Queries To Create Database

5.Creating And Inserting Values Into Progress Table

create table progress (progress\_id int Primary key,

user\_id int, datel Date,

weight int, measurements varchar(255),

foreign key (user\_id) references user (user\_id));

insert into progress (progress\_id, user\_id, datel, weight, measurements) values

(1,1,'2024-01-01',70,'Chest:90, Waist:80, Hips:95'),

(2,2,'2024-01-02',70,'Chest:100, Waist:90, Hips:105');

6.Creating And Inserting Values Into Nutrition Table

create table nutrition (nutrition\_id int Primary key,

user\_id int, food\_name varchar(45),

calories int,

foreign key (user\_id) references user (user\_id));

insert into nutrition (nutrition\_id, user\_id, food\_name, calories) values

(1,1,'Apple',95),

(2,2,'Avacado,65);

7.Creating And Inserting Values Into Goal Table

create table goal (goal\_id int Primary key,

user\_id int, type varchar(45),

target\_weight int,

target\_date Date);

insert into goal (goal\_id, user\_id, type, target\_weight, target\_date) values

(1,1,'muscle gain',68,'2024-05-22'),

(2,1,'weight loss',56,'2024-05-26');

8.Creating And Inserting Values Into Achievement Table

create table achievement (achievement\_id int Primary key,

user\_id int, name varchar(45),

description varchar(255),

foreign key (user\_id) references user (user\_id));

insert into achievement (achievement\_id, user\_id, name, description) values

(1,1,'first 5km run','complete 5km for first run'),

(2,2,'weight loss','lost 10 pounds of weight');