

	exercise_records					
	PK	id	int			
$\triangleleft$	FK	user_id	int			
		minutes_of_exercise	int	デフォルト値: 30		
		created_at	datetime			
		record_date	date			
		updated_at	datetime			

	sleep_records					
	PK	id	int			
q	FK	user_id	int			
		hours_of_sleep	int	デフォルト値:8時間		
		created_at	datetime			
		record_date	date			
		updated_at	datetime			

	meal_records				
	PK	id	int		
×	FK	user_id	int		
		calories_intake	int		
		created_at	datetime		
		record_date	date		
		updated_at	datetime		