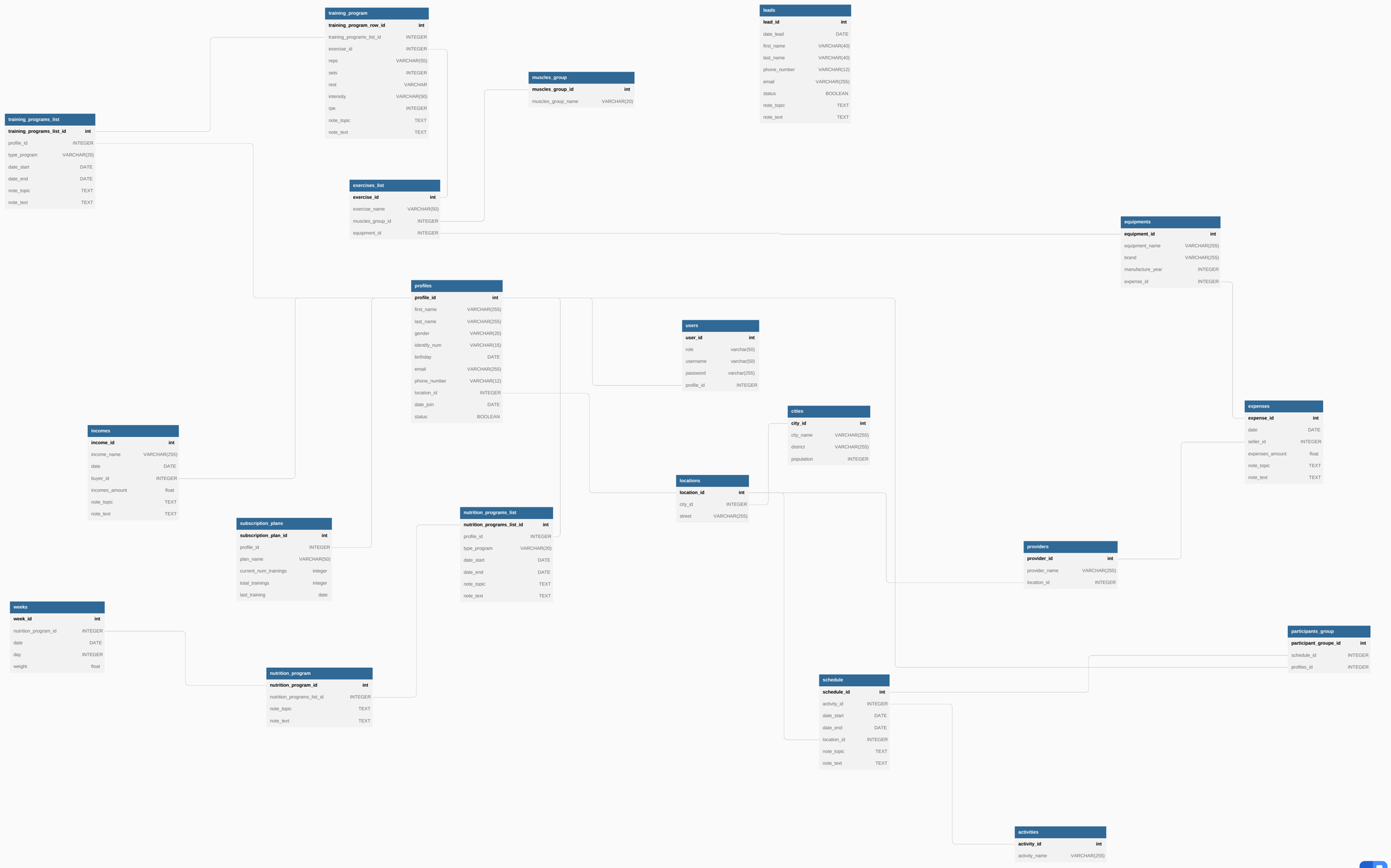
training_program
training_program_row_id int
training_programs_list_id INTEGER
exercise_id INTEGER
reps VARCHAR(55)
sets INTEGER
rest VARCHAR
intensity VARCHAR(50)
rpe INTEGER
note_topic TEXT
note_text TEXT
leads
lead_id int
date_lead DATE
first_name VARCHAR(40)
last_name VARCHAR(40)
phone_number VARCHAR(12)
email VARCHAR(255)
status BOOLEAN
note_topic TEXT
note_text TEXT
muscles_group
muscles_group_id int
muscles_group_name VARCHAR(20)
training_programs_list
training_programs_list_id int
profile_id INTEGER
type_program VARCHAR(20)
date_start DATE
date_end DATE
note_topic TEXT
note_text TEXT
exercises_list
exercise_id int
exercise_name VARCHAR(50)
muscles_group_id INTEGER
equipment_id INTEGER
equipments
equipment_id int
equipment_name VARCHAR(255)
brand VARCHAR(255)
manufacture_year INTEGER
expense_id INTEGER
profiles
profile_id int
first_name VARCHAR(255)
last_name VARCHAR(255)
gender VARCHAR(20)
identify_num VARCHAR(15)
birthday DATE
email VARCHAR(255)
phone_number VARCHAR(12)
location_id INTEGER
date_join DATE
status BOOLEAN
users
user_id int
role varchar(50)
username varchar(50)
password varchar(255)
profile_id INTEGER
cities
city_id int
city_name VARCHAR(255)
district VARCHAR(255)
population INTEGER
expenses
