**PHP Project Proposal: P90X3 Web App**

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**Project description:** For every P90X3 workout, there’s a workout sheet. My web application will allow the user to create a profile, start a workout program, and track his or her workouts. The audience is anyone who is following the workout program on his or her phone or laptop.

**Design Overview:** My program will save people from having to find a pen, print out workout sheets, and bring those worksheets wherever they workout.

**Database:** The application will several types of data.

Entity: *User*

Properties: *Name (string), Username (string), Password (string)*

Entity: *Workout*

Properties: Workout*Title (string), Exercise (string), Reps (int), Weight (int)*

Entity: *Schedule*

Properties: *NumberedDay (int), WorkoutTitle (string)*

**Database Retrieval:** The user will be able to see past workouts alongside the current workout they are doing.

**Database Update:** The user will be able to add Reps and Weight they complete for each exercise. I will limit the Reps and Weight fields to numbers to maintain integrity.