

Entities & Attributes:

- User - represents the users account
 - Account I.D.
 - Sex
 - Height
- Weight - weight of user
 - Lbs/Kgs
- Date
 - Month
 - Day
 - Year
 - Time
- Workout
 - Type - what kind of workout was done. Chest, legs, ...etc
 - Duration
 - Intensity
- Meal
 - Breakfast/Lunch/Dinner
 - Type of cuisine
- Serving Size
 - Unit
 - How much
- Food/Beverage
 - Type - what type of food/beverage was it. fruit , veggie, grain...etc
 - Hot/Cold
 - Solid/Liquid
- Macronutrients
 - Type - what kind of macronutrient. Protein, vitamin...etc
 - # of grams - number of grams in a given macro nutrient.

Relationships:

- Update - is a relationship where user updates their weight at a given date.
- Linked - is a relationship linking the users account to the workouts and meals.
- Had On - is a relationship stating that the workout was had on a given date.
- Ate On - is a relationship stating that a meal was eaten on a given date.
- Contained - is a relationship stating that a meal contained a serving size of foods/beverages chosen by the user.
- Recommended Amount - is a relationship that shows the user the recommended daily amount of each macronutrient in a given food or beverage.
- Significant Amount - is a relationship that shows the user the amount of each macronutrient in significant amounts of a food or beverage.
- For Every - is a relationship that shows the user the macronutrients for the given serving size.
- Per - is a relationship that shows the user the amount of calories per serving size of a given food or beverage.