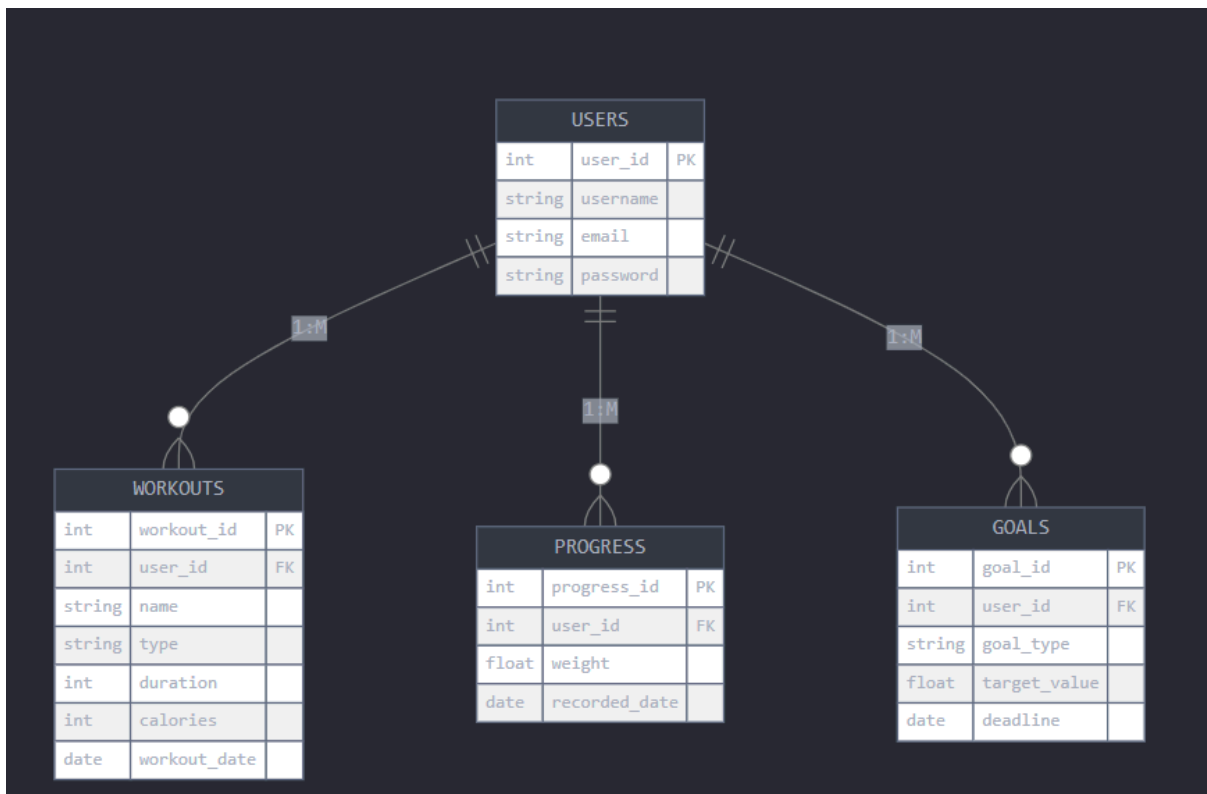


ERD diagram



- **1:M indicates One-to-Many relationships.**
- **Each relationship line now includes a detailed description explaining the cardinality.**
- **Added a comment section to organize the relationships.**
- **The relationships clearly show that one user can have multiple workouts, progress records, and goals.**

Fitness Tracker API Endpoints

1. User Management

User Registration

- **POST** `/api/users/register`: Create a new user account.

Request Body:

```
{
  "username": "string",
  "email": "string",
  "password": "string"
}
```

User Login

- **POST** `/api/users/login`: Login user.

Request Body:

```
{
  "email": "string",
  "password": "string"
}
```

Get User Profile

- **GET** `/api/users/{id}`: Get user info.

Update Profile

- **PUT** `/api/users/{id}`: Update user info.

2. Workouts

Create Workout

- **POST** `/api/workouts`: Add new workout.

Request Body:

```
{  
  "user_id": "int",  
  "name": "string",  
  "type": "string",  
  "duration": "int",  
  "calories": "int",  
  "date": "string"  
}
```

Get Workouts

- **GET** `/api/workouts`: Get all user workouts.

Get Workout

- **GET** `/api/workouts/{id}`: Get single workout.

Update Workout

- **PUT** `/api/workouts/{id}`: Update workout.

Delete Workout

- **DELETE** `/api/workouts/{id}`: Delete workout

3. Progress

Add Weight

- **POST** `/api/progress/weight`: Record weight.

Request Body:

```
{  
  "user_id": "int",  
  "weight": "float",  
  "date": "string"  
}
```

```
}
```

Get Progress

- GET `/api/progress/{user_id}`: Get user progress.

4. Goals

Create Goal

- POST `/api/goals`: Set new goal.

Request Body:

```
{  
  "user_id": "int",  
  "type": "string",  
  "target": "float",  
  "deadline": "string"  
}
```

Get Goals

- GET `/api/goals/{user_id}`: Get user goals.

Update Goal

- PUT `/api/goals/{id}`: Update goal.

Delete Goal

- DELETE `/api/goals/{id}`: Delete goal.