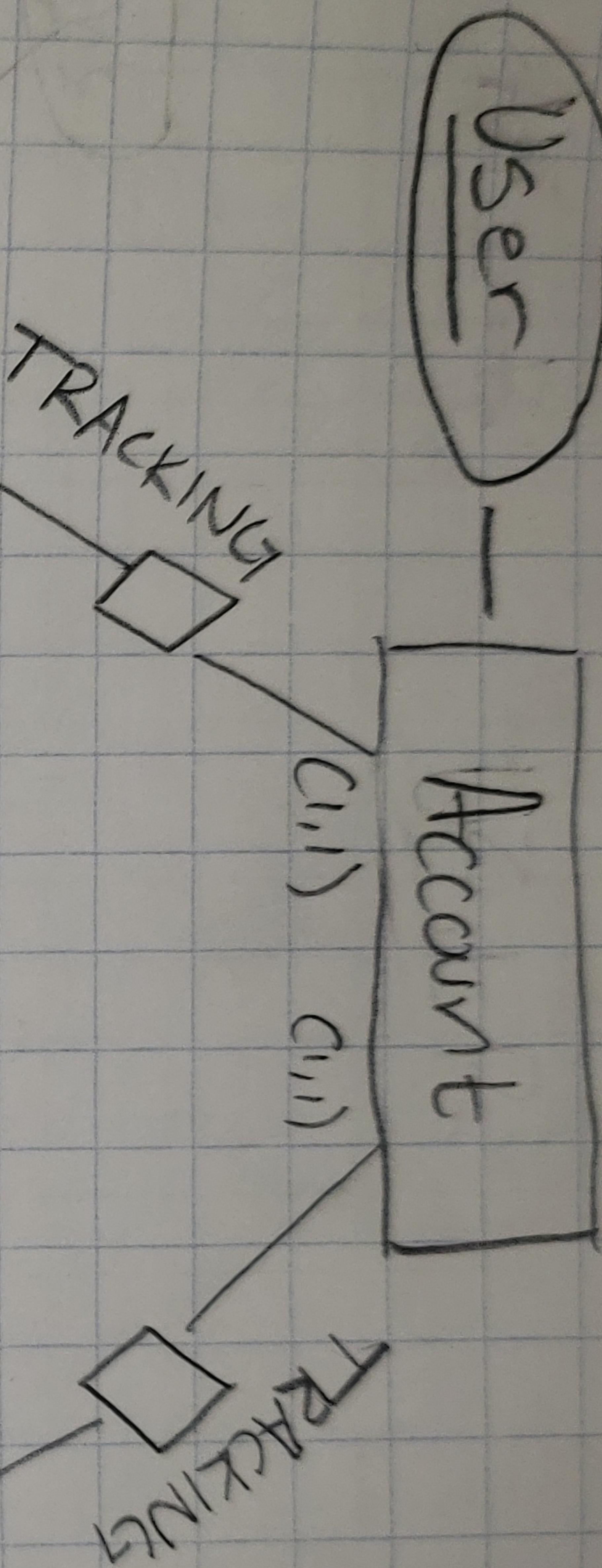
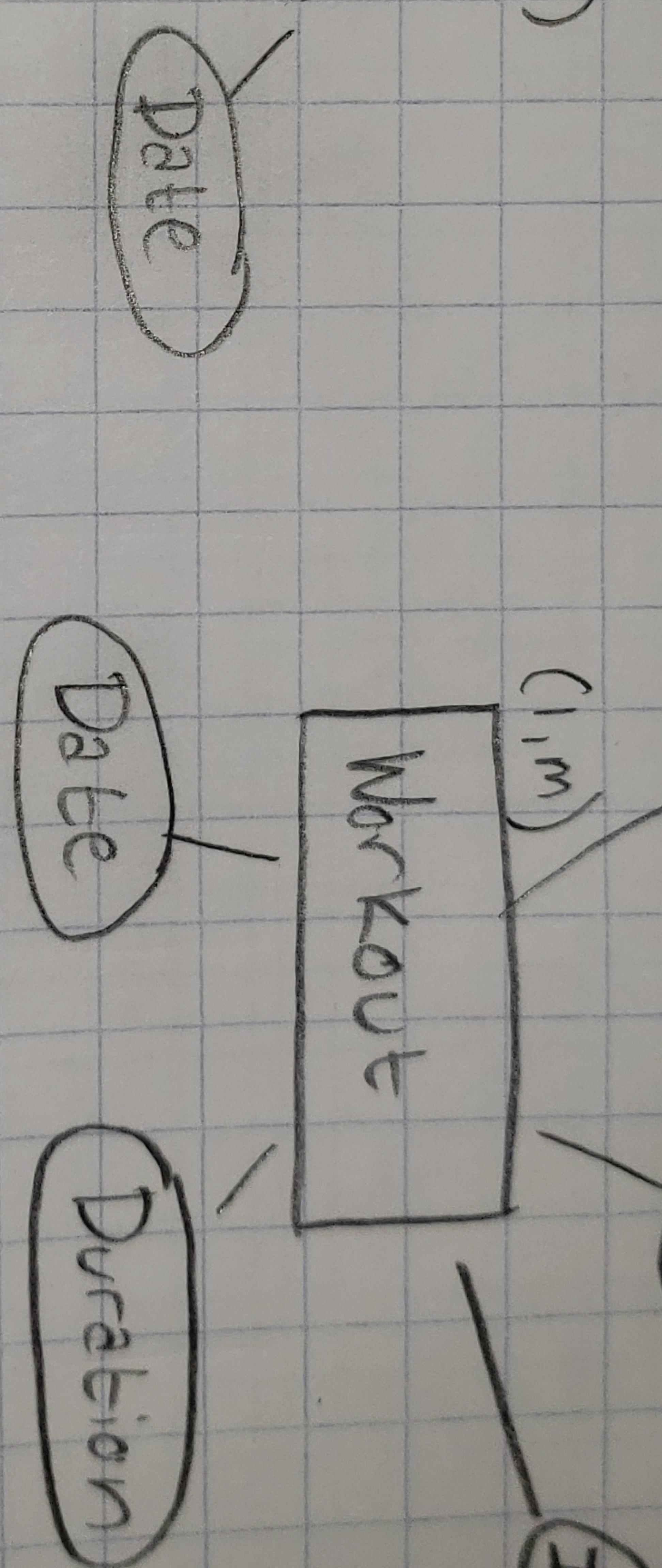
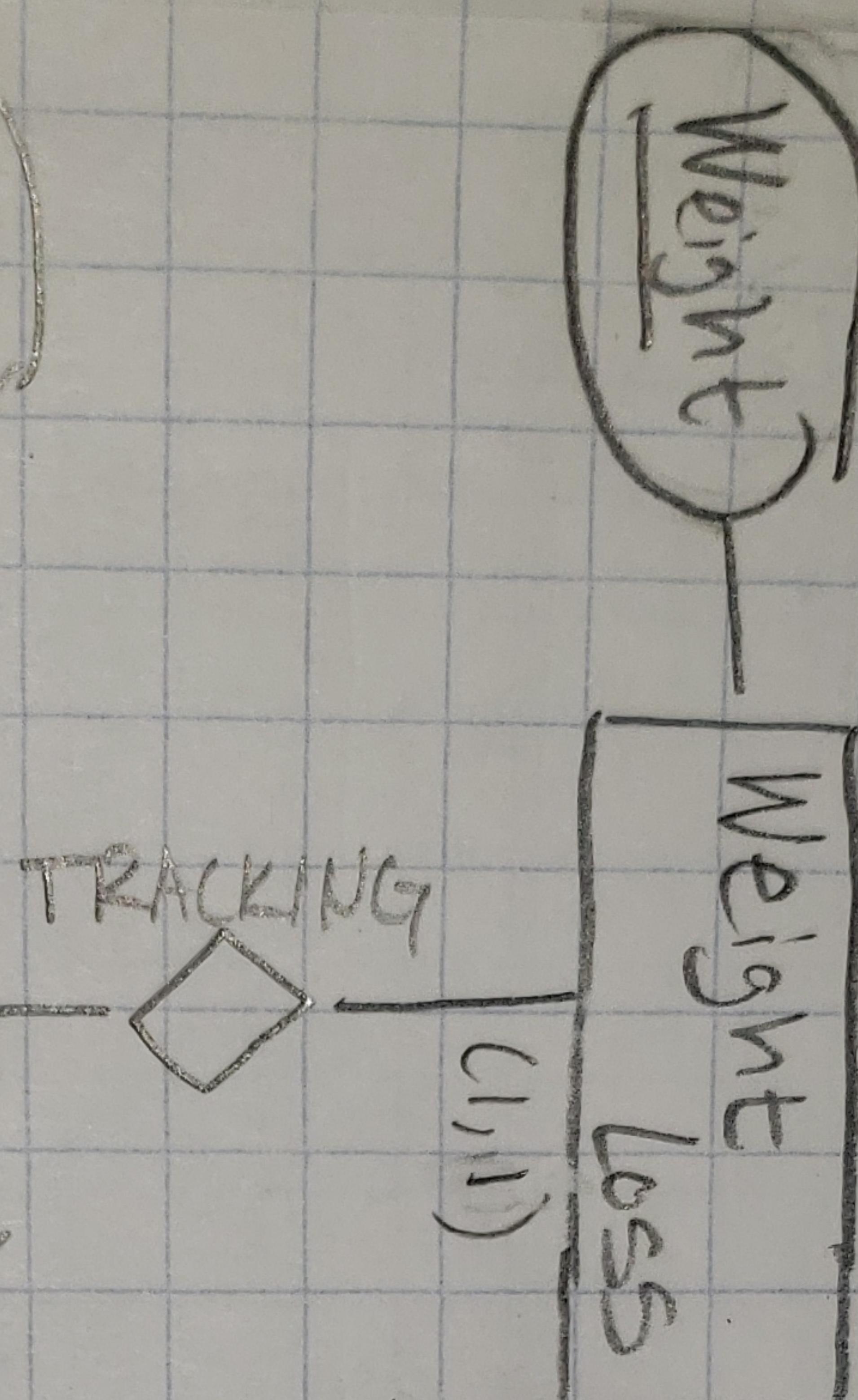
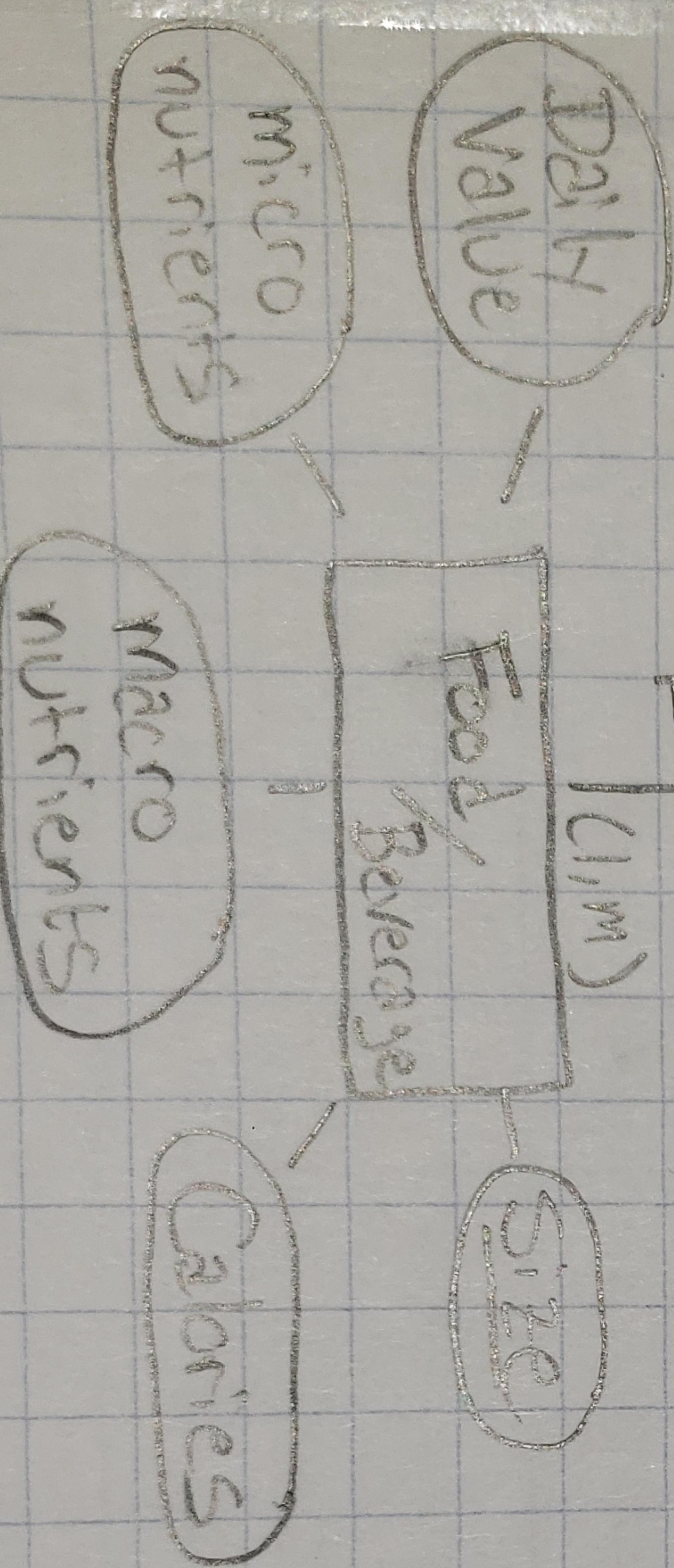


FIVE STAR.
★★★

FIVE STAR.
★★★



TRACKING

type

Intensity

TRACKING

(1,m)

Date

(1,m)

Workout

Account

(1,1)

C11

(1,1)

C11

User



- The Account will have a user that is the natural key for it. This account will then have two entities: weight loss and workouts. Workouts have two identifiers, which are weight and date. There is also one entity which is Food/beverage. The cardinality between Account and weight loss is $(1, n)$ since the Account tracks one user, and $(1, m)$ since the weight loss can be between 1lb and many pounds lost. The entity Food/beverage has five identifiers, which are serving size, calories, macro nutrients, micro nutrients and daily recommended value. The cardinality between weight loss and Food/beverage is $(1, 1)$ as it can track one food item at a time, and $(1, m)$ since it can track many different food items. Lastly, the final entity for workout is workout. The four identifiers for workout are the type of workout, intensity, duration and date. Cardinality is $(1, 1)$ as it tracks one workout and $(1, m)$ since it can track many workouts.