

Many-to-One with User many Pokemon can belong to one user

Many-to-One with Pokemon many Pokemon can be of the same species

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One-to-Many with UserPokemon one user can have many Pokemon

One-to-Many with UserPokemon one Pokemon can belong to many users

User	
id	primary key
username	Type
email	Type
password	Type

UserPokemon	
id	primary key
user_id	foreign key
pokemon_id	foreign key

Pokemon	
id	primary key
name	
ability	Type