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create table userbuy(bno char(10),uno char(10),ino char(10),iname char(30),iprice float,bnum integer,btime date,primary key(bno))

--userbuy表：订单编号,用户编号，商品编号，商品名称，商品单价，数量，购买时间,主键：订单编号（订单记录）

insert into userbuy values('b001','u009','i001','POWER智能手环',169,1,'2019-10-22 14:56:58');

insert into userbuy values('b002','u009','i002','POWER体脂秤',109,1,'2019-10-23 19:56:58');

insert into userbuy values('b003','u009','i003','POWER家用跑步机',2099,1,'2019-11-22 14:56:59');

insert into userbuy values('b004','u009','i004','POWER动感单车',2799,1,'2019-11-28 09:33:00');

insert into userbuy values('b005','u009','i005','POWER健走机',1599,1,'2019-12-02 14:56:58');

insert into userbuy values('b006','u009','i006','泡沫轴',129,3,'2019-12-08 15:56:58');

insert into userbuy values('b007','u009','i007','健身便当盒',229,4,'2020-01-22 14:56:58');

insert into userbuy values('b008','u009','i008','POWER燃脂跳绳',35,8,'2020-03-08 14:56:58');

insert into userbuy values('b009','u009','i009','POWER运动无缝宽发带',29,10,'2020-03-22 14:56:58');

insert into userbuy values('b010','u009','i010','POWER健身垫',129,3,'2020-04-22 14:56:58');

create table trainingrecord(rno char(10),uno char(20),sno char(20),sname char(20),stime int,rdate date,primary key(rno,uno));

--trainingrecord表：训练记录编号，用户编号，训练编号，训练名称，训练时长，训练结束时间，主键：训练记录编号，用户编号

insert into trainingrecord values ('r001','u009','s001','高位下拉',20,'2019-09-22 14:33:38');

insert into trainingrecord values ('r002','u009','s002','坐姿划船',15,'2019-09-23 14:33:38');

insert into trainingrecord values ('r003','u009','s003','俯身划船',15,'2019-09-24 14:33:38');

insert into trainingrecord values ('r004','u009','s004','深蹲',30,'2019-09-30 14:33:38');

insert into trainingrecord values ('r005','u009','s005','硬拉',30,'2019-10-12 14:33:38');

insert into trainingrecord values ('r006','u009','s006','跪姿踢腿',20,'2019-11-22 14:33:38');

insert into trainingrecord values ('r007','u009','s008','蚌式开合',10,'2019-11-25 14:33:38');

insert into trainingrecord values ('r008','u009','s001','高位下拉',20,'2019-11-28 14:33:38');

insert into trainingrecord values ('r009','u009','s009','哑铃飞鸟',20,'2019-12-25 14:33:38');

insert into trainingrecord values ('r010','u009','s010','卧推',40,'2020-05-22 14:33:38');

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create table userlog(uno char(10),uname char(10),upass char(18),primary key(uno,uname))

--userlog表：用户编号，用户名，用户密码,主键：用户编号，用户名

insert into userlog values('u001','想霍奶茶','123456');

insert into userlog values('u002','掰头到老','123456');

insert into userlog values('u003','Chanye82','123456');

insert into userlog values('u004','不那那','123456');

insert into userlog values('u005','SHEN叻','123456');

insert into userlog values('u006','美味浪味仙','123456');

insert into userlog values('u007','是我偷的鸡','123456');

insert into userlog values('u008','Ldxhs123','123456');

insert into userlog values('u009','请削猴子','123456');

insert into userlog values('u010','未闻花名','123456');

insert into userlog values('u011','startup','123456');

insert into userlog values('u012','凤梨酥','123456');

insert into userlog values('u013','SCP特聘','123456');

insert into userlog values('u014','i北南','123456');

insert into userlog values('u015','永不脱非','123456');

insert into userlog values('u016','爱乐','123456');

insert into userlog values('u017','dramastic','123456');

insert into userlog values('u018','七茶膏','123456');

insert into userlog values('u019','镀金金坷垃','123456');

insert into userlog values('u020','东北bking','123456');

insert into userlog values('u021','xy怒马','123456');

insert into userlog values('u022','铁窗泪','123456');

insert into userlog values('u023','芋泥小丸子','123456');

insert into userlog values('u024','林对对fgh','123456');

insert into userlog values('u025','4lover4','123456');

update users set upass='123456'

