

exercises		
PK	exercise_id	INT AUTO_INCREMENT PRIMARY KEY
	exercise_name	VARCHAR(100)
	exercise_category	VARCHAR(50)
	muscle_group	VARCHAR(50)

mood_entries		
PK	mood_id	INT AUTO_INCREMENT PRIMARY KEY
FK	user_id	INT
	entry_datetime	DATETIME
	mood_score	TINYINT
	energy_level	TINYINT NULL
	stress_level	TINYINT NULL
	note	TEXT

goals		
PK	goal_id	INT AUTO_INCREMENT PRIMARY KEY
FK	user_id	INT
	goal_type	VARCHAR(50)
	target_value	DECIMAL(10,2)
	unit	VARCHAR(20)
	description	TEXT
	start_date	DATE
	end_date	DATE
	status	ENUM

workout_sessions		
PK	session_id	INT AUTO_INCREMENT PRIMARY KEY
FK	user_id	INT
FK	exercise_id	INT
	session_datetime	DATETIME
	duration_minutes	INT
	notes	TEXT NULL
	sets	INT NULL
	reps	INT NULL
	weight	DECIMAL(6,2) NULL

users		
PK	user_id	INT AUTO_INCREMENT PRIMARY KEY
	name	VARCHAR(100)
	email	VARCHAR(150) UNIQUE
	password_hash	VARCHAR(255)
	created_at	DATETIME
	display_name	VARCHAR(100)
	date_of_birth	DATE
	gender	ENUM()
	height	DECIMAL(5,2)
	weight	DECIMAL(5,2)

meals		
PK	meal_id	INT AUTO_INCREMENT PRIMARY KEY
FK	user_id	INT
	meal_datetime	DATETIME
	meal_type	ENUM('breakfast','lunch','dinner','snack')
	notes	TEXT NULL

habits		
PK	habit_id	INT AUTO_INCREMENT PRIMARY KEY
FK	user_id	INT
	habit_name	VARCHAR(100)
	habit_category	VARCHAR(50)
	habit_target_frequency	VARCHAR(20)
	active	TINYINT(1)

meal_items		
PK	meal_item_id	INT AUTO_INCREMENT PRIMARY KEY
FK	meal_id	INT
FK	food_id	INT
	servings	DECIMAL(5,2)

habit_logs		
PK	habit_log_id	INT AUTO_INCREMENT PRIMARY KEY
FK	habit_id	INT
	log_date	DATE
	completed	TINYINT(1)
	value	DECIMAL(6,2)

food		
PK	food_id	INT AUTO_INCREMENT PRIMARY KEY
	food_name	VARCHAR(100)
	brand	VARCHAR(100) NULL
	serving_size_amount	DECIMAL(6,2)
	serving_size_unit	VARCHAR(200)
	calories_per_serving	INT
	protein	DECIMAL(6,2)
	carbs	DECIMAL(6,2)
	fat	DECIMAL(6,2)

