

JBOURDE2_Final

tblTrainingAdmins

Column	Type	Null	Default	Links to	Comments
pmkAdminID <i>(Primary)</i>	int(11)	No			
fnkUserID	int(11)	No		tblTrainingUserInfo -> pmkUserID	
fldCreatedBy	varchar(50)	No			
fldCreatedAt	timestamp	No	CURRENT_TIMESTAMP		
fldLastEdited	timestamp	No	CURRENT_TIMESTAMP		

Indexes

Keyname	Type	Unique	Packed	Column	Cardinality	Collation	Null	Comment
PRIMARY	BTREE	Yes	No	pmkAdminID	0	A	No	
fnkUserID	BTREE	No	No	fnkUserID	0	A	No	

tblTrainingBlocks

Column	Type	Null	Default	Links to	Comments
pmkBlockID <i>(Primary)</i>	int(11)	No			
fnkCoachID	int(11)	No		tblTrainingCoaches -> pmkCoachID	
fnkClientID	int(11)	No		tblTrainingClients -> pmkClientID	
fldBlockName	varchar(100)	No			
fldBlockLengthWeeks	tinyint(4)	No			
fldDaysPerWeek	tinyint(4)	No			
fldStartDate	date	No			
fldCreatedAt	timestamp	No	CURRENT_TIMESTAMP		
fldLastEdited	timestamp	No	CURRENT_TIMESTAMP		

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Keyname	Type	Unique	Packed	Column	Cardinality	Collation	Null	Comment
PRIMARY	BTREE	Yes	No	pmkBlockID	0	A	No	
fnkCoachID	BTREE	No	No	fnkCoachID	0	A	No	

Keyname	Type	Unique	Packed	Column	Cardinality	Collation	Null	Comment
fnkClientID	BTREE	No	No	fnkClientID	0	A	No	

tblTrainingClients

Column	Type	Null	Default	Links to	Comments
pmkClientID <i>(Primary)</i>	int(11)	No			
fnkUserID	int(11)	No		tblTrainingUserInfo -> pmkUserID	
fnkCoachID	int(11)	No		tblTrainingCoaches -> pmkCoachID	
fldCreatedBy	varchar(50)	No			
fldCreatedAt	timestamp	No	CURRENT_TIMESTAMP		
fldLastEdited	timestamp	No	CURRENT_TIMESTAMP		

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Keyname	Type	Unique	Packed	Column	Cardinality	Collation	Null	Comment
PRIMARY	BTREE	Yes	No	pmkClientID	0	A	No	
fnkUserID	BTREE	No	No	fnkUserID	0	A	No	
fnkCoachID	BTREE	No	No	fnkCoachID	0	A	No	

tblTrainingCoaches

Column	Type	Null	Default	Links to	Comments
pmkCoachID <i>(Primary)</i>	int(11)	No			
fnkUserID	int(11)	No		tblTrainingUserInfo -> pmkUserID	
fldCreatedBy	varchar(50)	No			
fldCreatedAt	timestamp	No	CURRENT_TIMESTAMP		
fldLastEdited	timestamp	No	CURRENT_TIMESTAMP		

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Keyname	Type	Unique	Packed	Column	Cardinality	Collation	Null	Comment
PRIMARY	BTREE	Yes	No	pmkCoachID	0	A	No	
fnkUserID	BTREE	No	No	fnkUserID	0	A	No	

tblTrainingCoachingInquiryForm

Column	Type	Null	Default	Links to	Comments
pmkFormID (<i>Primary</i>)	int(11)	No			
fldName	varchar(255)	No			
fldEmailAddress	varchar(255)	No			
fldPhoneNumber	varchar(25)	No			
fldInstagramUsername	varchar(50)	No			
fldUnits	varchar(15)	No			
fldAgeYears	int(11)	No			
fldHeight	varchar(50)	No			
fldWeight	varchar(50)	No			
fldPowerliftingCoaching	tinyint(1)	No			
fldHypertrophyCoaching	tinyint(1)	No			
fldTechniqueAnalysis	tinyint(1)	No			
fldMeetDayHandling	tinyint(1)	No			
fldCompetedBefore	tinyint(1)	No			
fldCoachedBefore	tinyint(1)	No			
fldSquatMax	int(11)	No			
fldBenchMax	int(11)	No			
fldDeadliftMax	int(11)	No			
fldPastInjuries	text	No			
fldCurrentTraining	text	No			
fldPastTraining	text	No			
fldPastSports	text	No			
fldAdditionalComments	text	No			
fldCreatedAt	timestamp	No	CURRENT_TIMESTAMP		
fldLastEdited	timestamp	No	CURRENT_TIMESTAMP		

