

Users			
Field	Type	Description	Constraints
_id	ObjectId	Unique user ID	Primary Key
name	String	name of user	Required
email	String	User email (unique)	Unique, Required
password	String	Hashed password	Required
created_at	DateTime	Account creation date	Auto-generated

Habits			
Field	Type	Description	Constraints
_id	ObjectId	Unique habit ID	Primary Key
user_id	ObjectId	Links to a user (_id)	Foreign Key, Required
name	String	Habit name	Required
description	String	Habit details	Optional
frequency	String	Daily, Weekly, Monthly	Required
start_date	DateTime	When the habit starts	Auto-generated
updated_at	DateTime	Last habit update time	Auto-updated

Progress Table			
Field	Type	Description	Constraints
_id	ObjectId	Unique Progress ID	Primary Key
user_id	ObjectId	Reference to users._id	Foreign Key, Required
habit_id	ObjectId	Reference to habits._id	Foreign Key, Required
date	DateTime	Date of tracking (YYYY-MM-DD)	Required
status	String	"Completed" / "Missed"	Required
notes	String	Optional user notes	Optional

Reports Table			
Field	Type	Description	Constraints
_id	ObjectId	Unique Report ID	Primary Key
user_id	ObjectId	Reference to users._id	Foreign Key, Required
habit_id	ObjectId	Reference to habits._id	Foreign Key, Required
completion_rate	Float	% of completed habits	Auto-calculated
status	String	"Completed" / "Missed"	Required
streak	Integer	Longest streak recorded	Auto-calculated