	USERS	
PK	id	\
string	email	
string	username	
string	password_digest	
string	first_name	
string	last_name	

	HABITS
PK	id
string	title
string	description
int	weekly_goal
FK	user_id

	LOGGEDHABITS
PK	id
datetime	date_completed
FK	habit_id
FK	user_id