

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>	workoutLog_date	workoutLog_time	type	set_number	repetitions	weight

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>	specialistID	rate_dateTime	comment	rating

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

WRITES	
<u>specialistID</u>	written_page

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

LINKS	
<u>linker_page</u>	linked_page

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

VIEWS		
<u>userID</u>	viewed_page	view_date

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

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

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

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

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

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