**DATABASE LAB PROJECT**

GROUP MEMBERS:

**MUHAMMAD UMAID KHAN KHAKWANI**

I19-0666

**GHULAM MUSTAFA**

I19-0677

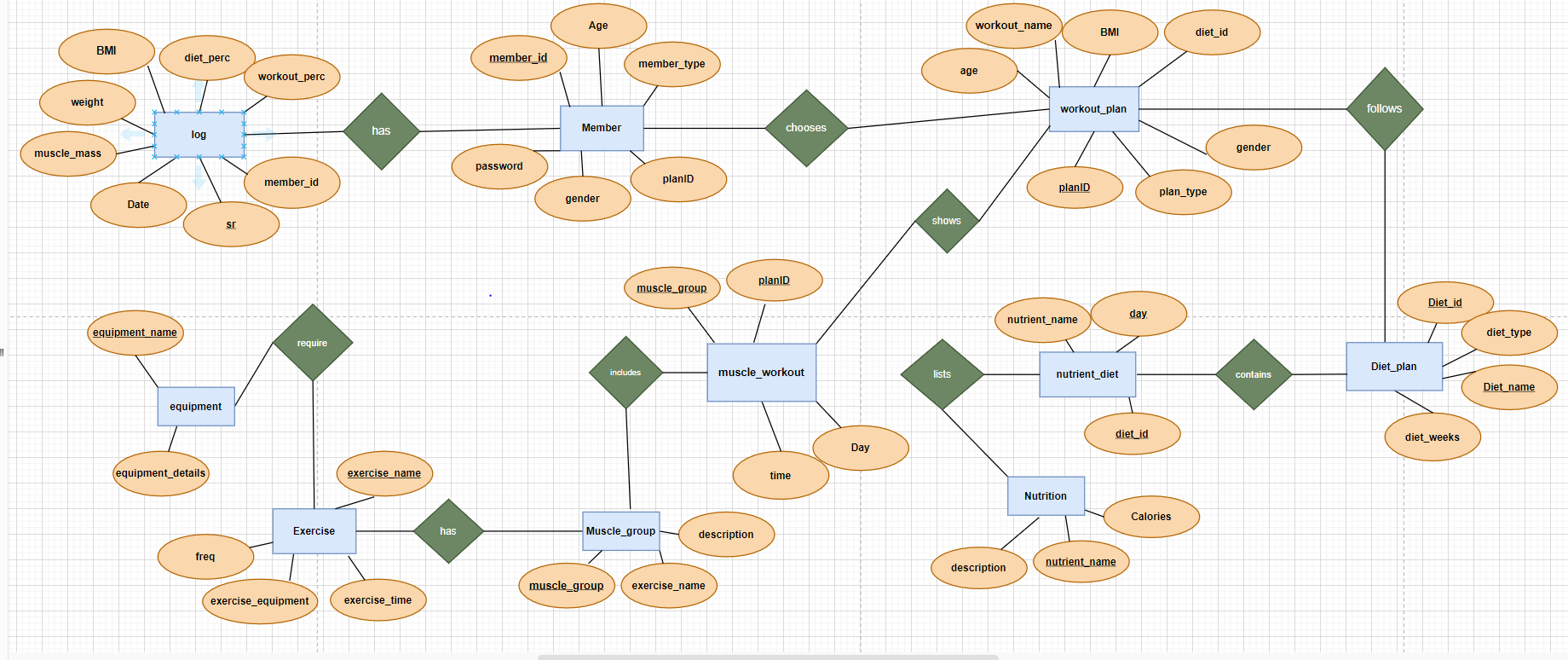
**IQRA MANZOOR**

I19-0614

SECTION D

FITME

* ERD:



* Table description:
* Member:

Primary key is member\_id. It is set to autogenerate the distinct values after every insertion. This table will be used to collect the information about the members and assign them a unique id which is set as primary key.

* Member\_id (primary key)
* Password
* planID
* member\_type
* Age
* Gender
* Workout\_plan:

Primary key is planID. It is set to autogenerate the distinct values after every insertion. this table is used to make a plan for the workout.

