

# Deliverable 3: Class Methods

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## Create User

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Function: `createUser(String firstName, String lastName, int age, double weight)`

```
INSERT INTO User (first_name, last_name, age, weight)
VALUES (firstName, lastName, age, weight)
```

## Create Workout

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Function: `createWorkout(String name, String description)`

```
INSERT INTO Workout (name, routine_description) VALUES (name, description)
```

## Add Nutrition Recording

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Function: `addNutritionRecording(NutritionRecording recording)`

```
INSERT INTO Nutrition_Recording (day, month,
                                year, time,
                                calories, protein,
                                carbohydrate, fat)
VALUES (recording.date.day, recording.date.month,
        recording.date.year, recording.date.time,
        recording.calories, recording.protein,
        recording.carbohydrate, recording.fat)
```

## Add Body Measurement Recording

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Function: `addBodyMeasurementRecording(BodyMeasurementRecording recording)`

```
INSERT INTO BodyMeasurement_Recording (day, month,
                                        year, time,
```

```
bodyfat, weight)  
VALUES (recording.date.day, recording.date.month,  
        recording.date.year, recording.date.time,  
        recording.bodyFat, recording.weight)
```