INSERT INTO DimensaoData (data)

VALUES ('2024-04-01'), ('2024-04-02'), ('2024-04-03'), ('2024-01-04'), ('2024-01-05'), ('2024-01-06'), ('2024-01-07'), ('2024-01-08'), ('2024-01-09'), ('2024-01-10'),

('2024-01-11'), ('2024-01-12'), ('2024-01-13'), ('2024-01-14'), ('2024-01-15'), ('2024-01-16'), ('2024-01-17'),

('2024-01-18'), ('2024-01-19'), ('2024-01-20'), ('2024-01-21'), ('2024-01-22'), ('2024-01-23'), ('2024-01-24'),

('2024-01-25'), ('2024-01-26'), ('2024-01-27'), ('2024-01-28'), ('2024-01-29'), ('2024-01-30'), ('2024-01-31');

INSERT INTO DimensaoTipoAtividadeFisica (tipo\_atividade)

VALUES ('Corrida'), ('Natação'), ('Yoga'), ('Musculação');

INSERT INTO DimensaoHorarioAtividade (horario)

VALUES ('Manhã'), ('Tarde'), ('Noite');

INSERT INTO DimensaoQualidadeSono (qualidade\_sono)

VALUES ('Ruim'), ('Regular'), ('Bom');

INSERT INTO FatoAtividadesFisicas (data\_id, tipo\_atividade\_id, horario\_id, frequencia\_cardiaca, pressao\_arterial\_sistolica, pressao\_arterial\_diastolica, nivel\_oxigenio, horas\_dormidas, sono\_id, duracao\_atividade, intensidade\_atividade, calorias\_queimadas)

VALUES

(1, 1, 1, 130, 130, 90, 100, 6, 1, 60, 'Intensa', 400),

(2, 1, 1, 130, 138, 90, 100, 6, 1, 65, 'Intensa', 450),

(3, 1, 1, 130, 132, 90, 100, 6, 1, 75, 'Intensa', 400),

(4, 1, 1, 130, 130, 90, 100, 6, 1, 60, 'Intensa', 400),

(5, 1, 1, 130, 138, 90, 100, 6, 1, 65, 'Intensa', 450),

(6, 3, 1, 100, 120, 80, 100, 8, 3, 60, 'Leve', 200),

(7, 3, 1, 100, 120, 80, 100, 8, 3, 60, 'Leve', 200),

(8, 3, 1, 100, 120, 80, 100, 8, 3, 60, 'Leve', 200),

(9, 3, 1, 100, 120, 80, 100, 8, 3, 60, 'Leve', 200),

(10, 3, 1, 100, 120, 80, 100, 8, 3, 60, 'Leve', 200),

(11, 4, 3, 120, 125, 85, 98, 7, 2, 75, 'Moderado', 300),

(12, 4, 3, 120, 125, 85, 99, 7, 2, 75, 'Moderado', 300),

(13, 4, 3, 120, 125, 85, 98, 7, 2, 75, 'Moderado', 300),

(14, 4, 3, 120, 125, 85, 99, 7, 2, 75, 'Moderado', 300),

(15, 4, 3, 120, 125, 85, 98, 7, 2, 75, 'Moderado', 300),

(16, 2, 2, 120, 120, 80, 99, 7, 3, 75, 'Moderado', 300),

(17, 2, 2, 120, 120, 80, 99, 8, 3, 75, 'Moderado', 300),

(18, 2, 2, 120, 120, 80, 99, 8, 3, 75, 'Moderado', 300),

(19, 2, 2, 130, 120, 80, 99, 7, 3, 75, 'Moderado', 400),

(20, 2, 2, 130, 120, 80, 99, 8, 3, 75, 'Moderado', 400);