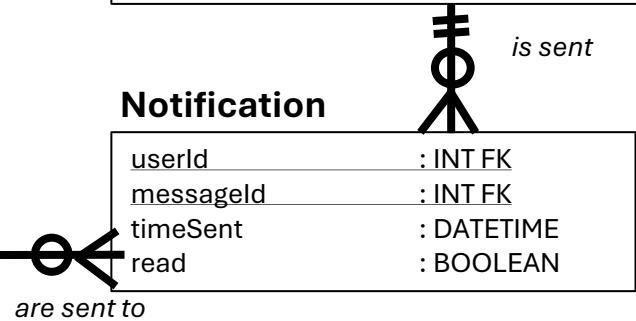
WorkoutBiometrics
Field	Type
workoutId	: INT FK
steps	: INT
averageHeartRate	: INT
maxHeartRate	: INT
caloriesBurned	: INT
feeling	: VARCHAR(50)
sleepScore	: INT

Workout
Field	Type
workoutId	: INT
userId	: INT FK
workoutStart	: DATETIME
duration	: INT
notes	: LONGTEXT

WorkoutTypesPerWorkout
Field	Type
workoutTypeId	: INT FK
workoutId	: INT FK

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

StrengthSet
Field	Type
exerciseSetId	: INT FK
setNumber	: INT
weight	: FLOAT
reps	: FLOAT

CardioSet
Field	Type
exerciseSetId	: INT FK
duration	: INT
distance	: FLOAT

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

Muscle
Field	Type
muscleId	: INT
name	: VARCHAR(50)
description	: LONGTEXT

Relationships:
- Goal created by / creates Users
- Messages is sent (to) Notification
- Users has / are sent to Notification
- Biometrics is contained in / has Users
- WorkoutType is used by WorkoutTypesPerWorkout
- WorkoutBiometrics is contained in / has Workout
- Users completes / is completed by Workout
- Workout has WorkoutTypesPerWorkout
- Workout contains ExerciseSet
- ExerciseSet contains StrengthSet (is a subset)
- ExerciseSet contains CardioSet (is a subset)
- ExerciseSet is contained in Exercise
- Exercise has / is used by Muscle