

# Life Organizer - Tablas en formato CSV

## 1. users.csv

CSV										
user_id	name	email	password_hash	age	weight	height	target_water_intake	target_exercise_minutes	target_weight	created_at
1	Juan Pérez	juan@example.com	hash123456	30	75.5	175	2500	45	70.0	2024-01-01 08:00:00
2	María González	maria@example.com	hash789012	28	62.0	165	2000	30	60.0	2024-01-02 09:15:00
3	Carlos Rodríguez	carlos@example.com	hash345678	35	82.3	180	3000	60	78.0	2024-01-03 10:30:00
4	Ana Martínez	ana@example.com	hash901234	25	58.7	160	2200	40	55.0	2024-01-04 11:45:00
5	Luis Fernández	luis@example.com	hash567890	42	88.1	185	2800	50	80.0	2024-01-05 13:00:00

## 2. medical\_conditions.csv

CSV						
condition_id	user_id	condition_name	diagnosed_date	severity	notes	created_at
1	1	Hipertensión	2023-01-15	leve	Controlada con medicamento	2024-01-01 08:00:00
2	1	Diabetes Tipo 2	2022-06-10	moderada	Requiere monitoreo de glucosa	2024-01-01 08:00:00
3	3	Colesterol Alto	2023-03-20	leve	En tratamiento con estatinas	2024-01-03 10:30:00
4	5	Hipertensión	2021-11-05	moderada	Historia familiar de hipertensión	2024-01-05 13:00:00
5	5	Arritmia	2023-08-12	leve	Episodios ocasionales	2024-01-05 13:00:00

## 3. medications.csv

CSV								
medication_id	user_id	medication_name	dosage	frequency	start_date	end_date	active	notes
1	1	Losartán	50mg	1 vez al día	2023-01-15		TRUE	Tomar en ayunas
2	1	Metformina	850mg	2 veces al día	2022-06-10		TRUE	Con las comidas
3	3	Atorvastatina	20mg	1 vez al día	2023-03-20		TRUE	Por la noche
4	5	Amlodipino	5mg	1 vez al día	2021-11-05		TRUE	Por la mañana
5	5	Propranolol	40mg	2 veces al día	2023-08-12		TRUE	Cada 12 horas

## 4. tasks.csv

CSV										
task_id	user_id	task_name	description	priority	status	due_date	created_at	updated_at	completed_at	deleted_at

task_id	user_id	title	description	category	due_date	due_time	completed	completed_at	reminder_enabled	priority	created_at
1	1	Tomar medicamento matutino	Losartán 50mg	health	2024-08-21	08:00:00	TRUE	2024-08-21 08:15:00	TRUE	high	2024-08-21 07:00:00
2	1	Caminar 30 minutos	Ejercicio cardiovascular	exercise	2024-08-21	18:00:00	FALSE		TRUE	medium	2024-08-21 07:00:00
3	1	Beber 2.5 litros de agua	Meta diaria de hidratación	health	2024-08-21	20:00:00	FALSE		TRUE	high	2024-08-21 07:00:00
4	2	Hacer yoga	Sesión de 45 minutos	exercise	2024-08-21	07:30:00	TRUE	2024-08-21 08:15:00	TRUE	medium	2024-08-21 07:00:00
5	2	Preparar almuerzo saludable	Ensalada con proteína	food	2024-08-21	12:00:00	FALSE		TRUE	medium	2024-08-21 08:00:00
6	3	Reunión de trabajo	Revisión de proyectos	work	2024-08-21	14:00:00	FALSE		TRUE	high	2024-08-21 09:00:00
7	4	Meditar 20 minutos	Práctica de mindfulness	personal	2024-08-21	19:00:00	FALSE		TRUE	low	2024-08-21 10:00:00
8	5	Revisar presión arterial	Medición semanal	health	2024-08-21	09:00:00	TRUE	2024-08-21 09:10:00	TRUE	high	2024-08-21 08:00:00

