User			
PK	<u>id int</u>	<u>Intger</u>	NOT NULL
	name	varchar	
	email	varchar	
	password_digest	varchar	
	admin	boolen	default 'f'
	remember_digest	varchar	
	activation_digest	varchar	
	activated	boolean	default 'f'
	activated_at	datetime	
	reset_digest	varchar	
	reset_sent_at	datetime	
	picture varchar	varchar	
	foot_print integer	integer	
	created_at	datetime	NOT NULL
	updated_at	datetime	NOT NULL

	Relationships			
<	PK	<u>id</u>	<u>Intger</u>	NOT NULL
	FK	follower_id	date	
	FK	followed_id	integer	

	Work			
PK	<u>id</u>	<u>Intger</u>	NOT NULL	
FK1	user_id	intger	NOT NULL	
	work_date	date		
	work_time	intger		
	work_date	intger		

Plan				
PK	<u>id</u>	<u>Intger</u>	NOT NULL	
FK1	user_id	intger	NOT NULL	
	plan_day_of_week	intger		
	plan_time_hour	intger		
	plan_time_minute	intger		

	Micropost			
-0€	PK	<u>id</u>	<u>Intger</u>	NOT NULL
	FK1	user_id	intger	NOT NULL
		content	text	

