

following
123 id
123 followee_id
123 follower_id

user.id works as a foreign key for both following.followee_id and following.follower_id

jog
123 id
123 user_id
ABC date
123 distance
123 duration

user.id works as a foreign key for jog.user_id

user
123 id
ABC name
ABC email
ABC password_hash

