Tables:

1. User – USER ID (PRIMARY KEY), Name, Age, Gender, Phone no., email, Subs_per, Date_of_joining, Weight, height, History of diabetes.

2. User ID, surgeries(both combined primary key)

3. USER ID , Ongoing_medication(COMBINED PRIMARY KEY)

4. USER ID, Allergies(COMBINED PRIMARY KEY)

2,3 and 4 table are for multiple values.(from user)

5. EHR - Blood_pressure, date(PRI),weight,Blood_sugar,Calories_burnt, Steps, Pulse, USER ID(FOREIGN KEY).

6. Dietitian - Name, Phone_no.(PRI), Qualification, email, Gender,Years_of_experience, USER ID , DATE(of EHR).

7. Trainer - Phone_no.(PRI), name, years_of_experience, gender, email, USER ID, DATE(OF HER).

8. Workout - Phone_no.(Foreign key from trainer), Cal to be burnt, Workout duration, DATE(PARTIAL KEY).   PHONE NO. AND DATE (COMBINED PRIMARY KEY).

9. Exercise - Phone_no.(Foreign key from trainer), name(partial key), sets, reps, exercise weight, rest period, duration.   PHONE NO. ANE NAME BANNE COMBINED PRIMARY KEY.

10. Diet - Phone no. (foreign key from dietitian), Cal/day, Protein/day, carbs/day, fats/day, date(partial key).   (DATE AND PHONE NO. COMBINED PRIMARY KEY)

11. Breakfast, date(Combined primary key)

12. Lunch, date(Combined primary key)

13. dinner, date(Combined primary key)