**SQL Database creation query:**

CREATE TABLE Users (

user\_id INT IDENTITY(1,1) PRIMARY KEY,

email NVARCHAR(255) UNIQUE NOT NULL,

password\_hash NVARCHAR(255) NOT NULL

);

CREATE TABLE Workouts (

workout\_id INT IDENTITY(1,1) PRIMARY KEY,

user\_id INT NOT NULL,

name NVARCHAR(255) NOT NULL,

workout\_date DATE NOT NULL,

FOREIGN KEY (user\_id) REFERENCES Users(user\_id) ON DELETE CASCADE

);

CREATE TABLE Exercises (

exercise\_id INT IDENTITY(1,1) PRIMARY KEY,

workout\_id INT NOT NULL,

name NVARCHAR(255) NOT NULL,

FOREIGN KEY (workout\_id) REFERENCES Workouts(workout\_id) ON DELETE CASCADE

);

CREATE TABLE ExerciseSets (

set\_id INT IDENTITY(1,1) PRIMARY KEY,

exercise\_id INT NOT NULL,

reps INT NOT NULL,

weight FLOAT NOT NULL,

FOREIGN KEY (exercise\_id) REFERENCES Exercises(exercise\_id) ON DELETE CASCADE

);

CREATE TABLE FoodLogs (

food\_log\_id INT IDENTITY(1,1) PRIMARY KEY,

user\_id INT NOT NULL,

name NVARCHAR(255) NOT NULL,

calories INT NOT NULL,

fats INT NOT NULL,

carbs INT NOT NULL,

protein INT NOT NULL,

log\_date DATE NOT NULL,

FOREIGN KEY (user\_id) REFERENCES Users(user\_id) ON DELETE CASCADE

);