Diagram Documentation

How to do models in Django Link
https://docs.djangoproject.com/en/3.0/topics/db/models/

user

Field	Description	Type	Default	Other
UserID		IntegerField		PK
UserName		CharField		UNIQUE
Email		CharField		UNIQUE
FirstName		CharField		
LastName		CharField		
ProfileImage		ImageField		NULLABLE
Weight		IntegerField		NULLABLE
Gender		CharField		NULLABLE
Age		IntegerField		NULLABLE
Date		DateField		

Recipe

Field	Description	Type	Default	Other
RecipeID		IntegerField		PK
Name		CharField		
RecipeCategory		CharField		
Type		CharField		
CoverImage		ImageField		
Description		TextField		
PrepTime		IntegerField		
CookTime		IntegerField		
Ingredients	Needs Change	TextField		
Preparation		TextField		
Notes		TextField		
Date		DateField		

Workouts

Field	Description	Type	Default	Other
WorkoutsID		IntegerField		PK
Name		CharField		
WorkoutCategory		CharField		
Type		CharField		
CoverImage		ImageField		

Field	Description	Type	Default	Other
Description		TextField		
CaloriesBurn		IntegerField		
Duration		IntegerField		
Steps	Needs Change	TextField		
VideoURL		URLField		
Date		DateField		

Mantras

Field	Description	Type	Default	Other
MantraID		IntegerField		PK
Description		TextField		
Date		DateField		

Goals

One to Many RelationShip Table

Field	Description	Type	Default	Other
GoalID		IntegerField		PK
UserID		ForeignKey		FK
Name		CharField		
Type		CharField		
Description		TextField		
NumberToGoal	Better name needed	IntegerField		
Complete		BooleanField		
Date		DateField		

Journal

One to Many RelationShip Table

Field	Description	Type	Default	Other
JournalID		IntegerField		PK
UserID		ForeignKey		FK
Name		CharField		
Type		CharField		
Description		TextField		
Favorite		BooleanField		
Date		DateField		

Meals

One to Many RelationShip Table

Field	Description	Type	Default	Other
MealID		IntegerField		PK
UserID		ForeignKey		FK
Name		CharField		
Type		CharField		
Calories		IntegerField		
Date		DateField		

FavortieRecipe

Many to Many Relationship Table

Field	Description	Type	Default	Other
UserID		ManyToManyField		FK
RecipeID		ManyToManyF		FK

FavoriteWorkout

Many to Many Relationship Table

Field	Description	Type	Default	Other
UserID		ManyToManyField		FK
WorkoutID		ManyToManyF		FK

FavoriteMantra

Many to Many Relationship Table

Field	Description	Type	Default	Other
UserID		ManyToManyField		FK
MantraID		ManyToManyF		FK