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Assignment 01

ER Diagram

Fitness Tracker

Entities

Entity: User

Only one account per user, we need to know (attributes) the users ID, username, password, description of membership, and types of trainings they will do.

Entity: Tracking

A tracking workout entity has been created because the app needs to track the Users workouts along with their weight. Attributes were created that will show what body types of workouts were done that day (Arms, Chest, Legs, Cardio). Also, the time and date of when these workouts took place and a trackID that will keep track of workouts, in conclusion the details (Tracking User Details).

Entity: Serving

A serving entity was created that will hold the information on serving size, food, beverages, planID, user eats, that will record how many servings of what and when the user took.

> Attribute Serving size:
>
> o The serving size will be some unit (grams, ounce, tbsp, cups, etc)
>
> Attribute Food:
>
> o Types of macronutrients -> protein, carbs, low carbs, fat
>
> Attribute Beverages:
>
> o Types of macronutrients -> protein, carbs, low carbs, fat
>
> Attribute eat
>
> o Types of micronutrients -> vitamin D, caffeine)

Entity: Workout

A Workout entity has been created that will hold the information rewarding the workouts how long they lasted, calories burn, sets, reps, body part, total, time.

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Relationships

Relationship with User and Tracking (Tracking User Details)

- A relationship has been created with the User and tracking because we need to track the weight loss from the user.

Relationship with User and Serving (Workout Meals)

- A relationship has been created with serving that will hold the Users workout meals.

Relationship with Serving and Workout (Planned Meals)

- A relationship has been created with Serving and Workout meals that will go along as the User workouts the meals will go accordingly with the workouts the User does.

Relationship with Workout and Tracking (Tracking Workouts)

- A relationship has been created with Workouts and the Tracking, as the User works out that will be tracked in the Tracking entity.

Relationship with Serving and Tracking (Tracking Meals)

- A relationship has been created with Serving and Tracking, this will track the amount of serving and type of food the User ate.

Assumptions

User - one to one, assuming the user has only one account.

User – Assuming the User doesn't bring a guest

Workout – Assuming there is NO trainer assisting them with there workouts