







user			...
	_id	objectId	NN
	username	string	NN
	hash	string	NN
	email	string	NN
	name	string	NN
	birthdate	date	NN
	gender	string	NN
	goals {}	goals	
	date	date	
	weight	double	
	bodyfat	double	
	stats {}	stats	
	height	double	
	weight	double	
	bodyfat	double	
	curr_workout	objectId	
	curr_diet	objectId	NN
	log	object	


 stats	...
height	double
weight	double
bodyfat	double



 goals	...
date	date
weight	double
bodyfat	double

diet			...
	_id	objectId	NN
	name	string	NN
	author	objectId	NN
	calories	double	NN
	distribution {}	distribution	NN
	carbs	double	
	protein	double	
	fat	double	
	tags	array	NN
	dietdays.array {}	dietdays	NN
	day	string	
	meals.array	objectId	


 distribution	...
carbs	double
protein	double
fat	double


 dietdays	...
day	string
meals.array	objectId

food			...
	_id	objectId	NN
	name	string	NN
	calories	double	NN
	carbs	double	NN
	protein	double	NN
	fat	double	NN
	description	string	
	tags	array	

workout			...
	_id	objectId	NN
	name	string	NN
	author	objectId	NN
	difficulty	double	
	workoutdays.array {}	workoutdays	NN
	day	string	NN
	time	string	NN
	routine.array {}	routine	NN
	exid	objectId	NN
	reps.array	int	
	dur.array	double	

workoutdays		...
day	string	NN
time	string	NN
routine.array {}	routine	NN
exid	objectId	NN
reps.array	int	
dur.array	double	

	routine	...
exid	<i>objectId</i>	NN
reps.array	<i>int</i>	
dur.array	<i>double</i>	

exercise			...
	_id	objectId	NN
	name	string	NN
	category	string	NN
	info	string	NN
	difficulty	double	NN
	target	array	NN

