Assumptions:

- Each User can only register for one profile.
- For some entities, attributes are less than 5.

Tips

TipsID
TipsType
TipsName
TipsDescription
TipsContent

0 .. *   ◄ Access

Goals

GoalID
InitialDate
GoalType
GoalName
GoalDescription
TargetDate

Set ▶   0 .. *

1 .. 1   Contain ▶   1 ..*

Notification

NotificationID
NotificationName
NotificationDate
NotificationTime

0 .. *   1 .. 1

Daily Mood

Date
Mood Rating
Mood Type

0 .. *   ◄ Log   0 .. *

User Profile

UserID
Name
Email
Age
Gender
Contact Information

1 .. 1   Track ▶   0 ..*

Physical Activity

PhysicalID
Workout Type
Distance
Steps
Date

1 .. 1   1 .. 1

Sleep

SleepID
Date
Hours Slept

0 .. *   ◄ Log

Track ▶   0 ..*

Consumption Tracker

ConsumptionID
Date
WaterConsumption
EstimatedCaloricIntake