// For creating unique IDs for each entry in the table, look at the AUTO\_INCREMENT capability in MySQL:

<http://dev.mysql.com/doc/refman/5.0/en/example-auto-increment.html>

// Should we add a “member\_since” attribute to the user table?

CREATE TABLE workout\_plan

(

ID varchar(10) not null,

description varchar(15),

PRIMARY KEY (ID)

);

CREATE TABLE workout\_type

(

ID varchar(10) not null,

day varchar(9) not null,

description varchar(15),

type varchar(10),

PRIMARY KEY (ID)

);

CREATE TABLE schedule

(

workout\_plan\_ID varchar(10),

workout\_type\_ID varchar(10)

PRIMARY KEY (workout\_plan\_ID, workout\_type\_ID),

FOREIGN KEY (workout\_plan\_ID) REFERENCES workout\_plan(ID),

FOREIGN KEY (workout\_type\_ID) REFERENCES workout\_tpe(ID)

);

CREATE TABLE user

(

ID varchar(10) not null,

pod\_ID varchar(10) not null,

workout\_ID varchar(10) not null,

first\_name varchar(10),

last\_name varchar(10),

middle\_initial varchar(1),

initial\_weight int(3),

goal\_weight int(3),

height int(2),

sex varchar(1),

date\_of\_birth date,

cell\_phone\_number int(10),

email\_address varchar(20),

message\_type int(1)

PRIMARY KEY (ID),

FOREIGN KEY (pod\_ID) REFERENCES pod(ID),

FOREIGN KEY (workout\_ID) REFERENCES workout\_plan(ID),

FOREIGN KEY (message\_tpe) REFERENCES feedback\_messages(ID)

);

CREATE TABLE weight\_log

(

date date,

user\_ID varchar(10),

weight int(3),

PRIMARY KEY (date, user\_ID),

FOREIGN KEY (user\_ID) REFERENCES user(ID)

);

CREATE TABLE feedback\_messages

(

ID varchar(10),

level varchar(6),

message varchar(30),

PRIMARY KEY (ID)

);

CREATE TABLE pod

(

ID varchar(10),

nurse\_ID varchar(10),

member\_count int(10),

PRIMARY KEY (ID),

FOREIGN KEY (nurse\_ID) REFERENCES nurse(ID)

);

CREATE TABLE nurse

(

ID varchar(10),

first\_name varchar(10),

last\_name varchar(10),

middle\_initial varchar(1),

location varchar(10),

phone\_number int(10),

PRIMARY KEY (ID)

);

Insert Statement (I’ll get some actual sample data drawn up):

INSERT INTO *table*

VALUES (*val1*, *val2*, *val3*,...)

// strings must have ‘’ around them

For more info when using with php:

<http://www.w3schools.com/php/php_mysql_insert.asp>