

Relational Schema in third normal form

user(id, username, password, first_name, last_name)

workout_type(id, mets_code, mets_value, category, activity, intensity, description)

nutrient(id, name, rdv_amount, rdv_unit)

food(id, type, name, calories_per_serving, serving_size_grams, serving_size_cc, serving_size_friendly)

nutrition_content(food id[†], nutrient id[†], amount)

weight_log(date, user id[†], weight_kg)

workout_log(date, user id[†], workout type id[†], duration_seconds)

food_log(date, user id[†], food id[†], servings)