

Application_user

<u>User_id</u>	Email	Password

Pushup_workout_goal

<u>Workoutgoal_id</u>	User_id	Numberofpushups	Startdate

Run_workout_goal

<u>Workoutgoal_id</u>	User_id	Workoutgoal_time	Workoutgoal_distance	Startdate

Pushup_session

<u>Pushup_session_id</u>	Pushup_goal_id	Pushup_session_date datetime	Numberofpushups

Run_session

<u>Run_session_id</u>	Run_goal_id	Run_session_date

Run_timestamp

<u>Run_timestamp_id</u>	Run_session_id	Timestamp_time	Timestamp_location