

localhost / 127.0.0.1 / fitnessandnutrition1

localhost/phpmyadmin/index.php?route=/database/structure&db=fitnessandnutrition1

phpMyAdmin

Server: 127.0.0.1 Database: fitnessandnutrition1

Structure SQL Search Query Export Import Operations Privileges Routines Events More

Filters

Containing the word:

Table	Action	Rows	Type	Collation	Size	Overhead
<input type="checkbox"/> table1_client	★ Browse Structure Search Insert Empty Drop	0	InnoDB	utf8mb4_general_ci	32.0 KiB	-
<input type="checkbox"/> table1_mealplan	★ Browse Structure Search Insert Empty Drop	0	InnoDB	utf8mb4_general_ci	16.0 KiB	-
<input type="checkbox"/> table2_consultant	★ Browse Structure Search Insert Empty Drop	0	InnoDB	utf8mb4_general_ci	16.0 KiB	-
<input type="checkbox"/> table2_trainingplan	★ Browse Structure Search Insert Empty Drop	0	InnoDB	utf8mb4_general_ci	16.0 KiB	-
<input type="checkbox"/> table3_consultation	★ Browse Structure Search Insert Empty Drop	0	InnoDB	utf8mb4_general_ci	16.0 KiB	-
<input type="checkbox"/> table3_meal	★ Browse Structure Search Insert Empty Drop	0	InnoDB	utf8mb4_general_ci	16.0 KiB	-
6 tables	Sum	0	InnoDB	utf8mb4_general_ci	112.0 KiB	0 B

Check all With selected:

Print Data dictionary Console

Table1\_client

localhost / 127.0.0.1 / fitnessandnutrition1

localhost/phpmyadmin/index.php?route=/table/structure&db=fitnessandnutrition1&table=table1\_client

phpMyAdmin

Server: 127.0.0.1 Database: fitnessandnutrition1 Table: table1\_client

Table structure Relation view

#	Name	Type	Collation	Attributes	Null	Default	Comments	Extra	Action
<input type="checkbox"/> 1	Firstname	varchar(55)	utf8mb4_general_ci		No	None			Change Drop More
<input type="checkbox"/> 2	Middlename	varchar(55)	utf8mb4_general_ci		No	None			Change Drop More
<input type="checkbox"/> 3	Lastname	varchar(55)	utf8mb4_general_ci		No	None			Change Drop More
<input type="checkbox"/> 4	Address	text	utf8mb4_general_ci		No	None			Change Drop More
<input type="checkbox"/> 5	Sex	int(11)			No	None			Change Drop More
<input type="checkbox"/> 6	Age	varchar(25)	utf8mb4_general_ci		No	None			Change Drop More
<input type="checkbox"/> 7	Fitnesslevel	varchar(55)	utf8mb4_general_ci		No	None			Change Drop More
<input type="checkbox"/> 8	Lengthofworkout	varchar(25)	utf8mb4_general_ci		No	None			Change Drop More
<input type="checkbox"/> 9	Typeofworkout	varchar(55)	utf8mb4_general_ci		No	None			Change Drop More
<input type="checkbox"/> 10	Workoutgoals	varchar(55)	utf8mb4_general_ci		No	None			Change Drop More
<input type="checkbox"/> 11	Accessstoequipment	int(11)			No	None			Change Drop More

table1\_mealplan

localhost / 127.0.0.1 / fitnessandnutrition1

localhost/phpmyadmin/index.php?route=/table/structure&db=fitnessandnutrition1&table=table1\_mealplan

phpMyAdmin

Server: 127.0.0.1 Database: fitnessandnutrition1 Table: table1\_mealplan

Table structure Relation view

#	Name	Type	Collation	Attributes	Null	Default	Comments	Extra	Action
<input type="checkbox"/> 1	Meal-id	int(11)			No	None		AUTO_INCREMENT	Change Drop More
<input type="checkbox"/> 2	Quantity	int(11)			No	None			Change Drop More
<input type="checkbox"/> 3	Agerecommendation	int(11)			No	None			Change Drop More
<input type="checkbox"/> 4	Calories	int(55)			No	None			Change Drop More

Check all With selected: Browse Change Drop Primary Unique Index Spatial Fulltext Add to central columns Remove from central columns

