The best string data type for the column "Title" is Varchar as it is more flexible. For example Varchar(15) would allow each string in Title to use a maximum of 15 bytes of storage. If the strings are shorter, then the remaining storage is saved which is mostly a good thing. However there may be drawbacks if we decide the update a field later. As for char, the length is set, meaning that strings longer than the set amount causes the operation to fail and shorter strings occupy the same amount of space as the set amount.

The primary key for this table would be a composite key using Item_No, Borrowed_Date, and Client_NO. The title of the movie would be an unsuitable candidate for being primary key because the movie rental could have several copies of the same movie available. Client_NO wouldn't work because each client can rent more than a single movie. Client names wouldn't work either as people could have the same names.