**Exercise: Data Integrity and Constraints:**

Trainee:

1. Primary key: TrainerId
2. Foreign key:
3. Candidate key: { TrainerId}, { ContactNo}

Member:

1. Primary key: MemberId
2. Foreign key:
3. Candidate key: MemberId

Workout Type:

1. Primary key: WorkoutTypeId
2. Foreign key:
3. Candidate key: WorkoutTypeId, Level

WorkoutSession:

1. Primary key:
2. Foreign key: TrainerId, WorkoutTypeId, MemberId
3. Candidate key:{ TrainerId, WorkoutTypeId, MemberId}