* (1) Initial list of required database collections.
* Users: This table would store information about users such as their username, password (hashed), email, age, weight, height, etc.
* Workouts: This table would contain information about different workouts such as workout name, description, difficulty level, target muscle groups, duration, etc.
* Exercises: This table would store information about individual exercises such as exercise name, description, muscle groups targeted, equipment needed, etc.
* Workout Logs: This table would keep track of users' workout logs, including details such as the date, user ID, workout ID, duration, repetitions, sets, weight lifted, etc.
* Nutrition Plans: This table would hold information about different nutrition plans such as plan name, description, dietary restrictions, daily calorie intake goals, etc.
* Meals: This table would store details about different meals such as meal name, description, ingredients, nutritional information, etc.
* Food Logs: This table would track users' food consumption logs, including details such as the date, user ID, meal ID, portion sizes, calories consumed, etc.
* Progress Tracking: This table would record users' progress over time, including data such as weight measurements, body measurements (e.g., waist circumference, body fat percentage), fitness assessments, etc.
* Challenges: This table would contain information about various challenges users can participate in, including challenge name, description, start date, end date, rules, etc.
* Challenge Participants: This table would store information about users participating in specific challenges, linking users to the challenges they're involved in, their progress, achievements, etc.

These are some of the key tables you might consider for a Fitness application. Depending on the specific features and functionalities you want to implement, we may need additional tables or more detailed tables for specific purposes.