**Entities and Attributes:**

1. **User**
   * UserID (Primary Key)
   * FullName
   * EmailAddress
   * Password (hashed)
   * Age
   * Weight
   * Height
2. **Activity**
   * ActivityID (Primary Key)
   * UserID (Foreign Key)
   * ActivityType (e.g., Steps, Workout, Sleep)
   * ActivityDate
   * Duration
   * Intensity (optional, for workouts)
   * CaloriesBurned (optional)
   * StepsCount (optional)
   * SleepHours (optional)
3. **Goal**
   * GoalID (Primary Key)
   * UserID (Foreign Key)
   * GoalType (e.g., Daily Steps, Weekly Calories)
   * TargetValue
   * StartDate
   * EndDate
   * IsAchieved (Boolean)
4. **Workout**
   * WorkoutID (Primary Key)
   * UserID (Foreign Key)
   * WorkoutDate
   * Duration
   * CaloriesBurned
   * Description (optional)

**Relationships:**

* **User** can have multiple **Activities** (One-to-Many)
* **User** can set multiple **Goals** (One-to-Many)
* **User** can log multiple **Workouts** (One-to-Many)

