

TrueCoach_Content_DB Schema Documentation

Link to schema: <https://app.quickdatabasediagrams.com/#/d/9oAQZ9>

To reset the sample schema, replace everything with two dots ('..' - without quotes).

WorkoutType

Field	Description	Type	Default	Other
WorkoutID		int		PK
Name		string		INDEX

Goal

Field	Description	Type	Default	Other
GoalID		int		PK
Name		string		UNIQUE

Workout

Field	Description	Type	Default	Other
WorkoutID		int		PK
WorkoutTypeID		int		FK
GoalID		int		FK

Nutrition

Field	Description	Type	Default	Other
NutritionID		int		PK
GoalID		int		FK

Meal

Field	Description	Type	Default	Other
MealID		int		PK
NutritionID		int		FK
Name		string		
Description		string		

Exercise

Field	Description	Type	Default	Other
ExerciseID		int		PK
WorkoutID		int		FK
Name		string		
Description		string		

Field	Description	Type	Default	Other
Link		string		