## 5. water\_intake.csv

CSV

intake_id	user_id	amount_ml	recorded_date	recorded_time	created_at
1	1	250	2024-08-21	08:30:00	2024-08-21 08:30:00
2	1	500	2024-08-21	12:00:00	2024-08-21 12:00:00
3	1	250	2024-08-21	15:30:00	2024-08-21 15:30:00
4	1	500	2024-08-21	18:45:00	2024-08-21 18:45:00
5	2	300	2024-08-21	09:00:00	2024-08-21 09:00:00
6	2	400	2024-08-21	13:15:00	2024-08-21 13:15:00
7	2	250	2024-08-21	16:30:00	2024-08-21 16:30:00
8	3	500	2024-08-21	08:00:00	2024-08-21 08:00:00
9	3	750	2024-08-21	11:30:00	2024-08-21 11:30:00
10	3	500	2024-08-21	14:45:00	2024-08-21 14:45:00
11	4	250	2024-08-21	07:30:00	2024-08-21 07:30:00
12	4	300	2024-08-21	10:15:00	2024-08-21 10:15:00
13	5	400	2024-08-21	09:30:00	2024-08-21 09:30:00
14	5	600	2024-08-21	12:45:00	2024-08-21 12:45:00

## 6. blood\_pressure.csv

CSV

```
bp_id,user_id,systolic,diastolic,pulse,measurement_date,measurement_time,notes,location,created_at
1,1,125,82,72,2024-08-21,09:00:00,Medición matutina,casa,2024-08-21 09:00:00
2,1,128,85,75,2024-08-20,09:15:00,Después del ejercicio,casa,2024-08-20 09:15:00
3,1,122,80,70,2024-08-19,08:45:00,En ayunas,casa,2024-08-19 08:45:00
4,3,135,88,78,2024-08-21,10:30:00,Control semanal,casa,2024-08-21 10:30:00
5,3,140,92,82,2024-08-14,10:00:00,Ligeramente elevada,casa,2024-08-14 10:00:00
6,5,145,95,85,2024-08-21,09:10:00,Necesita ajuste medicación,casa,2024-08-21 09:10:00
7,5,142,90,80,2024-08-20,09:00:00,Controlada,casa,2024-08-20 09:00:00
8,5,148,98,88,2024-08-19,09:30:00,Elevada - estrés,casa,2024-08-19 09:30:00
```

## 7. weight\_records.csv

CSV

```
weight_id,user_id,weight_kg,measurement_date,measurement_time,body_fat_percentage,muscle_mass,notes,created_at
1,1,75.5,2024-08-21,07:00:00,18.5,58.2,Peso estable,2024-08-21 07:00:00
2,1,75.8,2024-08-14,07:00:00,18.7,58.0,Ligero aumento,2024-08-14 07:00:00
3,1,75.2,2024-08-07,07:00:00,18.3,58.4,En objetivo,2024-08-07 07:00:00
4,2,62.0,2024-08-21,07:30:00,22.1,45.8,Peso ideal,2024-08-21 07:30:00
5,2,61.8,2024-08-14,07:30:00,22.3,45.6,Pequeña pérdida,2024-08-14 07:30:00
6,3,82.3,2024-08-21,08:00:00,15.2,68.5,Necesita reducir,2024-08-21 08:00:00
7,4,58.7,2024-08-21,07:15:00,25.4,41.2,Dentro del rango,2024-08-21 07:15:00
8,5,88.1,2024-08-21,08:30:00,20.8,68.9,Sobrepeso leve,2024-08-21 08:30:00
```

## 8. exercises.csv

CSV

```
exercise_id,user_id,exercise_type,duration_minutes,calories_burned,intensity,exercise_date,start_time,end_time,notes,created_at
1,1,Caminar,30,120,moderada,2024-08-20,18:00:00,18:30:00,Parque central,2024-08-20 18:30:00
2,1,Ciclismo,45,300,alta,2024-08-19,17:30:00,18:15:00,Ruta
```