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Keyname	Type	Unique	Packed	Column	Cardinality	Collation	Null	Comment
PRIMARY	BTREE	Yes	No	pmkFormID	0	A	No	

tblTrainingExerciseMuscles

Column	Type	Null	Default	Links to	Comments
fpkExerciseID (<i>Primary</i>)	int(11)	No		tblTrainingExercises -> pmkExerciseID	
fpkMuscleID (<i>Primary</i>)	int(11)	No		tblTrainingMuscles -> pmkMuscleID	

fldPrimaryMuscle	tinyint(1)	No			
fldSecondaryMuscle	tinyint(1)	No			

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Keyname	Type	Unique	Packed	Column	Cardinality	Collation	Null	Comment
PRIMARY	BTREE	Yes	No	fpkExerciseID	0	A	No	
				fpkMuscleID	0	A	No	
fpkMuscleID	BTREE	No	No	fpkMuscleID	0	A	No	

tblTrainingExercises

Column	Type	Null	Default	Links to	Comments
pmkExerciseID (<i>Primary</i>)	int(11)	No			
fldExerciseName	varchar(100)	No			
fldLiftType	varchar(40)	No			
fldExerciseNotes	varchar(500)	No			
fldCreatedBy	varchar(40)	No	Coach		
fldCreatedAt	timestamp	No	CURRENT_TIMESTAMP		
fldLastEdited	timestamp	No	CURRENT_TIMESTAMP		

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Keyname	Type	Unique	Packed	Column	Cardinality	Collation	Null	Comment
PRIMARY	BTREE	Yes	No	pmkExerciseID	0	A	No	

tblTrainingForgotPassword

Column	Type	Null	Default	Links to	Comments
pmkTempPasswordID (<i>Primary</i>)	int(11)	No			
fnkUserID	int(11)	No		tblTrainingUserInfo -> pmkUserID	
fldTempPassword	varchar(64)	No			

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Keyname	Type	Unique	Packed	Column	Cardinality	Collation	Null	Comment
PRIMARY	BTREE	Yes	No	pmkTempPasswordID	0	A	No	
fnkUserID	BTREE	No	No	fnkUserID	0	A	No	

tblTrainingForgotUsername

Column	Type	Null	Default	Links to	Comments
pmkTempUsernameID <i>(Primary)</i>	int(11)	No			
fnkUserID	int(11)	No		tblTrainingUserInfo -> pmkUserID	
fldTempUsername	varchar(64)	No			

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Keyname	Type	Unique	Packed	Column	Cardinality	Collation	Null	Comment
PRIMARY	BTREE	Yes	No	pmkTempUsernameID	0	A	No	
fnkUserID	BTREE	No	No	fnkUserID	0	A	No	

tblTrainingMuscles

Column	Type	Null	Default	Links to	Comments
pmkMuscleID <i>(Primary)</i>	int(11)	No			
fldMuscleName	varchar(40)	No			
fldCreatedAt	timestamp	No	CURRENT_TIMESTAMP		
fldLastEdited	timestamp	No	CURRENT_TIMESTAMP		

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Keyname	Type	Unique	Packed	Column	Cardinality	Collation	Null	Comment
PRIMARY	BTREE	Yes	No	pmkMuscleID	0	A	No	

tblTrainingPerformedSets

Column	Type	Null	Default	Links to
pmkPerformedSetID <i>(Primary)</i>	int(11)	No		
fnkPrescribedExerciseID	int(11)	No		tblTrainingPrescribedExercise -> pmkPrescribedExerciseID
fldSetNumber	int(11)	No		
fldUnits	varchar(25)	No		
fldWeight	int(11)	No		
fldReps	tinyint(4)	No		
fldPerceivedLoad	varchar(25)	No		
fldNotes	varchar(255)	No		

fldCreatedAt	timestamp	No	CURRENT_TIMESTAMP	
fldLastEdited	timestamp	No	CURRENT_TIMESTAMP	

