Data Dictionary

Table Name	Column	Data Type	Constraints	Description
USER	UserID	INT	PK, AUTO_INCREMENT, NOT NULL	User ID for user
USER	FName	VARCHAR(50)	NOT NULL	User First Name
USER	LName	VARCHAR(50)	NOT NULL	User Last Name
USER	Email	VARCHAR(100)	UNIQUE, NOT NULL	Email Address
USER	Age	INT		Age in years
USER	Height	INT		Height in inches
USER	Weight	DOUBLE		Weight in pounds
USER	Gender	VARCHAR(10)		Gender Identity
USER	DateJoined	DATE	DEFAULT CURRENT_DATE	Date of registration
MEAL	MealID	INT	PK, AUTO_INCREMENT, NOT NULL	Unique meal ID
MEAL	UserID	INT	FK(USER.UserID), NOT NULL	Reference to the USER
MEAL	MealDate	DATE	NOT NULL	Date of the meal
MEAL	MealType	VARCHAR(20)		Type of meal. Such as Breakfast, Lunch, Snack, and Dinner.
FOOD	FoodID	INT	PK, AUTO_INCREMENT, NOT NULL	Unique food ID
FOOD	FoodName	VARCHAR(100)	NOT NULL	Name of food Item
FOOD	Calories	DOUBLE	NOT NULL	Calories per serving
FOOD	Protein	DOUBLE	NOT NULL	Protein grams per serving
FOOD	Carbs	DOUBLE	NOT NULL	Carbohydrates per serving
FOOD	Fats	DOUBLE	NOT NULL	Fat grams per serving
MEAL_FOOD	MealID	INT	PK, FK(MEAL.MealID), NOT NULL	Reference to MEAL
MEAL_FOOD	FoodID	INT	PK, FK(FOOD.FoodID), NOT NULL	Reference to FOOD
MEAL_FOOD	PortionSize	DOUBLE	NOT NULL	Servings consumed
WORKOUT	WorkoutID	INT	PK, AUTO_INCREMENT, NOT NULL	Unique workout ID
WORKOUT	UserID	INT	FK(USER.UserID), NOT NULL	Reference to the USER
WORKOUT	WorkoutDate	DATE	NOT NULL	Date of the workout
WORKOUT	Duration	TIME		Length of the workout
WORKOUT	WorkoutType	VARCHAR(50)	NOT NULL	Type of workout performed
WORKOUT	CaloriesBurned	DOUBLE		Calories bured during workout
GOAL	GoalID	INT	PK, AUTO_INCREMENT, NOT NULL	Unique goal ID
GOAL	UserID	INT	FK(USER.UserID), NOT NULL	Refernce to the USER
GOAL	GoalCatID	INT	FK(GOAL_CATEGORY.GoalCatID), NOT NULL	Goal category reference
GOAL	TargetValue	DOUBLE		Numeric value of goal (Target weight, target calorie intake)
GOAL	Target	VARCHAR(100)		Description of the goal
GOAL	TargetDate	DATE		Deadline or target date for the goal
GOAL	Status	VARCHAR(20)	NOT NULL	Goal status (In progress, Completed)
GOAL_CATEGORY	GoalCatID	INT	PK, AUTO_INCREMENT, NOT NULL	Unique Goal category ID
GOAL_CATEGORY	CategoryName	VARCHAR(50)	NOT NULL	Name of the goal category(weight, firtness)
HEALTH_METRIC	MetricID	INT	PK, AUTO_INCREMENT, NOT NULL	Unique health metric ID
HEALTH_METRIC	UserID	INT	FK(USER.UserID), NOT NULL	Refrence to the User
HEALTH_METRIC	DateMeasured	DATE	NOT NULL	Date the measurements where taken
HEALTH_METRIC	MetricType	VARCHAR(50)	NOT NULL	Type of metric (blood pressure, bmi)
HEALTH_METRIC	Value	DOUBLE	NOT NULL	measured value
HEALTH_METRIC	Unit	VARCHAR(20)	NOT NULL	Unit of measurment (bpm, lbs, In)
HYDRATION	HydrationID	INT	PK, AUTO_INCREMENT, NOT NULL	Unique hydration log ID
HYDRATION	UserID	INT	FK(USER.UserID), NOT NULL	Reference to the user
HYDRATION	DateLogged	DATE	NOT NULL	Date of hydration entry
HYDRATION	VolumeOz	DOUBLE	NOT NULL	Amount of water consumed (in ounces)