1. How to reach First Normal Form (1NF):

- Atomic values: each cell contains unique and single values
- Be able to add data without altering tables
- Separate different relations into different tables
- Keep relationships between tables together with foreign keys

2. Second Normal Form (2NF):

- Have reached 1NF
- All columns in the table must rely on the Primary Key

3. Third Normal Form (3NF):

- Must be in 2nd Normal Form
- No transitive dependencies
- Remember, transitive dependencies you are trying to maintain is that to get from A-> C, you want to avoid going through B.

When to use 3NF:

 When you want to update data, we want to be able to do in just 1 place. We want to avoid updating the table in the Customers Detail table (in the example in the lecture slide).