**Relational Schema**

USER(ID, firstName, lastName)

WEIGHT(User\_ID†, dateTime, Pounds)

WORKOUT(User\_ID†, dateTime, Type, Intensity, Duration)

FOOD/BEVERAGES(Category, Name, dailyValue, dateTime)

MEALS(User\_ID†, dateTime)

MACRO (fbCategory†, fbName†, Proteins, Fats, Carbs)

MICRO(fbCategory†, fbName†, Minerals, Vitamins)

SERVINGSIZE(fbCategory†, fbName†, Pounds, Tablespoons, Grams, Ounces, Cups)