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# 1 admins

Creation: May 28, 2023 at 10:58 PM

Column	Type	Attributes	Null	Default	Extra	Links to	Comments	MIME
id	bigint(20)	UNSIGNED	No		auto_increment			
name	varchar(30)		No					
email	varchar(50)		No					
password	varchar(255) )		No					
created_at	timestamp		Yes	NULL				
updated_at	timestamp		Yes	NULL				

## 2 challenges

Creation: May 29, 2023 at 11:59 AM

Column	Type	Attributes	Null	Default	Extra	Links to	Comments	MIME
id	bigint(20)	UNSIGNED	No		auto_increment			
challenges_name	varchar(255)		No					
challenges_information	text		No					
challenges_path	varchar(255)		No					
time	varchar(255)		No					
created_at	timestamp		Yes	NULL				
updated_at	timestamp		Yes	NULL				

## 3 challenges\_excercise

Creation: May 29, 2023 at 11:59 AM

Column	Type	Attributes	Null	Default	Extra	Links to	Comments	MIME
id	bigint(20)	UNSIGNED	No		auto_increment			
challenges_id	bigint(20)	UNSIGNED	No			-> challenges.id ON UPDATE RESTRICT ON DELETE CASCADE		
excercise_id	bigint(20)	UNSIGNED	No			-> excersices.id ON UPDATE RESTRICT ON DELETE CASCADE		
coach_count	int(11)		No					
created_at	timestamp		Yes	NULL				
updated_at	timestamp		Yes	NULL				

## 4 challenge\_users

Creation: May 30, 2023 at 11:29 AM

Column	Type	Attributes	Null	Default	Extra	Links to	Comments	MIME
id	bigint(20)	UNSIGNED	No		auto_increment			
user_id	bigint(20)	UNSIGNED	No			-> users.id ON UPDATE RESTRICT ON DELETE CASCADE		
challenge_id	bigint(20)	UNSIGNED	No			-> challenges.id ON UPDATE RESTRICT ON DELETE CASCADE		
created_at	timestamp		Yes	NULL				
updated_at	timestamp		Yes	NULL				

## 5 coaches

Creation: May 28, 2023 at 01:56 PM

Column	Type	Attributes	Null	Default	Extra	Links to	Comments	MIME
id	bigint(20)	UNSIGNED	No		auto_increment			
Years_of_Experience	int(10)	UNSIGNED	Yes	NULL				
degree	varchar(255)		Yes	NULL				
user_id	bigint(20)	UNSIGNED	No			-> users.id ON UPDATE RESTRICT ON DELETE CASCADE		
created_at	timestamp		Yes	NULL				
updated_at	timestamp		Yes	NULL				

## 6 comments

Creation: May 28, 2023 at 09:41 PM

Column	Type	Attributes	Null	Default	Extra	Links to	Comments	MIME
id	bigint(20)	UNSIGNED	No		auto_increment			
user_id	varchar(255)		No					
post_id	bigint(20)	UNSIGNED	No			-> posts.id ON UPDATE RESTRICT ON DELETE CASCADE		
comment_text	text		No					
comment_path	varchar(255)		No					
created_at	timestamp		Yes	NULL				
updated_at	timestamp		Yes	NULL				



# 7 diets

Creation: Jul 05, 2023 at 10:27 PM

Last update: Jul 14, 2023 at 02:08 PM

Column	Type	Attributes	Null	Default	Extra	Links to	Comments	MIME
id	bigint(20)	UNSIGNED	No		auto_increment			
diet_name	varchar(255)		No					
diet_information	text		No					
diet_path	varchar(255)		No					
diet_password	varchar(255)		No					
user_id	bigint(20)	UNSIGNED	No			-> users.id ON UPDATE RESTRICT ON DELETE CASCADE		
created_at	timestamp		Yes	NULL				
updated_at	timestamp		Yes	NULL				

## 8 diets\_foods

Creation: Jul 05, 2023 at 10:22 PM

Last update: Jul 14, 2023 at 02:11 PM

Column	Type	Attributes	Null	Default	Extra	Links to	Comments	MIME
id	bigint(20)	UNSIGNED	No		auto_increment			
diet_day	varchar(255)		No					
diet_time	varchar(255)		No					
food_id	bigint(20)	UNSIGNED	No			-> foods.id ON UPDATE RESTRICT ON DELETE CASCADE		
diets_id	bigint(20)	UNSIGNED	No			-> diets.id ON UPDATE RESTRICT ON DELETE CASCADE		
food_count	int(11)		No					
created_at	timestamp		Yes	NULL				
updated_at	timestamp		Yes	NULL				

