



- Email
- Experience\_year
- Gender

### **Admin**

- Admin\_ID (PK)
- Name
- Email
- Password

### **Guest**

- Guest\_ID (PK)
- Name
- Email
- Visit\_time

### **Program**

- Program\_ID (PK)
- Trainer\_ID (FK)
- Title
- Description
- Duration

### **Workout**

- Workout\_ID (PK)
- Program\_ID (FK)
- Title

- Type
- Duration
- Instructions

### **Mealplan**

- Mealplan\_ID (PK)
- Program\_ID (FK)
- Title
- Calories
- Meals

### **Blogpost**

- Blogpost\_ID (PK)
- Program\_ID (FK)
- Title
- Content
- Date\_Posted

### **User\_Program** (Join Table)

- User\_ID (PK, FK)
- Program\_ID (PK, FK)

### **RELATIONSHIPS**

- One Trainer → Many Programs
- One Program → Many Workouts
- One Program → Many Mealplans
- One Program → Many Blogposts
- Many Users ↔ Many Programs (via User\_Program)

- One Workout  $\rightarrow$  (Optional) One Mealplan