1. Trainer Registration/Login Table

CREATE TABLE trainerlog (

trainer\_id INT AUTO\_INCREMENT PRIMARY KEY,

trainer\_name VARCHAR(255) NOT NULL,

trainer\_email VARCHAR(255) NOT NULL UNIQUE,

password VARCHAR(255) NOT NULL

);

-- 2. Trainer Profile/Details Table

CREATE TABLE trainer\_details (

id INT PRIMARY KEY, -- Same as trainer\_id from trainerlog

name VARCHAR(255) NOT NULL,

email VARCHAR(25) NOT NULL,

phone VARCHAR(10) NOT NULL,

address VARCHAR(255),

age INT(10) NOT NULL,

dob DATE NOT NULL,

blood\_group VARCHAR(10) NOT NULL,

location VARCHAR(255) NOT NULL,

gender VARCHAR(50) NOT NULL,

intrests TEXT,

website VARCHAR(255),

created\_at TIMESTAMP DEFAULT CURRENT\_TIMESTAMP,

updated\_at TIMESTAMP DEFAULT CURRENT\_TIMESTAMP ON UPDATE CURRENT\_TIMESTAMP,

trainer\_image TEXT NOT NULL

);

-- 3. Courses Table

CREATE TABLE trainer\_courses (

id INT AUTO\_INCREMENT PRIMARY KEY,

trainer\_id INT NOT NULL,

title VARCHAR(255) NOT NULL,

description TEXT,

category VARCHAR(255),

duration INT,

status VARCHAR(25),

start\_date DATE,

end\_date DATE,

image\_path VARCHAR(255),

created\_at DATETIME DEFAULT CURRENT\_TIMESTAMP,

FOREIGN KEY (trainer\_id) REFERENCES trainerlog(trainer\_id)

);

-- 4. User Registration Table

CREATE TABLE register (

    id INT AUTO\_INCREMENT PRIMARY KEY,

    name VARCHAR(255) NOT NULL,

    email VARCHAR(255) NOT NULL UNIQUE,

    password VARCHAR(255) NOT NULL,

    created\_at TIMESTAMP DEFAULT CURRENT\_TIMESTAMP

);  
  
-- 5. Nutrition Profile Table

CREATE TABLE nutrition\_profiles (

    id INT AUTO\_INCREMENT PRIMARY KEY,

    user\_id INT NOT NULL,

    age INT NOT NULL,

    gender ENUM('male', 'female') NOT NULL,

    weight FLOAT NOT NULL,

    height FLOAT NOT NULL,

    activity\_level VARCHAR(32) NOT NULL,

    goal ENUM('lose', 'maintain', 'gain') NOT NULL,

    created\_at TIMESTAMP DEFAULT CURRENT\_TIMESTAMP,

    updated\_at TIMESTAMP DEFAULT CURRENT\_TIMESTAMP ON UPDATE CURRENT\_TIMESTAMP,

    FOREIGN KEY (user\_id) REFERENCES register(id)

);

-- 6. Food Log Table

CREATE TABLE food\_log (

    id INT AUTO\_INCREMENT PRIMARY KEY,

    user\_id INT NOT NULL,

    food\_name VARCHAR(255) NOT NULL,

    calories INT NOT NULL,

    protein FLOAT NOT NULL,

    carbs FLOAT NOT NULL,

    fats FLOAT NOT NULL,

    log\_date DATE NOT NULL DEFAULT (CURRENT\_DATE),

    created\_at TIMESTAMP DEFAULT CURRENT\_TIMESTAMP,

    FOREIGN KEY (user\_id) REFERENCES register(id)

);

CREATE TABLE users\_details (

    id INT PRIMARY KEY, -- Same as user\_id from register table

    name VARCHAR(255) NOT NULL,

    email VARCHAR(255) NOT NULL,

    phone VARCHAR(20),

    address VARCHAR(255),

    age INT,

    dob DATE,

    blood\_group VARCHAR(10),

    location VARCHAR(255),

    gender VARCHAR(50),

    interests TEXT,

    website VARCHAR(255),

    social\_links TEXT, -- JSON or comma-separated links

    privacy\_setting ENUM('Public', 'Friends Only', 'Private') DEFAULT 'Public',

    created\_at TIMESTAMP DEFAULT CURRENT\_TIMESTAMP,

    updated\_at TIMESTAMP DEFAULT CURRENT\_TIMESTAMP ON UPDATE CURRENT\_TIMESTAMP,

    profile\_image VARCHAR(255)

);