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Keyname	Type	Unique	Packed	Column	Cardinality	Collation	Null	Comment
PRIMARY	BTREE	Yes	No	pmkPerformedSetID	0	A	No	
fknPrescribedExerciseID	BTREE	No	No	fknPrescribedExerciseID	0	A	No	

tblTrainingPrescribedExercises

Column	Type	Null	Default	Links to	Comment
pmkPrescribedExerciseID (<i>Primary</i>)	int(11)	No			
fknExerciseID	int(11)	No		tblTrainingExercises -> pmkExerciseID	
fknWorkoutID	int(11)	No		tblTrainingWorkouts -> pmkWorkoutID	
fldSequence	tinyint(4)	No			
fldSets	tinyint(4)	No			
fldReps	tinyint(4)	No			
fldLoad	varchar(25)	No			
fldCappedLoad	varchar(25)	No			
fldNotes	varchar(255)	No			
fldCreatedAt	timestamp	No	CURRENT_TIMESTAMP		
fldLastEdited	timestamp	No	CURRENT_TIMESTAMP		

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Keyname	Type	Unique	Packed	Column	Cardinality	Collation	Null	Comment
PRIMARY	BTREE	Yes	No	pmkPrescribedExerciseID	0	A	No	
fknExerciseID	BTREE	No	No	fknExerciseID	0	A	No	
fknWorkoutID	BTREE	No	No	fknWorkoutID	0	A	No	

tblTrainingRecoveryFactors

Column	Type	Null	Default	Links to	Comment
pmkRecoveryFactorsID (<i>Primary</i>)	int(11)	No			
fknClientID	int(11)	No		tblTrainingClients -> pmkClientID	

fldBodyweightUnits	varchar(15)	No			
fldBodyweight	double	No			
fldCalories	int(11)	No			
fldProtein	int(11)	No			
fldCarbs	int(11)	No			
fldFats	int(11)	No			
fldHoursSlept	double	No			
fldNotes	varchar(500)	No			
fldCreatedAt	timestamp	No	CURRENT_TIMESTAMP		
fldLastEdited	timestamp	No	CURRENT_TIMESTAMP		

Indexes

Keyname	Type	Unique	Packed	Column	Cardinality	Collation	Null	Comment
PRIMARY	BTREE	Yes	No	pmkRecoveryFactorsID	0	A	No	
fnkClientID	BTREE	No	No	fnkClientID	0	A	No	

tblTrainingUserAccount

Column	Type	Null	Default	Links to	Comments
pmkUserID <i>(Primary)</i>	int(11)	No			
fldUsername	varchar(40)	No			
fldPassword	varchar(400)	No			

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Keyname	Type	Unique	Packed	Column	Cardinality	Collation	Null	Comment
PRIMARY	BTREE	Yes	No	pmkUserID	2	A	No	

tblTrainingUserInfo

Column	Type	Null	Default	Links to	Comments
pmkUserID <i>(Primary)</i>	int(11)	No		tblTrainingUserAccount -> pmkUserID	
fldName	varchar(50)	No			
fldEmail	varchar(75)	No			
fldPhoneNumber	varchar(25)	No			

Indexes

Keyname	Type	Unique	Packed	Column	Cardinality	Collation	Null	Comment
PRIMARY	BTREE	Yes	No	pmkUserID	2	A	No	

tblTrainingWorkouts

Column	Type	Null	Default	Links to	Comments
pmkWorkoutID (<i>Primary</i>)	int(11)	No			
fnkBlockID	int(11)	No		tblTrainingBlocks -> pmkBlockID	
fldBlockWeek	tinyint(4)	No			
fldSequence	tinyint(4)	No			
fldWorkoutName	varchar(50)	No			
fldDate	date	No			
fldCreatedAt	timestamp	No	CURRENT_TIMESTAMP		
fldLastEdited	timestamp	No	CURRENT_TIMESTAMP		

Indexes

Keyname	Type	Unique	Packed	Column	Cardinality	Collation	Null	Comment
PRIMARY	BTREE	Yes	No	pmkWorkoutID	0	A	No	
fnkBlockID	BTREE	No	No	fnkBlockID	0	A	No	