expense_id int
date DATE
seller_id INTEGER
expenses_amount float
note_topic TEXT
note_text TEXT
incomes
income_id int
income_name VARCHAR(255)
date DATE
buyer_id INTEGER
incomes_amount float
note_topic TEXT
note_text TEXT
locations
location_id int
city_id INTEGER
street VARCHAR(255)
subscription_plans
subscription_plan_id int
profile_id INTEGER
plan_name VARCHAR(50)
current_num_trainings integer
total_trainings integer
last_training date
nutrition_programs_list
nutrition_programs_list_id int
profile_id INTEGER
type_program VARCHAR(20)
date_start DATE
date_end DATE
note_topic TEXT
note_text TEXT
providers
provider_id int
provider_name VARCHAR(255)
location_id INTEGER
weeks
week_id int
nutrition_program_id INTEGER
date DATE
day INTEGER
weight float
participants_group
participant_groupe_id int
schedule_id INTEGER
profiles_id INTEGER
nutrition_program
nutrition_program_id int
nutrition_programs_list_id INTEGER
note_topic TEXT
note_text TEXT
schedule
schedule_id int
activity_id INTEGER
date_start DATE
date_end DATE
location_id INTEGER
note_topic TEXT
note_text TEXT
activities
activity_id int
activity_name VARCHAR(255)
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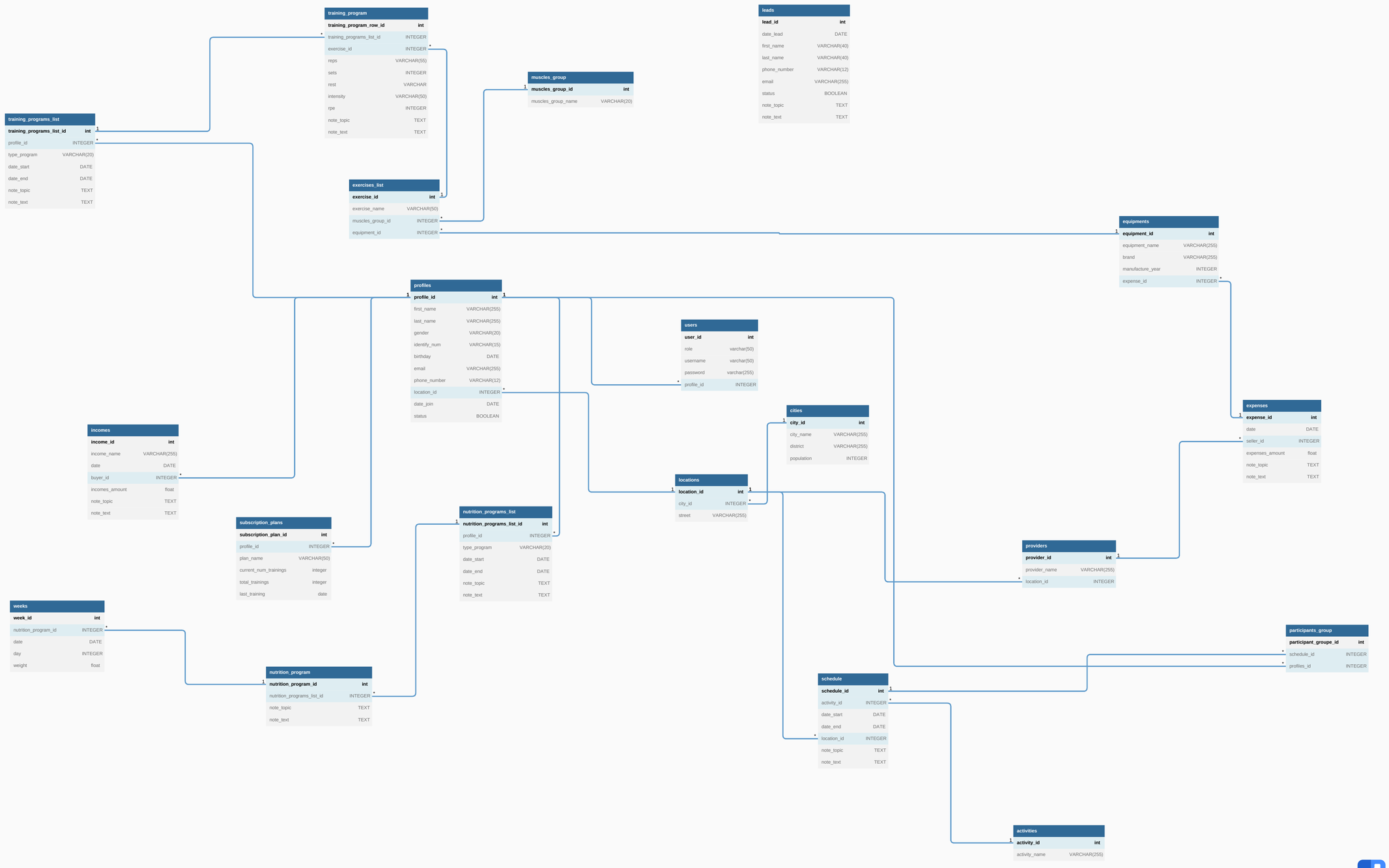

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