exerciseEvents

Column	Type	Null	Default	Comments
exerciseEventID	int(10)	No		
exerciseEventDay	date	No		
exerciseEventTime	time	No		
exercise_ID	int(10)	No		
per_ID	int(10)	No		

Indexes

Keyname	Type	Unique	Packed	Column	Cardinality	Collation	Null	Comment
PRIMARY	BTREE	Yes	No	exerciseEventID	0	A	No	
exercise_ID	BTREE	No	No	exercise_ID	0	A	No	
				per_ID	0	A	No	
per_ID	BTREE	No	No	per_ID	0	A	No	

exercises

Column	Type	Null	Default	Comments
exercise_ID	int(10)	No		
exercise_name	varchar(255)	No		
exercise_desc	text	Yes	NULL	
duration_mins	int(10)	Yes	NULL	
calories_burned	int(10)	Yes	NULL	

Indexes

Keyname	Type	Unique	Packed	Column	Cardinality	Collation	Null	Comment
PRIMARY	BTREE	Yes	No	exercise_ID	4	A	No	
exercise_name	BTREE	Yes	No	exercise_name	4	A	No	

mealEvents

Column	Type	Null	Default	Comments
mealEventID	int(10)	No		
mealevent_day	date	No		
mealevent_time	time	No		
meal_ID	int(10)	No		
per_ID	int(10)	No		

Indexes

Keyname	Type	Unique	Packed	Column	Cardinality	Collation	Null	Comment
PRIMARY	BTREE	Yes	No	mealEventID	0	A	No	
meal_ID	BTREE	No	No	meal_ID	0	A	No	
				per_ID	0	A	No	
per_ID	BTREE	No	No	per_ID	0	A	No	

meals

Column	Type	Null	Default	Comments
meal_ID	int(10)	No		
meal_name	varchar(255)	No		
meal_description	text	Yes	NULL	
calorie_count	int(10)	Yes	NULL	
vegetarian	tinyint(1)	Yes	NULL	
vegan	tinyint(1)	Yes	NULL	

Indexes

Keyname	Type	Unique	Packed	Column	Cardinality	Collation	Null	Comment
PRIMARY	BTREE	Yes	No	meal_ID	6	A	No	
meal_name	BTREE	Yes	No	meal_name	6	A	No	

meditEvents

Column	Type	Null	Default	Comments
medEventID	int(10)	No		
medEventDay	date	No		
medEventTime	time	No		
med_ID	int(10)	No		
per_ID	int(10)	No		

Indexes

Keyname	Type	Unique	Packed	Column	Cardinality	Collation	Null	Comment
PRIMARY	BTREE	Yes	No	medEventID	0	A	No	
med_ID	BTREE	No	No	med_ID	0	A	No	
per_ID	BTREE	No	No	per_ID	0	A	No	

meditations

Column	Type	Null	Default	Comments
med_ID	int(10)	No		
med_name	varchar(255)	No		
med_desc	text	Yes	*NULL*	
duration_mins	int(10)	Yes	*NULL*	

Indexes

Keyname	Type	Unique	Packed	Column	Cardinality	Collation	Null	Comment
PRIMARY	BTREE	Yes	No	med_ID	4	A	No	
med_name	BTREE	Yes	No	med_name	4	A	No	

persons

Column	Type	Null	Default	Comments
per_ID	int(10)	No		
first_name	varchar(20)	No		
surname	varchar(40)	No		
email	varchar(60)	No		
pass	varchar(40)	No		
country	varchar(255)	Yes	*NULL*	
date_birth	date	Yes	*NULL*	
height_cm	int(10)	Yes	*NULL*	
weight_kg	int(10)	Yes	*NULL*	
sex	varchar(255)	Yes	*NULL*	
reg_date	datetime	No		

Indexes

Keyname	Type	Unique	Packed	Column	Cardinality	Collation	Null	Comment
PRIMARY	BTREE	Yes	No	per_ID	0	A	No	
email	BTREE	Yes	No	email	0	A	No	