```sql
-- The following trigger checks before the insertion or the update of the Card relation
-- if only one card associated to the customer related to the modification is enable.

CREATE FUNCTION checkEnableCard() RETURNS TRIGGER AS $$
    BEGIN
        IF(NEW.enabled = TRUE) THEN
            -- Check if there is another card enabled with same customer_id
            PERFORM customer_id
                FROM mbt.Card
                WHERE customer_id = NEW.customer_id AND enabled = TRUE;
            IF FOUND THEN
                RAISE EXCEPTION 'Customer % already has an enabled card.', new.customer_id;
            END IF;
            RETURN NEW;
        ELSE
            -- Check if there is another card enabled with same customer_id
            PERFORM customer
                FROM mbt.Card
                WHERE customer_id = NEW.customer_id AND enabled = TRUE;
            IF FOUND THEN RETURN NEW;
            ELSE
                NEW.enabled = TRUE;
                RETURN NEW;
            END IF;
        END IF;
    END;
$$ LANGUAGE PLPGSQL;

CREATE TRIGGER checkCard
    BEFORE INSERT OR UPDATE ON mbt.Card
    FOR EACH ROW
    EXECUTE PROCEDURE checkEnableCard();


-- This trigger checks if the value of the attribute Type of the relation Subscription is consistent
-- with the duration type specified, in case of "daily" subscriptions Hours_duration must be NULL and Days_duration NOT NULL,
-- viceversa in case of "hourly" subscriptions the former must be NOT NULL and the latter NULL.

CREATE FUNCTION checkSubTypeDuration() RETURNS TRIGGER AS $$
    BEGIN
        IF (NEW.type = 'daily') THEN
            IF (NEW.days_duration IS NOT NULL AND NEW.hours_duration IS NULL) THEN
                RETURN NEW;
            ELSE
                RAISE EXCEPTION 'Subscriptions of type "daily" must have days_duration NOT
                NULL and hours_duration NULL';
            END IF;
        ELSIF (NEW.type = 'hourly') THEN
            IF (NEW.days_duration IS NULL AND NEW.hours_duration IS NOT NULL) THEN
                RETURN NEW;
            ELSE
                RAISE EXCEPTION 'Subscriptions of type "hourly" must have days_duration NULL
                and hours_duration NOT NULL';
            END IF;
        END IF;
    END;
$$ LANGUAGE PLPGSQL;

CREATE TRIGGER checkSubscription
    BEFORE INSERT OR UPDATE ON mbt.Subscription
    FOR EACH ROW
    EXECUTE PROCEDURE checkSubTypeDuration();
```