--更新user表的所有用户密码为

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**创建数据库：**

create database POW

**创建表**：

create table trecord(uno char(10),uname char(10),urecord char(200),primary key(uno))

-- trecord表：用户编号，用户名,训练记录，主键：用户编号

Create table bodyreport(uno char(10),uname char(10),month1 float,month2 float,month3 float,month4 float,month5 float,month6 float,primary key(uno))

-- bodyreport表：用户编号，用户名,1个月后体脂率，2个月后体脂率，3个月后体脂率, 4个月后体脂率，5个月后体脂率，6个月后体脂率,主键：用户编号

create table suggest(uno char(10),uname char(10),tsuggest char(100),primary key(uno))

-- suggest表：用户编号，用户名,训练建议，主键：用户编号

create table users(uno char(10),uname char(10),upass char(18),uhight float,uweight float,umuscle float,ufat float,uhobby char(50),primary key(uno))

--users表：用户编号，用户名，用户密码，用户身高，用户体重，用户肌肉含量，用户体脂率，用户爱好，主键：用户编号

create table prend(pno char(10),uno char(10),ptime DATETIME,ptext char(100),

primary key(pno,uno))

--prend表：动态序号，用户编号，动态发表时间，动态内容，主键：动态序号，用户编号

create table item(ino char(10),iname char(30),iprice float,itype char(20),

istorage Integer,primary key(ino))

--item表：商品编号，商品名称，商品单价，商品类别，商品库存，主键：商品序号

create table vip(vno char(10),uno char(10),uname char(10),iclass char(10),vdate DATETIME,

primary key(vno,uno))

--vip表：会员编号，用户编号，用户名，会员等级，会员到期时间，主键：会员编号，用户编号

create table sport(sno char(10),sname char(20),stime int,sgoal char(5), srmb float,spart char(20),primary key(sno))

--sport表：训练编号，训练名称，训练时间，训练目标，训练强度，训练部位，主键：训练编号

create table food(fno char(10),fname char(20),fin float,fcal int,ftype char(20),primary key(fno))

--food表：食物编号，食物名称，摄入量，卡路里，食物类型，主键：食物编号

**插入元组**

insert into users values('u001','想霍奶茶','qwe12345',165.5,50,65.0,25.6,'跑步');

insert into users values('u002','掰头到老','qwqqwqqw',160.0,48,65.0,26.6,'游泳');

insert into users values('u003','Chanye82','yingying',170.8,54,69.0,22.6,'跑步');

insert into users values('u004','不那那','bananana11',157.5,46,51.0,21.6,'瑜伽');

insert into users values('u005','SHEN叻','zhoushen22',180.5,70,100.0,25.0,'有氧操');

insert into users values('u006','美味浪味仙','wzhhc2',165.0,50,65.0,25.9,'有氧操');

insert into users values('u007','是我偷的鸡','tjmg18',163.5,52,65.0,23.6,'有氧操');

insert into users values('u008','Ldxhs123','lidongxu',178.5,60,89.0,25.0,'游泳');

insert into users values('u009','请削猴子','monkey12',177.5,62,90.0,23.3,'游泳');

insert into users values('u010','未闻花名','mianma78',165.3,50,65.0,26.6,'游泳');

insert into users values('u011','startup','tomcathh1',175.5,58,76.0,23.6,'游泳');

insert into users values('u012','凤梨酥','233piapple',168.5,51,65.0,22.6,'跑步');

insert into users values('u013','SCP特聘','scpscpscp',188.5,78,99.0,21.1,'跑步');

insert into users values('u014','i北南','ns1wq233333',164.5,50,65.0,24.6,'跑步');

insert into users values('u015','永不脱非','africa22',165.6,50,65.0,24.6,'瑜伽');

insert into users values('u016','爱乐','lovemusic122',160.0,50,65.0,24.6,'乒乓球');