* planID (primary key)
* workout\_name
* Diet\_id (foreign key )
* Age
* Gender
* Plan\_type
* BMI
* Muscle\_workout:

PlanID and muscle-group are composite primary keys of this table. This table contains the information of which muscle group the user targeted.

* planID (composite primary key)
* muscle\_group (composite primary key)
* Day
* Time
* Muscle\_group:

Muscle\_group is the primary key in this table. This table contains the description and the exercise name of the targeted muscle group.

* Muscle\_group (primary key)
* Description
* Exercise\_name
* Exercise:

Exercise\_name is the primary key in this table. This table stores the descriptions of the exercises to be performed.

* Exercise\_name (primary key)
* Freq
* Exercise\_equipment
* Exercise\_time
* Equipment:

Equipment\_name is the primary key in this table. This table stores the descriptions of the equipment on which the exercise is to be performed.

* Equipment\_name (primary key)
* Equipment\_details
* log:

Sr is the primary key in this table. It is set to autogenerate the distinct values after every insertion. This table maintains the log of each member

* SR (primary key)
* Member\_id (foreign key)
* Workout\_perc
* Diet\_perc
* BMI
* Weight
* Muscle\_mass
* Date
* Diet\_plan:

Diet\_id is the primary key in this table. This table stores the descriptions of the diet plans predefined.

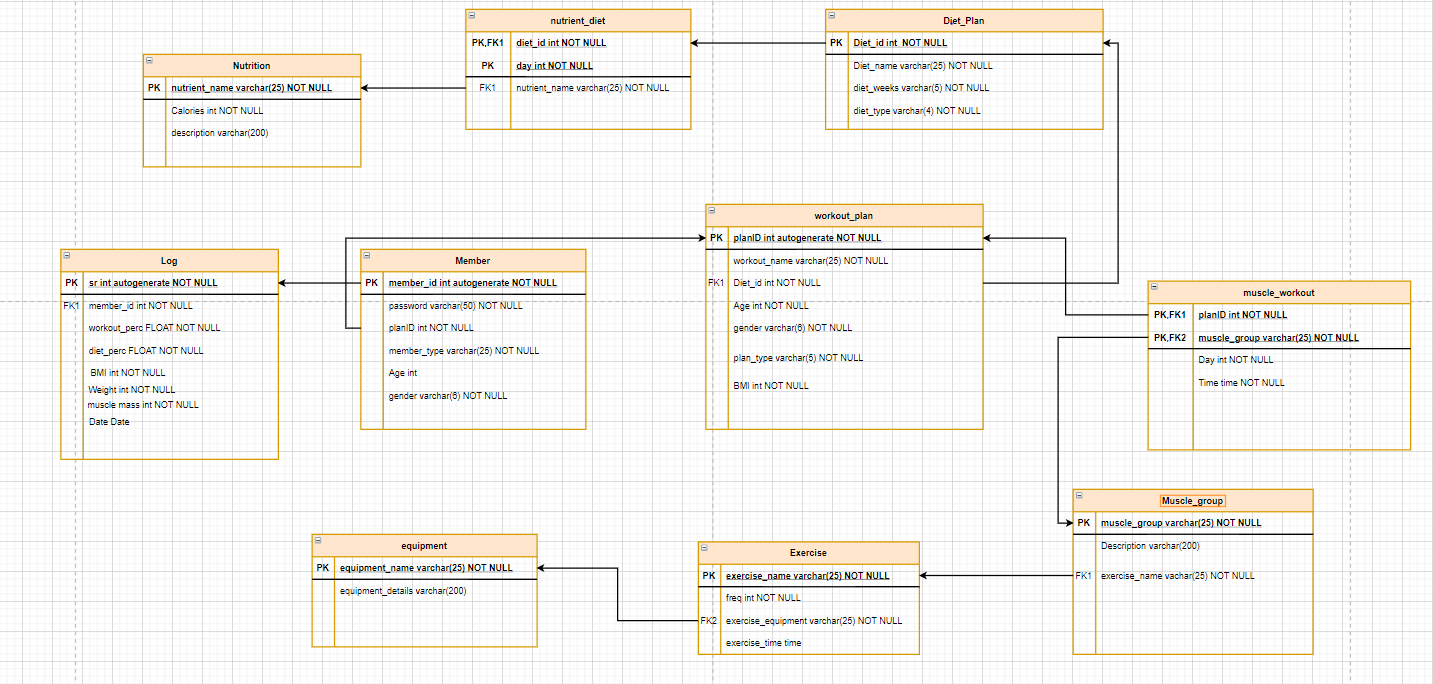
* diet\_id (primary key)
* diet\_name
* diet\_weeks
* diet\_type
* nutrient\_Diet:

