Data Dictionary

Term	Definition
Calorie Goals	The amount of calories system will recommend users to intake in a day. Users must either set a goal for them to achieve in a period of time or the system must pre-determine the goal based on their profile.
User_ID	The login identifier for a user using the website. It must be unique to correctly identify each user.
Height	The measurement of a user's height in centimeters.
Name	The name of a user, starting with his/her first name, followed by his/her middle name and finally the last name.
BMI	The value of weight/height^2 of a user. A user is underweight if he/she is below 18.5 and is overweight if he/she is above 24.9. A user will be in the acceptable range if the BMI is between 18.5 to 24.9. An acceptable range will indicate that the user is healthy and has a lower risk of developing health related.
Age	The length of time that a user has lived in years.
Weight	The user body's relative mass in kilograms.
Real time location	The current location of gyms located. It must be updated in real-time using Google Map's API and shows possible gyms nearby to the person's live location. It will work when a user has enabled location services on their devices.
Favourite location	The locations of gyms favourited by a user. It will be manually added or removed by the user into the system.
Goal_ID	A unique identifier for the fitness goals of an individual user. It must store data of the goals such as start date and end date.
Targeted body part	The muscle group users wish to train or strengthen. Users must input the type of body parts they wish to train, or the website will recommend a wholistic list of exercise for the user.
Start date	The date where user wish to start on their exercise plan. It will be recorded in dd/mm/yyyy format.
End Date	The date users wish to achieve their desired exercise target by. It will be recorded in dd/mm/yyyy format.
Recipe ID	The unique identifier of a recommended recipe given to users. The recipes will be shown based on the filter parameters set by the user themselves.

Frequency	The amount of times a user completes the workout exercises in a set period of time, pre-determined by the user. The user must specify the frequency of the exercises. It will be counted as done when the user clicks on the 'workout done' button.
Favourite recipe	The recipe of a meal favourited by a user. It will be manually added or removed by the user into the system.
Plan ID	The unique identifier for the exercise plan customized for the users. Each exercise plan must be tagged to a user.
Workout plans	The list of exercises that will be generated by the exercise API based on the users input of targeted muscle group, difficulty and type of exercise. It must be catered to each individual user and have to give a detailed breakdown of each workout with instructions and videos, such that a newbie is able to follow each step meticulously, minimising the risks of injury and ensuring that the user will benefit from the workout. It must also offer the option to save the users' favourite workouts.
User feedback	The reviews and ratings for the recommendations the website provides for the user. The suggestions the user can provide to improve the website.
Tasks	A set of specific workouts which the user must achieve in that particular day. It will add on to the user's progress once he completes the tasks assigned by the system.
Steps	The distance travelled by the user, measured in the number of steps he/she has taken in the day. The steps must be recorded with a tracking application such as location services.
Directions	The steps needed to be taken by the user for a particular recipe. It must be self-explainatory to ensure that steps can be meticulously followed and to minimise the possibility of failure for first-timers, or people who have not cooked before.
User profile	Contains personal information about the user that he/she provided to the website. This data must be kept confidential, according to the PDPA act. It must be protected and out-of-bounds to the public, and must withstand attacks, exploits and vulnerabilities from hackers.
Notifications	Reminders sent to the user about the details about their bookings closer to the date. It must be time-sensitive to ensure that the user will not forget about his/her booking, ensuring that the gym is utilised efficiently within their max capacities. It must also have options to allow a user to decide the type and frequency of the notifications
Security	Settings that are configured by users to protect their account. These can be changed at any time by the users. It will include the user's

	name, date of birth, password, age, security question and answers, location tracking. It needs to be encrypted in transit (HTTPS) and at rest (on servers). Security must also include options for data sharing with third parties in accordance to the PDPA act.
Blood Pressure	The blood pressure measured by the users either by inputting existing readings or collected through a fitness tracker
User Authentication Details	It is the details of the username and password which the user must input to access his/her account and the features provided by the application. As an added security, it must have 2-factor authentication for users. It must also have account recovery options in the event a user has forgotten his/her login credentials.
User Activity Data	It is the amount of time a user has spent on the workout. This data must be updated in real-time when the user has updated the data onto the website. It must also show the completion status of the daily recommended workouts.
User Health Data	It must display the allegies, food sensitivities or health conditions a user has indicated on their profile. These medical conditions will disable high intensity workout or diet plans set by the application.
Appearance	It is the way the webpage is presented to the user. It must display language preferences to meet the requirements for a diverse pool of users with different language backgrounds. It must also have customisable themes for a user to customise his/her very own personalised webpage.
Historical data	It must contain the historical logs of workouts, dietary intake and calorie counts for the user to review his/her journey with the webpage. This will allow the user to also focus on aspects which the user may have missed out and can work towards on, or be recommended by the algorithm itself.
User consent	Fields to manage user consent for data collection and processing of workouts, to enable us to analyse workout trends and behaviours. It must be an option for users to opt in or out of different types of data usage.