

Entities :

- User (PK: user_id) — first_name, last_name, email, password_hash, name, locale, time_zone, preferences_json, created_at, status,
- Role (PK: role_id) — name
- Permission (PK: perm_id) — name, description
- UserRole (PK: user_id, role_id) — user_id (FK), role_id (FK)
- RolePermission (PK: role_id, perm_id) — role_id (FK), perm_id (FK) (F14)
- PracticePlan (PK: plan_id) — user_id (FK), type (7-day), generated_at, valid_from, valid_to (F5)
- PlanItem (PK: plan_item_id) — plan_id (FK), day_index (1..7), content_id (FK), notes (F5)
- Content (PK: content_id) — title, type (audio/video), duration_min, difficulty, language, source (API/local), created_at, is_active (F7, F17)
- Category (PK: category_id) — name
- ContentCategory (PK: content_id, category_id) — content_id (FK), category_id (FK) (F18)
- Tag (PK: tag_id) — name
- ContentTag (PK: content_id, tag_id) — content_id (FK), tag_id (FK) (F17)
- Session (PK: session_id) — user_id (FK), content_id (FK), started_at, completed_at, duration_sec, device (F7, F26)
- RatingReview (PK: review_id) — user_id (FK), content_id (FK), rating (1-5), comment, created_at (F11, F21)
- ModerationItem (PK: mod_id) — target_type (review/content), target_id, status, moderator_user_id (FK), reason, decided_at (F12, F21)
- Favorite (PK: user_id, content_id) — created_at (F25)
- Challenge (PK: challenge_id) — title, description, is_daily, active_from, active_to (F19)
- ChallengeItem (PK: challenge_item_id) — challenge_id (FK), day_index, content_id (FK), extra_exercise_id (FK, nullable) (F19)
- UserChallenge (PK: user_chal_id) — user_id (FK), challenge_id (FK), joined_at, progress_days, completed_at (F19)
- Streak (PK: streak_id) — user_id (FK), type (daily_challenge/general_practice), current_count, longest_count, updated_at (F20, F24)
- Badge (PK: badge_id) — name, rule_json
- UserBadge (PK: user_id, badge_id) — awarded_at (F20)

- MoodCheckIn (PK: mood_id) — user_id (FK), date, mood_score (1–10), emotion_tags, notes (F22)
- SleepScore (PK: sleep_id) — user_id (FK), provider, date, score_0_100, details_json (F23)
- WeeklyProgressSummary (PK: summary_id) — user_id (FK), week_start_date, mood_trend_json, total_time_spent_min, streak_at_week (F24)
- ScheduledPractice (PK: sched_id) — user_id (FK), recurrence_rule (RRULE), local_time, timezone (F13, F15)

Relationship (cardinalities)

- User M—N Role via UserRole ; Role M—N Permission via RolePermission
- PracticePlan 1—N PlanItem → PlanItem N—1 Content
- Content M—N Category via ContentCategory
- Content M—N Tag via ContentTag
- User 1—N Session
- User 1—N RatingReview ; Content 1—N RatingReview
- RatingReview 0—1 ModerationItem
- User M—N Content via Favorite
- Challenge 1—N ChallengeItem
- User M—N Challenge via UserChallenge
- User 1—N Streak, MoodCheckIn, SleepScore, WeeklyProgressSummary,