User(ID, firstName, lastName)

Meal(dateTime, User\_ID†)

Weight(dateTime, Pounds, User\_ID†)

Workout(dateTime, Type, Intensity, Duration, User\_ID†)

FoodNBev(Category, Name, dailyValue, dateTime)

ServingSize(fbCategory†, fbName†, Pounds, Tablespoons, Grams, Ounces, Cups)

Macro(fbCategory†, fbName†, Proteins, Fats, Carbs)

Micro(fbCategory†, fbName†, Minerals, Vitamins)