**User**(ID, Name, Password)

**Workout**(UserID†, Date, Time, Type, Duration, Intensity)

*UserID is a foreign key to* ***User***

**Weight**(UserID†, Date, Time, Weight)

*UserID is a foreign key to* ***User***

**Meal**(ID, UserID†, Date, Time)

*UserID is a foreign key to* ***User***

**FoodBeverage**(Name, GramsPerServing, Calories)

**MealContains**(MealID†, FoodName†, Amount)

*MealID is a foreign key to* ***Meal***

*FoodName is a foreign key to* ***FoodBeverage***

**Micronutrient**(Name, DailyDose)

**FoodContains**(MicroName†, FoodName†, Amount)

*FoodName is a foreign key to* ***FoodBeverage***

*MicroName is a foreign key to* ***Micronuitrient***