```sql
-- tabla State
CREATE TABLE State (
    Id INT PRIMARY KEY IDENTITY(1,1),
    StateName NVARCHAR(100) NOT NULL
);

-- tabla Task con la clave foránea a State
CREATE TABLE Task (
    Id INT PRIMARY KEY IDENTITY(1,1),
    Title NVARCHAR(200) NOT NULL,
    StateId INT NOT NULL,
    CONSTRAINT FK_Task_State FOREIGN KEY (StateId) REFERENCES State(Id)
);
```