Diet\_id and day are composite primary keys in this table. This table stores the descriptions of the day number, the diet has to be followed.

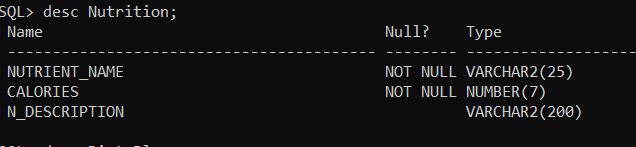
* diet\_id (composite primary key)
* day (primary key)
* nutrient\_name (foreign key)
* Nutrition:

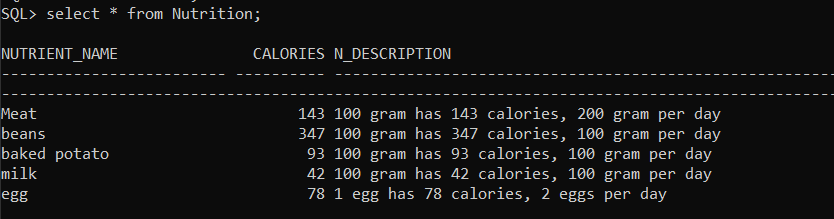
Nutrient\_name is the primary key in this table. This table stores the description of the calories and meals of the day.

* Nutrient\_name (primary key)
* Calories
* Description
* Schema diagram

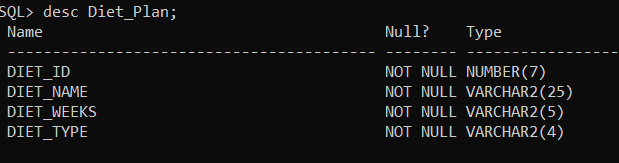
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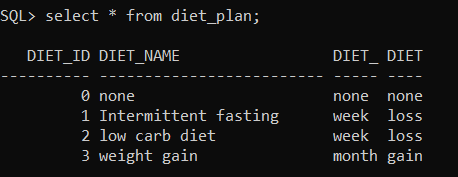
* interface
* tables description:
* Nutrition



