UsersTable

User_email	User_name	Subscription_status	phone_num	calorie	target_weight	User_Weight	User_password	User_gender	User_age	User_height

UserDiet

Diet_id	Fat_g	Calorie_Intake	food_category	quantity	meal_time	meal_date	protein_g	carbohydrates_g

UserSubscription

Subscription_id	Plan_price	Plan_length	Start_date	us_email

Workout_Planner

Planner_id	plan_day	exercises_per_day

Planned_Exercise

plan_exercise_id	day_no	exercise_id	sets	reps	sort_order

User_weight_history

history_id	log_date	weight	user_mail

follows

u_email	did

contains

plan_ex_id	p_id

Works_on

user_eml	plann_id