* For our database, first we build the User table with lots of basic attributes like Name Sex ID Password. The reason we build the birth date is we hope can get the age of the user, so that we can get the standard BMI (Body Mass Index) and BFR(Body Fat Rate). Those two are the important part for us to see whether you are health enough or not. Since we need do some calculation for the BMI and BFR, you also need to provide the Height and Weight as basic information. On the other hand, we also need to get some information for your account like limit of authority. This is the reason for we need your Email address to verify your account. We set couple Boolean attributes to check the safety of your account *like did your account been locked or not. After you input your email address you may get a verify mail and get an enable code we also will record the that code, and check the enable. The expiration Date is for your account maybe expire for someday. Those are the all attributes we include in the User table. The primary Key for this Table is the UserID.*
* Second, we build the Food table we just build the Category of the food, food’s name, the weight of the food user may eat, the calorie cost of food. If user eat some food, we hope we can find the all the information of this food about the health, in the future some other attributes may also be involved in if they are related to the human health. With the calorie, we get from this table we can do some calculation later to get the health rate for the human today. *The primary Key for this Table is the Food Category*
* Third as the same of the Food table. User may also some exercise in one day like fitness, sports and so on. Each exercise has their own name and category like basketball is for the sports. Attribute Time is for how long they for they are doing the exercise. The attributes frequency is only the fitness part. The most important part is the calorie user spent for the exercise they did. *The primary Key for this Table is the Exercise Category.*
* Finally, we build a record table for the user to record their calorie spend / input every time. Then we need the UserID, Date for the input. For the spent we want to record the exercise time and exercise category, and exercise calorie spent for the user. For the input we want to record the food category, food weight and food calorie. We make each record have their own record id to make us much easier to find it in the database. *The primary Key for this Table is the Record ID.*