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8.) Check constraints are used to limit the value range that can be inserted into a column. Check constraints specify the required input that needs to be placed in the column for it to be valid. It can be used in just a single column or multiple. They are good for when data needs to be inserted and can only have certain values. Good times to use check constraints could be when checking gender or to check if a woman is pregnant or not. These are good because the answers can only be one of two values.

CHECK (gender = 'male' or gender = 'female')

CHECK (pregnant = 'yes' or pregnant = 'no')

A bad example of a check constraint would be if you need data on a city name. This would be bad because there are many different cities and it would be irrational to do a check constraint on all of them. The difference between the examples is that in the first two that use check constraints, you can only have limited data entries while in the last example, you can have a vast amount of city names and to try and limit the data entries would be too complicated. The check constraints are used to make the data more precise and accurate.