insert into users values('u017','dramastic','acter68',165.5,50,65.0,24.6,'乒乓球');

insert into users values('u018','七茶膏','seventea77',165.5,50,65.0,24.6,'乒乓球');

insert into users values('u019','镀金金坷垃','jinkel',175.5,70,99.0,27.6,'乒乓球');

insert into users values('u020','东北bking','enbking',190.5,75,99.0,27.6,'排球');

insert into users values('u021','xy怒马','xynm333444',165.5,50,65.0,25.6,'排球');

insert into users values('u022','铁窗泪','7425673tcl',165.5,50,65.0,25.6,'排球');

insert into users values('u023','芋泥小丸子','yuni45',176.5,65,90.0,27.6,'柔道');

insert into users values('u024','林对对fgh','right55',175.0,65,90.0,27.6,'柔道');

insert into users values('u025','4lover4','loooooveu',185.5,75,110.0,24.6,'柔道');

insert into prend values('p001','u001',2020-03-10,'好饿好饿好饿');

insert into prend values('p002','u001',2020-03-10,'好饿好饿好饿');

insert into prend values('p003','u002',2020-03-10,'蒸羊羔、蒸熊掌、蒸鹿尾儿、烧花鸭、烧雏鸡、烧子鹅，吸溜');

insert into prend values('p004','u008',2020-03-10,'死亡芭蕾好难啊啊啊');

insert into prend values('p005','u004',2020-03-10,'我永远喜欢火锅，一顿火锅，半月白练，所以我不练了');

insert into prend values('p006','u005',2020-03-15,'不会真的有人没拍体育视频吧？不会吧不会吧？');

insert into prend values('p007','u006',2020-03-15,'315晚会和美丽芭蕾~');

insert into prend values('p008','u003',2020-03-20,'大明星陆文马上就出道！！！！陆文冲冲冲！');

insert into prend values('p009','u007',2020-03-24,'文瞿星是真的！！！');

insert into prend values('p010','u006',2020-03-27,'kdlkdl');

insert into prend values('p011','u008',2020-03-30,'北南老师什么时候再骑动感单车呢');

insert into prend values('p012','u009',2020-04-10,'健身环真好玩嘻嘻');

insert into prend values('p013','u010',2020-04-10,'全世界都在动森健身');

insert into prend values('p014','u011',2020-04-10,'冻过的巧克力热量应该不高吧，我就吃一口');

insert into prend values('p015','u013',2020-04-18,'不会有人真的不吃夜宵吧？不会吧不会吧');

insert into prend values('p016','u015',2020-04-19,'搞点夜点心');

insert into prend values('p017','u018',2020-04-24,'烧烤真香（wjz语气');

insert into prend values('p018','u019',2020-05-02,'美好的五一从不起床开始~');

insert into prend values('p019','u020',2020-05-03,'zoey的训练都挺有效果的！');

insert into prend values('p020','u017',2020-05-07,'为什么要回学校了？？？？？');

insert into item values('i001','POWER智能手环',169,'智能硬件',2000);

insert into item values('i002','POWER体脂秤',109,'智能硬件',3000);

insert into item values('i003','POWER家用跑步机',2099,'智能硬件',100);

insert into item values('i004','POWER动感单车',2799,'智能硬件',200);

insert into item values('i005','POWER健走机',1599,'智能硬件',1000);

insert into item values('i006','泡沫轴',129,'运动装备',1000);

insert into item values('i007','健身便当盒',229,'运动装备',1000);

insert into item values('i008','POWER燃脂跳绳',35,'运动装备',1000);

insert into item values('i009','POWER运动无缝宽发带',29,'运动装备',1000);

insert into item values('i010','POWER健身垫',129,'运动装备',2000);

insert into item values('i011','左旋肉碱营养饮品',99,'轻食代餐',20000);

insert into item values('i012','即食鸡胸肉',11,'轻食代餐',20000);

insert into item values('i013','魔芋凉皮',26,'轻食代餐',10000);

insert into item values('i014','低脂全麦棒',28,'轻食代餐',20000);

