



categories	
id 🔑	integer
name	varchar
created_at	timestamp
updated_at	timestamp

activities	
id 🔑	integer
name	varchar
category_id 🔑	integer
frequency	varchar
duration_type	enum(fixed,max)
duration_in_seconds	integer
description	varchar
created_at	timestamp
updated_at	timestamp

users	
id 🔑	integer
name	varchar
email	varchar
created_at	timestamp
updated_at	timestamp

user_activity_progress	
id 🔑	integer
user_program_id 🔑	integer
program_day_activity_id 🔑	integer
is_completed	boolean
created_at	timestamp
updated_at	timestamp

user_program	
id 🔑	integer
user_id 🔑	integer
program_id 🔑	integer
status	enum(ongoing,completed)
start_date	date
created_at	timestamp
updated_at	timestamp

programs	
id 🔑	integer
name	varchar
description	varchar
duration_in_days	integer
created_at	timestamp
updated_at	timestamp

program_day_activity	
id 🔑	integer
program_id 🔑	integer
day_number	integer
activity_id 🔑	integer
order_in_day	integer
created_at	timestamp
updated_at	timestamp