

ER Diagram Description

Account (Entity)

- Attributes:
 - ID
 - The identifier for the **Account** entity
 - Holds an ID number to identify each account
 - Name
 - Holds the name associated with the **Account**
 - Height
 - Holds the height of the user

Weight (entity)

- Attributes:
 - Weight
 - Holds the Weight of a given day
 - Date
 - The identifier for the **Weight** entity
 - Assuming weight is recorded only once a day

Workout (Entity)

- Attributes:
 - Date
 - The identifier for the **Workout** entity
 - Holds the date the user did a workout
 - Intensity
 - Records the intensity of a workout
 - Type
 - Records the type of workout
 - Duration
 - Records how long the workout was
 - Calories Burnt
 - Records the calories burnt in a workout

“Eats” (Relationship)

- Attributes:
 - Time/Date
 - Holds the Time/Date a person eats a food/bev

Food/Bev (Entity)

- Attributes:
 - Fname
 - The identifier for the **Food/Bev** entity
 - Holds the name of the food or beverage

- Serving Size
 - Records the serving size for the food or beverage
- Calories
 - Records the calories per serving

Micronutrient (Entity)

- Attributes:
 - Sname
 - The identifier for the **Micronutrient** entity
 - Holds the name of the nutrient
 - Recommended Value
 - Holds the recommended value someone should consume

“Has Significant” (Relationship)

- Attributes:
 - Amount
 - Holds the amount of a certain nutrient in a food/bev