

DBMS-Final Project

組名：#我要種肌肉

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專題題目：肌肉培養系統

專題詳細說明

系統功能分析

A personal health management database system that store data to keep track of user's training, diet, and diseases history.

1. Member works out in train houses.
2. Member can work out in different train houses.
3. Member eats more than one meals per day.
4. Member can workout more than once per day.
5. Growing rate must has more than two fitness records so that it can exist.

資料需求分析

1. We store member's person ID, gender, age, address, entered day and trainer ID.
2. We record the training venue that people go to and also the fee.
3. We record every member's daily meal with calories, fat, carbon hydrate, protein.
4. We record every member's training history including training programs, reps, sets, rest.
5. We record every member's body composition including water, weight, muscle, body fat rate.
6. We record every member's chronic diseases if there is any.
7. Member's body composition change is record on the relationship of member and body record.