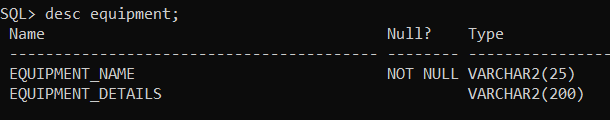


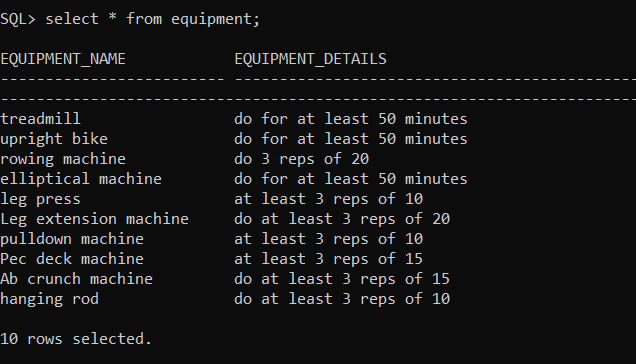
* Diet\_plan



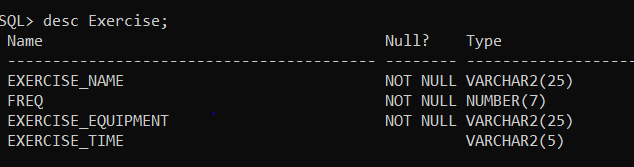


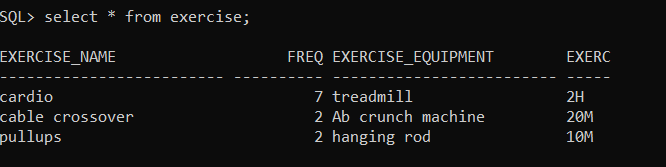
* Equipment



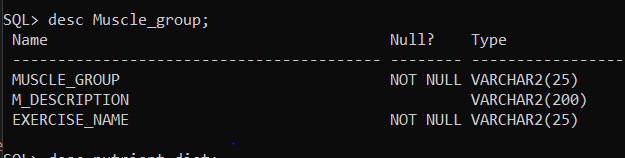


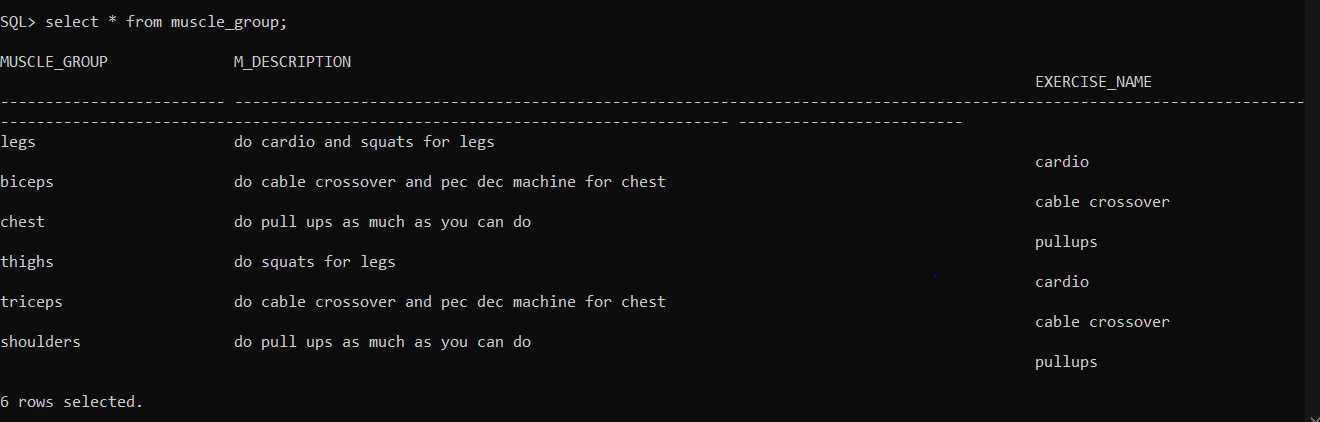
* Exercise



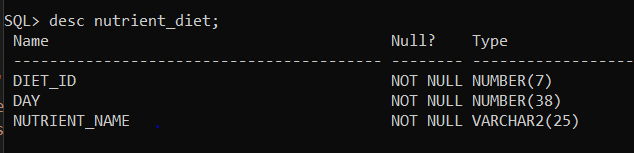


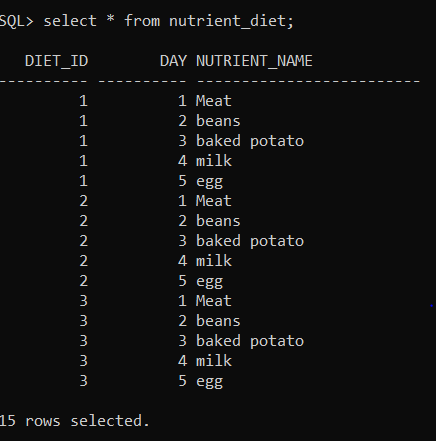
