

SLEEP_LOG			
<u>clientID</u>	date	time	duration

FOOD_LOG							
<u>clientID</u>	log_date	log_time	Meal_Description	protein	carbohydrates	fat	calories

WORKOUT_LOG				
<u>clientID</u>	log_date	start_time	end_time	calories_burned

EXERCISE_SET					
<u>clientID</u>	<u>workoutLog_date</u>	<u>workoutLog_time</u>	type	set_number	repetitions

CARDIO_LOG					
<u>clientID</u>	log_date	start_time	end_time	calories_burned	cardio_type

CLIENT					
<u>clientID</u>	weight	height	waist_circumference	hip_circumference	neck_circumference

RATES				
<u>clientID</u>	<u>specialistID</u>	<u>rate_dateTime</u>	comment	rating

SPECIALIST					
<u>specialistID</u>	current_employment	phone	email	reviewer	rating

WRITES		
<u>specialistID</u>	<u>written_page</u>	

PAGES					
<u>pageID</u>	content	topic	view_count	author	write_date

LINKS		
<u>linker_page</u>	<u>linked_page</u>	

USER				
<u>UserID</u>	name	DoB	username	password

VIEWS			
<u>userID</u>	<u>viewed_page</u>	view_date	

INSTRUCTOR			
<u>instructorID</u>	client_pop	training_philosophy	accreditation

FITNESS_PRGM							
<u>instructor_authorID</u>	<u>name</u>	desccription	routine	inst_vid	training_type	exercise_modality	creation_date

JOINS			
<u>joining_client</u>	<u>joined_inst</u>	<u>joined_fitness_program</u>	join_dateTime

FOLLOWS			
<u>following_client</u>	<u>followed_dietician</u>	<u>followed_nutrition_plan</u>	join_dateTime

NUTRITION_PLAN					
<u>dietician_authorID</u>	<u>name</u>	description	grocery_list	meal_plan	creation_date

DIETICIAN					
<u>dieticianID</u>	practise	doctorate	bachelors_degree	associate_degree	certification/diploma