insert into item values('i015','高纤紫薯燕麦粥',48,'轻食代餐',5000);

insert into item values('i016','速干T恤',99,'健身服饰',5000);

insert into item values('i017','速干修身T恤',99,'健身服饰',5000);

insert into item values('i018','训练运动短裤',149,'健身服饰',5000);

insert into item values('i019','速干训练背心',79,'健身服饰',5000);

insert into item values('i020','透气运动外套',199,'健身服饰',5000);

insert into vip values('v001','u001','想霍奶茶','钻石',2099-12-30);

insert into vip values('v002','u002','掰头到老','钻石',2099-12-30);

insert into vip values('v003','u003','Chanye82','钻石',2099-12-30);

insert into vip values('v004','u004','不那那','钻石',2099-12-30);

insert into vip values('v005','u005','SHEN叻','钻石',2099-12-30);

insert into vip values('v006','u006','美味浪味仙','黄金',2070-12-30);

insert into vip values('v007','u007','是我偷的鸡','黄金',2070-12-30);

insert into vip values('v008','u008','Ldxhs123','黄金',2070-12-30);

insert into vip values('v009','u009','请削猴子','黄金',2070-12-30);

insert into vip values('v010','u010','未闻花名','黄金',2070-12-30);

insert into vip values('v011','u011','startup','黄金',2070-12-30);

insert into vip values('v012','u012','凤梨酥','黄金',2070-12-30);

insert into vip values('v013','u013','SCP特聘','黄金',2070-12-30);

insert into vip values('v014','u014','i北南','白银',2050-12-30);

insert into vip values('v015','u016','爱乐','白银',2050-12-30);

insert into vip values('v016','u017','dramastic','白银',2050-12-30);

insert into vip values('v017','u018','七茶膏','白银',2050-12-30);

insert into vip values('v018','u019','镀金金坷垃','白银',2050-12-30);

insert into vip values('v019','u020','东北bking','白银',2050-12-30);

insert into vip values('v020','u021','xy怒马','白银',2050-12-30);

insert into sport values('s001','高位下拉',20,'增肌','0.2','背部')

insert into sport values('s002','坐姿划船',15,'增肌','0.2','背部')

insert into sport values('s003','俯身划船',15,'增肌','0.3','背部')

insert into sport values('s004','深蹲',30,'增肌','0.8','腿部臀部')

insert into sport values('s005','硬拉',30,'增肌','0.8','腿部臀部')

insert into sport values('s006','跪姿踢腿',20,'增肌','0.8','腿部臀部')

insert into sport values('s007','跪姿外展',20,'增肌','0.4','臀部')

insert into sport values('s008','蚌式开合',10,'增肌','0.5','臀部')

insert into sport values('s009','哑铃飞鸟',20,'增肌','0.6','胸部')

insert into sport values('s010','卧推',40,'增肌','1.0','胸部')

insert into sport values('s011','蝴蝶机夹胸',20,'增肌','0.6','胸部')

insert into sport values('s012','俯卧撑',10,'增肌','0.7','胸部')

insert into sport values('s013','坐姿收腿',10,'增肌','0.6','腹部')

insert into sport values('s014','仰卧举腿',10,'增肌','0.6','腹部')

insert into sport values('s015','平板支撑',10,'增肌','0.7','核心')

insert into sport values('s016','反向卷腹',10,'增肌','0.8','腹部')

insert into sport values('s017','空中自行车',10,'增肌','0.7','腹部')

insert into sport values('s018','坐姿收腿',10,'增肌','0.6','腹部')

insert into sport values('s019','肩平举',10,'增肌','0.6','肩部')

insert into sport values('s020','坐姿推举',10,'增肌','0.7','肩部')

insert into sport values('s021','跳绳',40,'减脂','0.7','全身')

insert into sport values('s022','游泳',60,'减脂','0.8','全身')

insert into sport values('s023','慢跑',80,'减脂','0.8','全身')

insert into food values('f001','草莓',100,32,'水果')

insert into food values('f002','西柚',100,33,'水果')

insert into food values('f003','杏',100,38,'水果')

insert into food values('f004','西梅',100,42,'水果')

