Main Tables

1. Accounts(<u>A_ID</u>, First_Name)
2. Workouts(<u>Exercise</u>, Intensity, Duration)
3. Meals(<u>Food</u>, Calories, Serving_Size)
4. Nutrients(<u>Nutrient</u>, <u>Type</u>, Recommended_Amount)
5. Conversions(<u>Unit</u>, Converting_To, Conversion)

Relationship Tables

1. Records_Weight(<u>A_ID</u>, <u>Date_Time</u>, Pounds)
2. Performs_Workout(<u>A_ID</u>, <u>Exercise</u>, <u>Date_Time</u>)
3. Consumes_Meal(<u>A_ID</u>, <u>Food</u>, <u>Date_Time,</u> Servings_Consumed)
4. Converts_To(<u>Food</u>, <u>Unit</u>)
5. Meal_Contains(<u>Food</u>, <u>Nutrient</u>, Amount)

Foreign Keys

1. A_ID IN Records_Weight FROM Accounts
2. A_ID IN Performs_Workout FROM Accounts
3. A_ID IN Consumes_Meal FROM Accounts
4. Exercise IN Performs_Workout FROM Workouts
5. Food IN Consumes_Meal FROM Meals
6. Food IN Converts_To FROM Meals
7. Food IN Meal_Contains FROM Meals
8. Unit IN Converts_To FROM Conversions
9. Nutrient IN Meal_Contains FROM Nutrients