

Database shapes

Habit\_tasks

Todays\_tasks

Monthly\_focus

Aidditional\_info

Recording\_instance

Todays_tasks	
ID	PK
EntryName x5	TEXT
EntryContents x5	TEXT
Done_flags x5	X5 INT (0/1)
Set_flags x5	X5 INT (0/1)
remdial_set x5	X5 INT (0/1)
remedial_content x5	x5 TEXT
Recording_intstance	FOREIGN KEY (Recording_instance) REFERENCES Recording_instace(ID)

Monthly_focus	
ID	Type
Project	VARCHAR (90)
Monthly_focus1	VARCHAR(90)
Monthly_focus2	VARCHAR(90)
Recording_instance	FOREIGN KEY (Recording_instance) REFERENCES Recording_instace(ID)

Daily_habits	
ID	PK
entry1	VARCHAR(90)
entry2	VARCHAR(90)
duration	INTEGER
done_flags	BOOLEAN [ ]
set	DATETIME
days_remaining	INTEGER
Recording_instance	FOREIGN KEY (Recording_instance) REFERENCES Recording_instace(ID)

Additional_info	
ID	PK
Gratitude1	VARCHAR(90)
Gratitude2	VARCHAR(90)
Gratitude3	VARCHAR(90)
Gratitude4	VARCHAR(90)
Gratitude5	VARCHAR(90)
Fitness1	VARCHAR(90)
Fiitness2	VARCHAR(90)
how_you_feel	INTEGER(1-10)
Notes	TEXT
Recording_instance	FOREIGN KEY (Recording_instance) REFERENCES Recording_instace(ID)

Recording_instance	
ID	PK
Time_stamp	DATETIME CURRENT DEFAULT TIMESTAMP