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Check constraints are used to check data that is being entered into the column which allows only certain pieces of data to be entered into that singular column. This means the check constraints are good for defining enumerated domains or domains which have a countable number of possible values. The advantage to using check constraints in a database is that you can increase the accuracy of your data. By making sure that the only information relevant to the column can be entered if a datatype for what you are looking doesn't exist already. They should only be used for domains where the values are easily listed and do not change. A good choice in use of a check constraints would be for a column that lists what day of the week that something happened. This is because the days of the week are listed out easily and do NOT change. One bad example of a check constraint would be for a column which hold what Bond film is the best bond film(Goldfinger, Moonraker, Goldeneye, The Man with The Golden Gun, and Live and Let Die - in that order my dude). This is because my opinion changes every time I see a Bond film and those were the last ones I watched in order.