



I designed each table so it's already in 3NF. For example, the Member table is already in 3NF: Member_ID is the primary key, and all the other attributes (goal_weight, current_weight, gender, name, DOB, phone, email, etc.) are just facts about that member and depend only on Member_ID. There are no partial or transitive dependencies between non-key attributes, and my other tables follow the same pattern, so the whole schema is already in 3NF without any extra decomposition.