## 9 excersices

Creation: May 28, 2023 at 01:56 PM

Column	Type	Attributes	Null	Default	Extra	Links to	Comments	MIME
id	bigint(20)	UNSIGNED	No		auto_increment			
exc_name	varchar(255)		No					
exc_information	text		No					
exc_path	varchar(255)		No					
exc_count	int(11)		No					
created_at	timestamp		Yes	NULL				
updated_at	timestamp		Yes	NULL				

# 10 excersice\_programs

Creation: May 28, 2023 at 01:56 PM

Column	Type	Attributes	Null	Default	Extra	Links to	Comments	MIME
id	bigint(20)	UNSIGNED	No		auto_increment			
program_id	bigint(20)	UNSIGNED	No			-> programs.id ON UPDATE RESTRICT ON DELETE CASCADE		
excercise_id	bigint(20)	UNSIGNED	No			-> excersices.id ON UPDATE RESTRICT ON DELETE CASCADE		
coach_count	int(11)		No					
day	int(11)		No					
created_at	timestamp		Yes	NULL				
updated_at	timestamp		Yes	NULL				

## 11 failed\_jobs

Creation: May 28, 2023 at 01:56 PM

Column	Type	Attributes	Null	Default	Extra	Links to	Comments	MIME
id	bigint(20)	UNSIGNED	No		auto_increment			
uuid	varchar(255)		No					
connection	text		No					
queue	text		No					
payload	longtext		No					
exception	longtext		No					
failed_at	timestamp		No	current_timestamp()				

# 12 foods

Creation: Jul 05, 2023 at 10:27 PM

Last update: Jul 14, 2023 at 02:04 PM

Column	Type	Attributes	Null	Default	Extra	Links to	Comments	MIME
id	bigint(20)	UNSIGNED	No		auto_increment			
food_name	varchar(255)		No					
food_path	varchar(255)		No					
created_at	timestamp		Yes	NULL				
updated_at	timestamp		Yes	NULL				

## 13 foodslibraries

Creation: May 28, 2023 at 01:56 PM

Column	Type	Attributes	Null	Default	Extra	Links to	Comments	MIME
id	bigint(20)	UNSIGNED	No		auto_increment			
name_of_food	varchar(255)		No					
calorie	double(8,2)		No					
user_id	bigint(20)	UNSIGNED	No			-> users.id ON UPDATE RESTRICT ON DELETE CASCADE		
likes_num	int(11)		No					
dislikes_num	int(11)		No					
created_at	timestamp		Yes	NULL				
updated_at	timestamp		Yes	NULL				

## 14 foodslibrary\_users

Creation: May 28, 2023 at 01:56 PM

Column	Type	Attributes	Null	Default	Extra	Links to	Comments	MIME
id	bigint(20)	UNSIGNED	No		auto_increment			
user_id	bigint(20)	UNSIGNED	No			-> users.id ON UPDATE RESTRICT ON DELETE CASCADE		
foodslibrar_id	bigint(20)	UNSIGNED	No			-> foodslibraries.id ON UPDATE RESTRICT ON DELETE CASCADE		
type	int(11)		No					
created_at	timestamp		Yes	NULL				
updated_at	timestamp		Yes	NULL				



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## 15 images

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Creation: Jul 01, 2023 at 06:02 PM

Column	Type	Attributes	Null	Default	Extra	Links to	Comments	MIME
id	bigint(20)	UNSIGNED	No		auto_increment			
exc_path	varchar(255)		No					
created_at	timestamp		Yes	NULL				
updated_at	timestamp		Yes	NULL				

## 16 information\_of\_users

Creation: May 28, 2023 at 01:56 PM

Column	Type	Attributes	Null	Default	Extra	Links to	Comments	MIME
id	bigint(20)	UNSIGNED	No		auto_increment			
user_id	bigint(20)	UNSIGNED	No			-> users.id ON UPDATE RESTRICT ON DELETE CASCADE		
length	int(11)		No					
Weight	int(11)		No					
created_at	timestamp		Yes	NULL				
updated_at	timestamp		Yes	NULL				

# 17 markets

Creation: May 28, 2023 at 01:56 PM

Column	Type	Attributes	Null	Default	Extra	Links to	Comments	MIME
id	bigint(20)	UNSIGNED	No		auto_increment			
name	varchar(255)		No					
price	double(8,2)		No					
information	text		No					
type	varchar(255)		No					
phone	varchar(255)		No					
path	longtext		No					
created_at	timestamp		Yes	NULL				
updated_at	timestamp		Yes	NULL				

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## 18 migrations

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Creation: May 28, 2023 at 01:56 PM

Column	Type	Attributes	Null	Default	Extra	Links to	Comments	MIME
id	int(10)	UNSIGNED	No		auto_increment			
migration	varchar(255)		No					
batch	int(11)		No					

