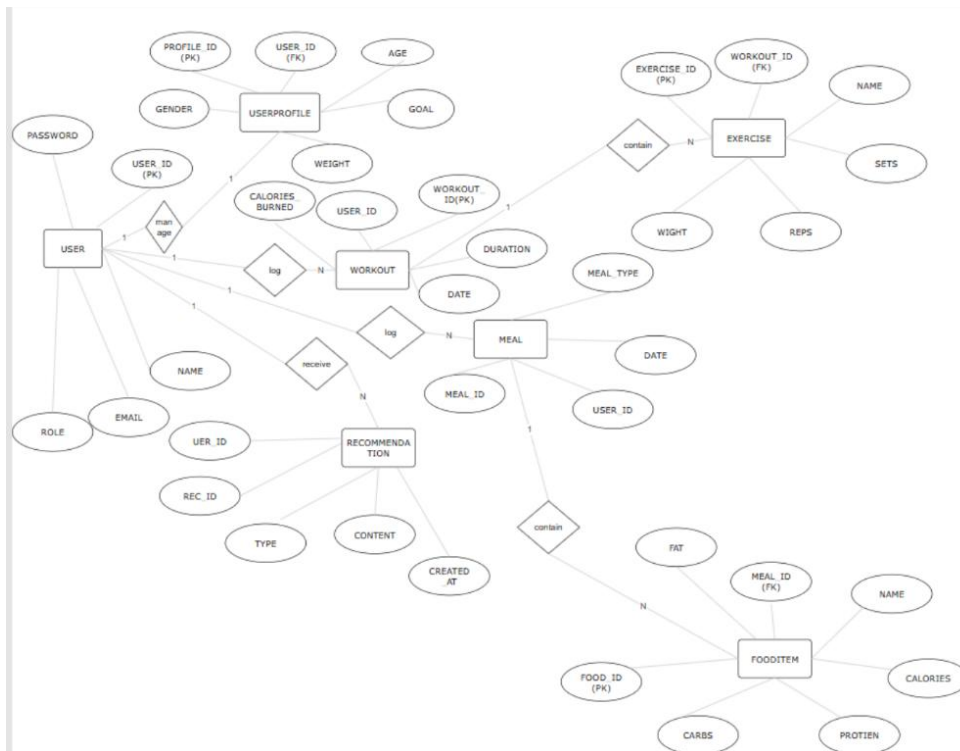


PROJECT TITLE: Fitness Application

PROJECT DESCRIPTION: This Project is a Fitness tracking platform where the database is the backbone for storing and organizing all user information, workouts, diet plans, goals, progress, and AI- based recommendations.

ER-Diagram



Relationship:

User -> UserProfile (1:1)

A user has exactly one profile.

User -> Workout (1:N)

A user can log many workouts.

Workout -> Exercise(1:N)

Each workout can contain multiple exercises.

User -> Meal(1:N)

A user can log many meals.

Meal -> FoodItem(1:N)

Each meal can contain multiple food items.

User -> Recommendations(1:N)

A user can receive many personalized recommendations from Gemini AI, Open source AI.

Master Tables

User, UserProfile .

Transactional Tables

Workout, Exercise, Meal, FoodItem, Recommendation.