FitDB Milestone (10/1)

Repo: https://github.com/jic48-rutgers/FitDB

Summary: We'll incorporate feedback the professor gave us: convert all status/indicator fields to normalized lookup tables (e.g., *_STATUS_IND) instead of strings; add indices, SQL roles, stored procedures, and triggers

Plan for Weekend Before/Week of Oct. 6th

- finalize ERDs and docs
- implement roles, triggers, views
- translate docs to build.sql
- hopefully be able to seed data with bulkcopy to test simple queries