

Athlete		
Field	Type	Constraints
ID	int	Primary Key
Email	string	Required
Name	string	Required
Password	String	Required

Strenth goals		
Field	Type	Constraint
ID	int	Required
Bench	int	required
Squat	int	Required
Deadlift	int	Required

Goal		
Field	Type	Constraint
GoalID	int	Primary Key
Lose fat	int	Required
Build Muscle	int	Required

Gym		
Field	Type	Constraint
GymID	int	Primary Key
Workout	String	Required
Cardio	string	Required

Food Consumption		
Field	Type	Constraints
FoodID	int	Primary Key
Macros	int	Required
Type of diet	String	Required

Weight Management		
Field	Type	Constraints
WeightID	int	Primary key
Name	String	Required
Scale	int	Required
Waist measurement	int	Required

Plan

Athlete Personal

Effort

Progress

Tracking

# Fitness Coach Conceptual Database Design

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