

Entities

User - Represents the person utilizing the fitness app

Account - The app account that keeps track of fitness information

Meals - Entity that carries all tracked meal information

Workouts - Entity that carries workout information

Weight - User inputted data that represents their weight

Date - When data was inputted or tracked

Foods/Beverages - Specific food eaten and all information regarding that food/drink

Serving Size - An entity that depends on food/beverages. Inputted by the user and can convert to different units

Relationships

Tracks - User inputs data that is tracked and categorized as either weight, workouts, or food eaten and when that occurred

Logs in - User logs in to account in order to input data or access data

Eats - When user eats food that data is tracked, as well as the date

Linked - Meals & workouts are linked to the account, so information can always be updated and is unique to that account

Attributes

Name - User has their own name that they identify with

Username/ID - Each account is given a unique username/ID that can't be used more than once

Intensity & Duration - Characteristics of the workout that is given by the user

Units - Serving size can be measured in different units. Characteristics of the serving size

Calories/Grams per serving -

Characteristics/information about the food & beverages

Micronutrients/Macronutrients - Characteristics of the grams per serving. Different nutrients are listed depending on which group it belongs to

Assumptions

Assumed that while the user can eat multiple foods, or do multiple workouts, that food can only be eaten by that user at the given time or the workout is only done by one user at the given time.

Assumed that most attributes will be inputted by the user. For example, serving size and the units will be inputted

Assumed that food/beverages is used to store data about certain foods or give data to the user, whereas meals represents what was eaten by the user