Next Level Fitness App
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User

Field	Type	Constraints
username	string(40)	PK, not null
password	string(40)	PK, not null
height	int	FK, not null
weight	int	FK, not null

Has

Diet

Field	Type	Constraints
username	string(40)	PK
Food	string(40)	not null
Calories	int	FK, not null
Date	Date	FK, not null

Has

Weight Workout

Field	Type	Constraints
username	string(40)	PK
Weight workout	string(40)	not null
Date	Date	FK, not null
Calories	int	FK, not null

Has

Sleep

Field	Type	Constraints
username	string(40)	PK
Hours of Sleep	int	not null
Date	Date	FK, not null

Cardio

Field	Type	Constraints
username	string(40)	PK
Cardio Workout	string(40)	FK, not null
Date	Date	FK, not null
Calories	int	FK, not null