Data Dictionary

| Term | Definition |
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| Calorie Goals | The amount of calories system will recommend users to intake in a day. Users must set a goal for them to achieve in a period of time which is pre-determined. |
| 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 |
| 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. |
| List of exercises | 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 |
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