

Athletes		
Field	Type	Constraints
athleteid	int	Primary Key
trainerid	int	optional foreign key
Email	string	Required
Name	string	Required
Password	String	Required

Trainers		
Field	Type	Constraints
trainerid	int	Primary Key
Email	string	Required
Name	string	Required
Password	String	Required

Weight Managements		
Field	Type	Constraints
weightID	int	Primary key
goalid	int	foreign key
Scale	int	Required
Waist measurement	int	Required
Current muscle mass pounds	int	R
current body weight pounds	int	R
current body fat pounds	int	R

Goals		
Field	Type	Constraint
goalid	int	Primary Key
athleteid	int	foreign key
Goal body fat pounds	int	R
Goal lean muscle pounds	int	R
Goal body weight pounds	int	R

Workouts		
Field	Type	Constraint
workid	int	required
bench	int	required
workout name	string	Required
reps	int	optional
Run time	int	optional
Intensity	string	optional

Food Consumptions		
Field	Type	Constraints
FoodID	int	Primary Key
goalid	int	foreign key
foodname	string	required
date	date	Default
Grams of Carbs	int	Required
Grams of fat	int	Required
Grams of protien	int	r
Calories	int	r
Fiber	int	optional

Fitness Coach Conceptual Database Design

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