

derived_metrics	
metric_id	INTEGER PK
user_id	INTEGER
fat_percentage	REAL
water_intake	REAL
lean_mass_kg	REAL
cal_balance	REAL

workouts	
workout_id	INTEGER PK
user_id	INTEGER
workout_type	TEXT
session_duration	REAL
calories_burned	REAL
max_bpm	REAL
avg_bpm	REAL
resting_bpm	REAL
name_of_exercise	TEXT
sets	REAL
reps	REAL
target_muscle_group	TEXT
equipment_needed	TEXT
difficulty_level	TEXT
body_part	TEXT

nutrition	
nutrition_id	INTEGER PK
user_id	INTEGER
daily_meals_frequency	REAL
carbs	REAL
proteins	REAL
fats	REAL
calories	REAL
meal_name	TEXT
meal_type	TEXT
diet_type	TEXT
sugar_g	REAL
sodium_mg	REAL
cholesterol_mg	REAL
serving_size_g	REAL
cooking_method	TEXT
prep_time_min	REAL
cook_time_min	REAL
rating	REAL

workout_analysis	
analysis_id	INTEGER PK
user_id	INTEGER
pct_hrr	REAL
pct_maxhr	REAL
cal_balance	REAL
expected_burn	REAL
benefit	TEXT
burns_calories_per_30min	REAL
type_of_muscle	TEXT
training_efficiency	REAL
muscle_focus_score	REAL
recovery_index	REAL

templates	
template_id	INTEGER PK
template_name	TEXT
template_text	TEXT

users	
user_id	INTEGER PK
age	REAL
gender	TEXT
weight	REAL
height	REAL
bmi	REAL
fat_percentage	REAL
lean_mass_kg	REAL
experience_level	TEXT
workout_frequency	REAL
water_intake	REAL
resting_bpm	REAL

FK: user_id -> user_id

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