* Muscle\_group



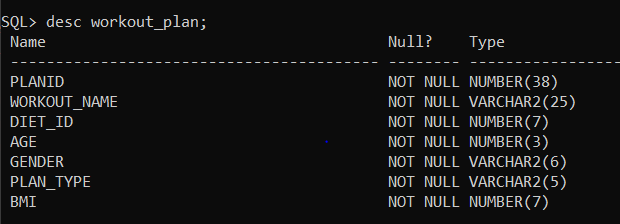


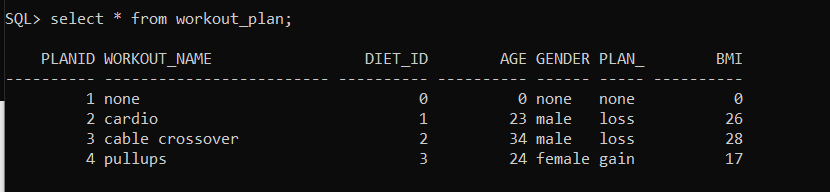
* Nutrient\_diet



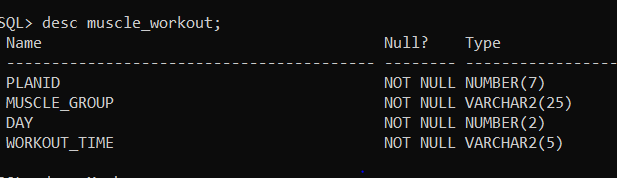


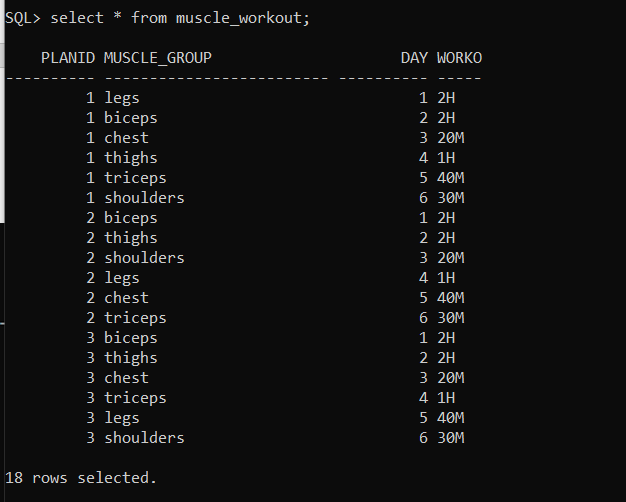
* Workout\_plan



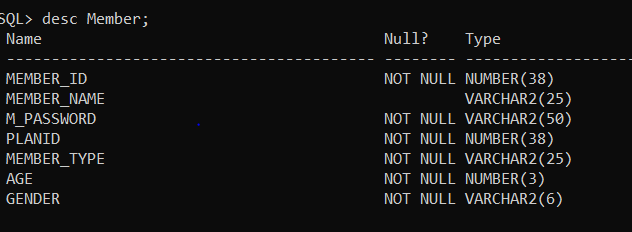


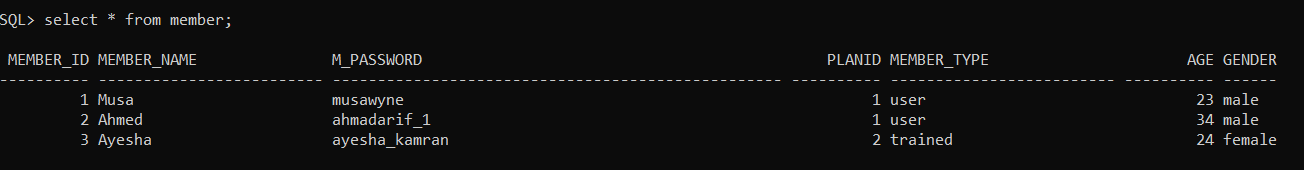
* Muscle\_workout





* Member





* Log

