Digital Detox API - Models and Relationships

1. User
- Id (int, Primary Key)
- Name (string, required)
- Email (string, required, unique)
- PasswordHash (string, required)
- DateOfBirth (DateTime, optional)
- CreatedAt (DateTime, default: current timestamp)
- DetoxPlans (Navigation Property, One-to-Many with DetoxPlan)
- ScreenTimeLogs (Navigation Property, One-to-Many with ScreenTimeLog)
- Challenges (Navigation Property, Many-to-Many with Challenge)
- ProgressLogs (Navigation Property, One-to-Many with ProgressLog)

2. DetoxPlan
- Id (int, Primary Key)
- UserId (int, Foreign Key referencing User, nullable)
- Title (string, required)
- Description (string, optional)
- StartDate (DateTime, required)
- EndDate (DateTime, optional)
- CreatedAt (DateTime, default: current timestamp)
- User (Navigation Property, Many-to-One with User)

3. ScreenTimeLog
- Id (int, Primary Key)
- UserId (int, Foreign Key referencing User, nullable)
- RecordedAt (DateTime, required)
- ScreenTimeMinutes (int, required)
- AppUsed (string, optional)
- User (Navigation Property, Many-to-One with User)

4. Challenge
- Id (int, Primary Key)
- Title (string, required)
- Description (string, optional)

- CreatedAt (DateTime, default: current timestamp)

- Users (Navigation Property, Many-to-Many with User)

5. ProgressLog

- Id (int, Primary Key)

- UserId (int, Foreign Key referencing User)

- RecordedAt (DateTime, required)

- ProgressDescription (string, required)

- User (Navigation Property, Many-to-One with User)

Relationships Overview:

- A User can have multiple DetoxPlans (One-to-Many).

- A User logs multiple ScreenTimeLogs (One-to-Many).

- A User can participate in multiple Challenges (Many-to-Many).

- A User logs progress in ProgressLog (One-to-Many).