

**Relational Schema:**

**User**(User\_ID)

**Workout**(Workout\_ID, Workout Name\*, Intensity, Duration, Date, User\_ID\*)

**Workout\_Info**(Workout Name, Calories Burned Per Minute, Type)

**Weight**(Log\_ID, Numerical Weight, Date, User\_ID\*)

**Food/Drink**(Meal\_ID, Name\*, Calories, Quantity, Date, User\_ID\*)

**Nutrition\_Info**(Name, Fat, Carbs, Protein, Calories, Size, Vitamin A, Vitamin C, Calcium, Iron)