insert into food values('f005','柚子',100,42,'水果')

insert into food values('f006','橘子',100,44,'水果')

insert into food values('f007','葡萄',100,45,'水果')

insert into food values('f008','梨',100,51,'水果')

insert into food values('f009','苹果',100,53,'水果')

insert into food values('f010','绿豆面',100,22,'主食')

insert into food values('f011','意大利面',100,12,'主食')

insert into food values('f012','香大米',100,32,'主食')

insert into food values('f013','牛肉',100,95,'蛋白质')

insert into food values('f014','羊肉',100,85,'蛋白质')

insert into food values('f015','猪肉',100,75,'蛋白质')

insert into food values('f016','鸡胸脯肉',100,80,'蛋白质')

insert into food values('f017','黄豆',100,35,'豆类')

insert into food values('f018','青豆',100,30,'豆类')

insert into food values('f019','西兰花',100,10,'蔬菜')

insert into food values('f020','冬寒菜',100,13,'蔬菜')

insert into food values('f021','塔菜',100,15,'蔬菜')

insert into food values('f022','荠菜',100,12,'蔬菜')

insert into trecord values('u001','想霍奶茶','臀腿训练min,训练餐鸡胸肉增肌餐')

insert into trecord values('u002','掰头到老','有氧训练.5h,训练餐水果沙拉减脂餐')

insert into trecord values('u003','Chanye82','跑步训练h,训练餐龙利鱼沙拉餐')

insert into trecord values('u004','不那那','瑜伽训练.5h,训练餐水煮蔬菜餐')

insert into trecord values('u005','SHEN叻','有氧操训练h,训练餐水果沙拉减脂餐')

insert into trecord values('u006','美味浪味仙','有氧操训练h,训练餐水果沙拉减脂餐')

insert into trecord values('u007','是我偷的鸡','有氧操训练.5h,训练餐水果沙拉减脂餐')

insert into trecord values('u008','Ldxhs123','游泳训练.5h,训练餐龙利鱼沙拉餐')

insert into trecord values('u009','请削猴子','游泳训练.5h,训练餐龙利鱼沙拉餐')

insert into trecord values('u010','未闻花名','胸部训练h,训练餐孜然牛肉增肌餐')

insert into trecord values('u011','startup','肩部训练min,训练餐鸡胸肉增肌餐')

insert into trecord values('u012','凤梨酥','有氧训练.5h,训练餐紫薯杂粮餐')

insert into trecord values('u013','SCP特聘','跑步训练h,训练餐鸡胸肉增肌餐')

insert into trecord values('u014','i北南','有氧操训练.5h,训练餐水果沙拉减脂餐')

insert into trecord values('u015','永不脱非','瑜伽训练min,训练餐紫薯杂粮餐')

insert into trecord values('u016','爱乐','乒乓训练.5h,训练餐鸡胸肉增肌餐')

insert into trecord values('u017','dramastic','胸部训练h,训练餐孜然牛肉增肌餐')

insert into trecord values('u018','七茶膏','肩部训练min,训练餐鸡胸肉增肌餐')

insert into trecord values('u019','镀金金坷垃','有氧训练.5h,训练餐紫薯杂粮餐')

insert into trecord values('u020','东北bking','排球训练h,训练餐鸡胸肉增肌餐')

insert into trecord values('u021','xy怒马','手臂训练.5h,训练餐水果沙拉减脂餐')

insert into trecord values('u022','铁窗泪','臀腿训练min,训练餐紫薯杂粮餐')

insert into trecord values('u023','芋泥小丸子','柔道训练.5h,训练餐鸡胸肉增肌餐')

insert into trecord values('u024','林对对fgh','臀腿训练min,训练餐鸡胸肉增肌餐')

insert into trecord values('u025','4lover4','柔道训练h,训练餐鸡胸肉增肌餐')

insert into bodyreport values('u001','想霍奶茶',0.20,0.19,0.21,0.20,0.18,0.17)

insert into bodyreport values('u002','掰头到老',0.18,0.18,0.19,0.17,0.16,0.15)

insert into bodyreport values('u003','Chanye82',0.22,0.19,0.18,0.17,0.18,0.16)