Print Propose table structure Track table Move columns Normalize

Add 1 column(s) after Calories Go

Indexes

table2\_consultant

localhost / 127.0.0.1 / fitnessandr... | localhost/phpmyadmin/index.php?route=/table/structure&db=fitnessandnutrition1&table=table2\_consultant

Server: 127.0.0.1 | Database: fitnessandnutrition1 | Table: table2\_consultant

Table structure | Relation view

#	Name	Type	Collation	Attributes	Null	Default	Comments	Extra	Action
1	consultant_id	int(11)			No	None		AUTO_INCREMENT	Change Drop More
2	Fullname	varchar(55)	utf8mb4_general_ci		No	None			Change Drop More
3	Type	varchar(55)	utf8mb4_general_ci		No	None			Change Drop More
4	Datejoined	date			No	None			Change Drop More
5	Address	varchar(55)	utf8mb4_general_ci		No	None			Change Drop More

Check all | With selected: | Browse | Change | Drop | Primary | Unique | Index | Spatial | Fulltext | Add to central columns | Remove from central columns

Print | Propose table structure | Track table | Move columns | Normalize

Add 1 column(s) after Address Go

table2\_trainingplan

localhost / 127.0.0.1 / fitnessandr... | localhost/phpmyadmin/index.php?route=/table/structure&db=fitnessandnutrition1&table=table2\_trainingplan

Server: 127.0.0.1 | Database: fitnessandnutrition1 | Table: table2\_trainingplan

Table structure | Relation view

#	Name	Type	Collation	Attributes	Null	Default	Comments	Extra	Action
1	trainingplan_id	int(11)			No	None		AUTO_INCREMENT	Change Drop More
2	trainingmodule	text	utf8mb4_general_ci		No	None			Change Drop More
3	hoursrecommended	int(11)			No	None			Change Drop More
4	quantity	int(11)			No	None			Change Drop More

Check all | With selected: | Browse | Change | Drop | Primary | Unique | Index | Spatial | Fulltext | Add to central columns | Remove from central columns

Print | Propose table structure | Track table | Move columns | Normalize

Add 1 column(s) after quantity Go

Indexes

Training Plan and Meal Plan are linked to Meal and Trainings Sub Pages

table3\_consultation

Server: 127.0.0.1 | Database: fitnessandnutrition1 | Table: table3\_consultation

Table structure | Relation view

#	Name	Type	Collation	Attributes	Null	Default	Comments	Extra	Action
1	id	int(11)			No	None		AUTO_INCREMENT	Change Drop More
2	Consultant_id	int(25)		(FK)	No	None			Change Drop More
3	Client_id	int(25)		(FK)	No	None			Change Drop More
4	Type	varchar(55)	utf8mb4_general_ci		No	None			Change Drop More
5	Comment	varchar(55)	utf8mb4_general_ci	(Text)	No	None			Change Drop More

Check all | With selected: | Browse | Change | Drop | Primary | Unique | Index | Spatial | Fulltext | Add to central columns | Remove from central columns

Print | Propose table structure | Track table | Move columns | Normalize

Add 1 column(s) after Comment Go

table3\_meal

ipMyAdmin

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Database: fitnessandnutrition1 » Table: table3\_meal

Structure

SQL

Search

Insert

Export

Import

Privileges

Operations

Tracking

Table structure

Relation view

	#	Name	Type	Collation	Attributes	Null	Default	Comments	Extra	Action
<input type="checkbox"/>	1	id	int(11)		(PK)	No	None		AUTO_INCREMENT	<a href="#">Change</a> <a href="#">Drop</a> <a href="#">More</a>
<input type="checkbox"/>	2	Food	int(11)			No	None			<a href="#">Change</a> <a href="#">Drop</a> <a href="#">More</a>

☐ Check all

With selected:

[Browse](#) [Change](#) [Drop](#) [Primary](#) [Unique](#) [Index](#) [Spatial](#) [Fulltext](#)

[Add to central columns](#) [Remove from central columns](#)

[Print](#) [Propose table structure](#) [Track table](#) [Move columns](#) [Normalize](#)

[Add](#)

1

column(s)

after Food

Go

Indexes

Action	Keyname	Type	Unique	Packed	Column	Cardinality	Collation	Null	Comment
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