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CSCI -466 Group Project
Fitness Tracker
Schema and Descriptions

Entities:

User:

Attributes:

user_ID (key): unique user ID number. There cannot be another exact user ID, this will allow the database to identify individual users.
name: this is the user name that the user will enter during the app setup.

Workout:

Attributes:

date_completed (key): the date and time workout took place
user_ID (discriminator): ID of user logging workout
type: what part of the body the workout exercised e.g. cardio
intensity: light, moderate vigorous
duration: saved in minutes displayed as HH:MM format

Weight:

Attributes:

date_logged (key): the date and time the weight was logged
user_ID (discriminator): ID of user logging their weight
user_weight: how many pounds or kilograms the user weighs

FoodBeverage:

Attributes:

item_name (key): name of food or beverage e.g. meatloaf
serving_size: how many multiples of a serving size were eaten
calories: how many calories were in the food/beverage

Eats:

Attributes:

date_consumed (key): the date and time a meal was eaten
user_ID (discriminator): ID of user logging workout
item_name (discriminator): name of food or beverage eaten
num_servings: amount of servings consumed

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Nutritional Info:

Attributes:

item_name (*discriminator*): name of food item FoodBeverage table
nutrient_name (*discriminator*): name of nutrient from Nutrients table
nutrient_amount: how much of each nutrient is in a food item

Nutrients:

Attributes:

nutrient_name (key): name of specified nutrient
recommended_daily: recommended amount servings
macro_micro: choice of type of nutrient

Relationships:

User completes **Workout**
User logs **Weight**
User eats **FoodBeverage**
FoodBeverage is **Eaten (Eats)**
Food and Beverage contains **NutritionalInfo**
NutritionalInfo contains **Nutrients**

Cardinality:

User can complete only 1 of many **Workouts**
User can eat only 1 of many **FoodBeverage** at a time
Each **FoodBeverage** can be **Eaten (Eats)** many times
Each **FoodBeverage** have many values of **Nutritional Info**
NutritionalInfo can contain many **Nutrients**