Tables Created

- user (ID, pod_ID, workout_ID, message_type, first_name, last_name, middle_initial, initial_weight, goal_weight, height, sex, date_of_birth, cell_phone_number, email_address)
- workout_plan (ID, description)
- schedule (workout_plan_ID, workout_type_ID)
- workout_type (ID, day, description, type)
- feedback_message (ID, level, message)
- weight_log (date, user_ID, weight)
- pod (ID, nurse_ID, member_count)
- nurse (ID, first_name, last_name, middle_initial, location, phone_number)

Sample Create Table

```
CREATE TABLE pod
   ID varchar(10),
   nurse_id varchar(10),
    member count int(10),
    PRIMARY KEY (ID),
    FOREIGN KEY (nurse id) REFERENCES nurse(ID)
```

Sample Insert Input

```
INSERT INTO nurse VALUES
    (1, 'Queen', 'Elizabeth', 'V', 'London', 9873029)
INSERT INTO user VALUES
    (1, 1, 1, 1, 'Josh', 'Deremer', 'M', 220, 180, 73, 'M', '1991-11-23', '7069830412', 'josh.
deremer@gmail.com')
INSERT INTO pod VALUES
    (1, 1, 2)
INSERT INTO feedback message VALUES
    (1, 'Easy','Good work')
INSERT INTO workout plan VALUES
    (1, 'Test workout plan')
```

Sample Trigger

```
Delimiter $$
CREATE TRIGGER vwl.update pod count AFTER INSERT ON vwl.user
FOR EACH ROW
BEGIN
    UPDATE pod
        SET pod.member count = (SELECT count(*) FROM user WHERE user.pod id
= pod.ID)
        WHERE pod.id = NEW.pod id;
END $$
Delimiter ;
```

Sample Event

```
SET GLOBAL event scheduler = ON;
delimiter &&
CREATE EVENT send workout ON SCHEDULE EVERY 15 SECOND STARTS
CURRENT TIMESTAMP + INTERVAL 3 SECOND
DO
    BEGIN
         INSERT INTO user VALUES (3, 1, 1, 1, 'John', 'Dixon', 'M', 220, 180, 73, 'M',
'1991-11-23', '7069830', 'josh.deremer@gmail.com');
         SELECT "Something"
         INTO OUTFILE "test.txt" from orders:
    END &&
delimiter :
```