insert into bodyreport values('u004','不那那',0.25,0.22,0.23,0.21,0.19,0.18)

insert into bodyreport values('u005','SHEN叻',0.28,0.28,0.26,0.25,0.24,0.22)

insert into bodyreport values('u006','美味浪味仙',0.19,0.20,0.18,0.17,0.15,0.13)

insert into bodyreport values('u007','是我偷的鸡',0.19,0.18,0.16,0.14,0.13,0.12)

insert into bodyreport values('u008','Ldxhs123',0.18,0.18,0.18,0.17,0.16,0.14)

insert into bodyreport values('u009','请削猴子',0.22,0.24,0.21,0.20,0.17,0.16)

insert into bodyreport values('u010','未闻花名',0.17,0.16,0.15,0.15,0.13,0.12)

insert into bodyreport values('u011','startup',0.19,0.18,0.15,0.15,0.16,0.13)

insert into bodyreport values('u012','凤梨酥',0.18,0.19,0.20,0.17,0.17,0.15)

insert into bodyreport values('u013','SCP特聘',0.19,0.17,0.17,0.16,0.16,0.15)

insert into bodyreport values('u014','i北南',0.27,0.25,0.22,0.19,0.19,0.19)

insert into bodyreport values('u015','永不脱非',0.19,0.19,0.19,0.19,0.18,0.18)

insert into bodyreport values('u016','爱乐',0.21,0.20,0.20,0.19,0.19,0.18)

insert into bodyreport values('u017','dramastic',0.20,0.19,0.18,0.17,0.16,0.15)

insert into bodyreport values('u018','七茶膏',0.22,0.23,0.21,0.19,0.18,0.17)

insert into bodyreport values('u019','镀金金坷垃',0.18,0.18,0.17,0.17,0.16,0.16)

insert into bodyreport values('u020','东北bking',0.20,0.19,0.18,0.16,0.17,0.16)

insert into bodyreport values('u021','xy怒马',0.21,0.22,0.20,0.20,0.19,0.18)

insert into bodyreport values('u022','铁窗泪',0.21,0.22,0.23,0.20,0.18,0.18)

insert into bodyreport values('u023','芋泥小丸子',0.18,0.18,0.17,0.17,0.16,0.14)

insert into bodyreport values('u024','林对对fgh',0.20,0.20,0.19,0.19,0.18,0.16)

insert into suggest values('u001','想霍奶茶','增加抗阻训练')

insert into suggest values('u002','掰头到老','控制饮食减少碳水摄入量')

insert into suggest values('u003','Chanye82','增加动物蛋白的摄入')

insert into suggest values('u004','不那那','加大训练强度')

insert into suggest values('u005','SHEN叻','可适当选择补剂提高训练效率')

insert into suggest values('u006','美味浪味仙','增加抗阻训练')

insert into suggest values('u007','是我偷的鸡','加大训练强度')

insert into suggest values('u008','Ldxhs123','加强肩部训练')

insert into suggest values('u009','请削猴子','加强核心训练')

insert into suggest values('u010','未闻花名','加强臀腿训练')

insert into suggest values('u011','startup','控制饮食减少碳水摄入量')

insert into suggest values('u012','凤梨酥','增加抗阻训练')

insert into suggest values('u013','SCP特聘','加强核心训练')

insert into suggest values('u014','i北南','加强臀腿训练')

insert into suggest values('u015','永不脱非','加强核心训练')

insert into suggest values('u016','爱乐','可适当选择补剂提高训练效率')

insert into suggest values('u017','dramastic','加强臀腿训练')

insert into suggest values('u018','七茶膏','控制饮食减少碳水摄入量')

insert into suggest values('u019','镀金金坷垃','加强核心训练')

insert into suggest values('u020','东北bking','增加动物蛋白的摄入')

insert into suggest values('u021','xy怒马','加大训练强度')

insert into suggest values('u022','铁窗泪','加大训练强度')

insert into suggest values('u023','芋泥小丸子','加强核心训练')

insert into suggest values('u024','林对对fgh','增加抗阻训练')