## 19 password\_reset\_tokens

Creation: May 28, 2023 at 01:56 PM

Column	Type	Attributes	Null	Default	Extra	Links to	Comments	MIME
email	varchar(255)		No					
token	varchar(255)		No					
created_at	timestamp		Yes	NULL				

## 20 personal\_access\_tokens

Creation: May 28, 2023 at 01:56 PM

Column	Type	Attributes	Null	Default	Extra	Links to	Comments	MIME
id	bigint(20)	UNSIGNED	No		auto_increment			
tokenable_type	varchar(255)		No					
tokenable_id	bigint(20)	UNSIGNED	No					
name	varchar(255)		No					
token	varchar(64)		No					
abilities	text		Yes	NULL				
last_used_at	timestamp		Yes	NULL				
expires_at	timestamp		Yes	NULL				
created_at	timestamp		Yes	NULL				
updated_at	timestamp		Yes	NULL				

## 21 posts

Creation: May 28, 2023 at 09:01 PM

Column	Type	Attributes	Null	Default	Extra	Links to	Comments	MIME
id	bigint(20)	UNSIGNED	No		auto_increment			
post_path	varchar(255)		Yes	NULL				
text	text		Yes	NULL				
user_id	bigint(20)	UNSIGNED	No			-> users.id ON UPDATE RESTRICT ON DELETE CASCADE		
likes_num	int(11)		No					
comments_num	int(11)		No					
created_at	timestamp		Yes	NULL				
updated_at	timestamp		Yes	NULL				

## 22 post\_users

Creation: May 28, 2023 at 09:01 PM

Column	Type	Attributes	Null	Default	Extra	Links to	Comments	MIME
id	bigint(20)	UNSIGNED	No		auto_increment			
user_id	bigint(20)	UNSIGNED	No			-> users.id ON UPDATE RESTRICT ON DELETE CASCADE		
post_id	bigint(20)	UNSIGNED	No			-> posts.id ON UPDATE RESTRICT ON DELETE CASCADE		
created_at	timestamp		Yes	NULL				
updated_at	timestamp		Yes	NULL				



## 23 programs

Creation: May 28, 2023 at 01:56 PM

Column	Type	Attributes	Null	Default	Extra	Links to	Comments	MIME
id	bigint(20)	UNSIGNED	No		auto_increment			
pro_name	varchar(255)		No					
pro_information	text		No					
pro_path	varchar(255)		No					
pro_password	varchar(255)		No					
user_id	bigint(20)	UNSIGNED	No			-> users.id ON UPDATE RESTRICT ON DELETE CASCADE		
created_at	timestamp		Yes	NULL				
updated_at	timestamp		Yes	NULL				

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## 24 stars

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Creation: Jul 04, 2023 at 09:39 PM

Column	Type	Attributes	Null	Default	Extra	Links to	Comments	MIME
id	bigint(20)	UNSIGNED	No		auto_increment			
user_id	int(11)		No					
star	int(11)		No					
name	int(11)		No					
created_at	timestamp		Yes	NULL				
updated_at	timestamp		Yes	NULL				

## 25 stats\_events

Creation: May 28, 2023 at 01:56 PM

Column	Type	Attributes	Null	Default	Extra	Links to	Comments	MIME
id	bigint(20)	UNSIGNED	No		auto_increment			
name	varchar(255)		No					
type	varchar(255)		No					
value	bigint(20)		No					
created_at	timestamp		Yes	NULL				
updated_at	timestamp		Yes	NULL				

## 26 users

Creation: May 28, 2023 at 01:56 PM

Column	Type	Attributes	Null	Default	Extra	Links to	Comments	MIME
id	bigint(20)	UNSIGNED	No		auto_increment			
name	varchar(30)		No					
Gender	varchar(4)		Yes	NULL				
email	varchar(50)		No					
password	varchar(255)		No					
date_of_birth	varchar(255)		Yes	NULL				
Length	int(11)		Yes	NULL				
path	varchar(255)		Yes	NULL				
phone	int(10)	UNSIGNED	Yes	NULL				
type	int(10)	UNSIGNED	Yes	NULL				
num_of_exc	int(11)		No					
deleted_at	timestamp		Yes	NULL				
created_at	timestamp		Yes	NULL				
updated_at	timestamp		Yes	NULL				

## 27 weights

Creation: Jun 15, 2023 at 12:01 PM

Column	Type	Attributes	Null	Default	Extra	Links to	Comments	MIME
id	bigint(20)	UNSIGNED	No		auto_increment			
user_id	bigint(20)	UNSIGNED	No			-> users.id ON UPDATE RESTRICT ON DELETE CASCADE		
weight	double(8,2)		No					
date	varchar(255) )		No					
created_at	timestamp		Yes	NULL				
updated_at	timestamp		Yes	NULL				

