-- Create the database

CREATE DATABASE beFitMamas;

-- Use the database

USE beFitMamas;

-- Create the table for storing users

CREATE TABLE users (

user\_id INT AUTO\_INCREMENT,

username VARCHAR(50) NOT NULL,

email VARCHAR(100) NOT NULL,

password VARCHAR(255) NOT NULL,

join\_date TIMESTAMP DEFAULT CURRENT\_TIMESTAMP,

PRIMARY KEY (user\_id),

UNIQUE (username),

UNIQUE (email)

);

-- Create the table for storing workouts/exercises

CREATE TABLE workouts (

workout\_id INT AUTO\_INCREMENT,

name VARCHAR(100) NOT NULL,

description TEXT,

intensity ENUM('Low', 'Moderate', 'High') NOT NULL,

duration INT,

PRIMARY KEY (workout\_id)

);

-- Create the table for storing food/nutrition information

CREATE TABLE nutrition (

nutrition\_id INT AUTO\_INCREMENT,

name VARCHAR(100) NOT NULL,

description TEXT,

calories INT,

protein DECIMAL(5, 2),

carbohydrates DECIMAL(5, 2),

fat DECIMAL(5, 2),

PRIMARY KEY (nutrition\_id)

);

-- Create the table for storing forum categories

CREATE TABLE categories (

category\_id INT AUTO\_INCREMENT,

name VARCHAR(100) NOT NULL,

description TEXT,

PRIMARY KEY (category\_id)

);

-- Create the table for storing forum topics

CREATE TABLE topics (

topic\_id INT AUTO\_INCREMENT,

category\_id INT NOT NULL,

user\_id INT NOT NULL,

title VARCHAR(255) NOT NULL,

content TEXT,

created\_at TIMESTAMP DEFAULT CURRENT\_TIMESTAMP,

PRIMARY KEY (topic\_id),

FOREIGN KEY (category\_id) REFERENCES categories(category\_id),

FOREIGN KEY (user\_id) REFERENCES users(user\_id)

);

-- Create the table for storing forum posts

CREATE TABLE posts (

post\_id INT AUTO\_INCREMENT,

topic\_id INT NOT NULL,

user\_id INT NOT NULL,

content TEXT,

created\_at TIMESTAMP DEFAULT CURRENT\_TIMESTAMP,

PRIMARY KEY (post\_id),

FOREIGN KEY (topic\_id) REFERENCES topics(topic\_id),

FOREIGN KEY (user\_id) REFERENCES users(user\_id)

);