



users	
id 🔗	int
first_name	varchar(50)
last_name	varchar(50)
email	varchar(100)
password	varchar(255)
age	int
gender	varchar(10)
created_at	datetime

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health_data	
id 🔗	int
user_id 🔗	int
date	date
weight	float
height	float
heart_rate	int
sleep_hours	float
calories_burned	float
steps	int
created_at	datetime

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activity_sessions	
id 🔗	int
user_id 🔗	int
date	date
activity_type	varchar(50)
duration_minutes	int
avg_heart_rate	int
calories_burned	float

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ai_predictions	
id 🔗	int
user_id 🔗	int
prediction_date	date
prediction_type	varchar(50)
predicted_value	float
confidence	float
recommendation	text

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api_sources	
id 🔗	int
name	varchar(100)
base_url	varchar(255)
api_key	varchar(255)
last_sync	datetime