UNF

User ID  
User First Name   
User Last Name   
User Hometown   
User Gender   
Relationship Status   
User Town/City   
(User Workplace  
Workplace Date)   
(User School/Uni  
School/Uni Date)   
(Friend ID   
Friend First Name   
Friend Last Name  
Date/Time Sent   
Text)

1NF

User ID   
User First Name   
User Last Name   
User Hometown   
User Gender   
Relationship Status   
User Town/City   
  
User ID  
User Workplace  
Workplace Date  
  
User ID  
User School/Uni  
School/Uni Date  
  
User ID  
Friend ID  
Friend First Name   
Friend Last Name   
Date/Time Sent   
Text

2NF

User ID  
User First Name   
User Last Name   
User Hometown   
User Gender   
Relationship Status   
User Town/City  
  
User ID  
User Workplace  
Workplace Date  
  
User ID  
User School/Uni  
School/Uni Date  
  
User ID  
Friend ID  
Date/Time Sent  
Text  
  
Friend ID  
Friend First Name  
Friend Last Name

3NF

User ID  
User First Name   
User Last Name   
User Hometown   
User Gender   
Relationship Status   
User Town/City  
  
User ID  
User Workplace  
Workplace Date  
  
User ID  
User School/Uni  
School/Uni Date  
  
User ID  
Friend ID  
Date/Time Sent  
Text  
  
Friend ID  
Friend First Name  
Friend Last Name