

**CS4347 Database Systems**  
**Final Project Deliverable 1**  
**October 18th**

# WeFiT

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Seelam

## Description

WeFiT: A One-Stop-Shop Fitness and Nutrition Tracking System!

GitHub: Deliverable 1, shared with Heisenberg-192

- <https://github.com/Soumika-Seelam/CS4347-Deliverable1>

## Team Members and Roles:

- Manasi Vipat:
  - Background and Related Work (Section 2) along with Shivani
  - EER Conceptual Data Model Design (Section 3.1) along with Meghana
- Shivani Elitem:
  - Background and Related Work (Section 2) along with Manasi
- Meghana Lammata:
  - Description (Section 0) along with Anwita and Soumika
  - Introduction (Section 1) along with Soumika and Anwita
  - EER Conceptual Data Model Design (Section 3.1) along with Manasi
- Ayusha Timalsena:
  - Database Query Execution (Section 3.4) along with Soumika
- Anwita Gudapuri:
  - Description (Section 0) along with Soumika and Meghana
  - Introduction (Section 1) along with Soumika and Meghana
  - Database Creation and Population (Section 3.3) along with Ayush and Anjali
- Anjali Kolluru:
  - Relational Data Model Design (Section 3.2) along with George
  - Database Creation and Population (Section 3.3) along with Ayush and Anwita
- Ayush Sheth:
  - Database Creation and Population (Section 3.3) along with Anwita and Anjali
- George Contreras:

- References (Section 4)
  - Relational Data Model Design (Section 3.2) along with Anjali
- Soumika Seelam:
  - Description (Section 0) along with Anwita and Meghana
  - Introduction (Section 1) along with Anwita and Meghana
  - Database Query Execution (Section 3.4) along with Ayusha

We chose to develop WeFiT because, as college students, we know how difficult it is to have to balance academics and a healthy lifestyle simultaneously. We understand that there are various fitness apps focusing on specific features, but we wanted to create a complete system that can track workouts, nutrition, and progress toward personal goals! We expect our users to be people who are struggling in organizing and implementing fitness into their daily lives. This solution solves a real-world problem of worsening health conditions worldwide, which can be pinpointed down to lack of fitness and proper nutrition. By honing down on this issue, we hope to change this!

#### Project Timeline:

- September 25-30, 2024:
  - Task delegation and initial work assignments.
  - Team members begin working on *Introduction*, *Database Design*, and *EER Model*.
- October 1-5, 2024:
  - Development of the *EER Conceptual Data Model* and *Relational Data Model Design*.
  - Database tables are created and populated with sample data.
- October 6-10, 2024:
  - Work continues on database population and executing SQL queries for *Database Query Execution*.
  - Background research and related work sections are drafted.
- October 11-13, 2024:
  - Final touches on the *Introduction*, *Background and Related Work*, and *Database Query Execution*.
  - Initial assembly of the project report begins.
- October 14-15, 2024:
  - Finalization of project sections, including *References* and *Documentation*.
  - Report compilation and final review before submission.

#### **Introduction**

WeFit is a fitness and nutrition tracking database system that will allow users to track their

workouts, calorie intake, and their progression toward fitness goals. We chose this topic because as college students who are looking for ways to maintain a healthy lifestyle, it can be overwhelming and difficult to keep track of all the information regarding workouts, diet, and whether we are truly meeting our goals. One of the central ideas of supporting a fit lifestyle is consistency and this application database supports this feature by making it easier for users to log important information and observe patterns in behavior. A real-world problem this application database solves is maintaining a central database of information regarding fitness since other applications typically focus on one area rather than a whole.

## Background and Related Work

Most fitness apps either track workouts or manage nutrition, but the two apps listed below do both! These top-rated options would be our project's biggest competitors.

### 1) MyFitnessPal (Spring 2005)

- a) Features
  - i) Massive food database with easy calorie counting and macro tracking
  - ii) Barcode scanner for quick food entry [1]
  - iii) Tracks exercise and integrates with fitness apps/devices (e.g., Fitbit, Garmin)
  - iv) Customizable daily goals based on fitness level [1]
  - v) Community support and recipe suggestions
- b) How are our design and implementation different?
  - i) While there is community support in MyFitnessPal, it does not fully cover the user's struggles, schedule, or starting point. While it does allow for smaller fitness goals to be customized, it does not take into account more long-term goals that may have a start and end date, individual difficulties, and even measurement of this goal as our app does.

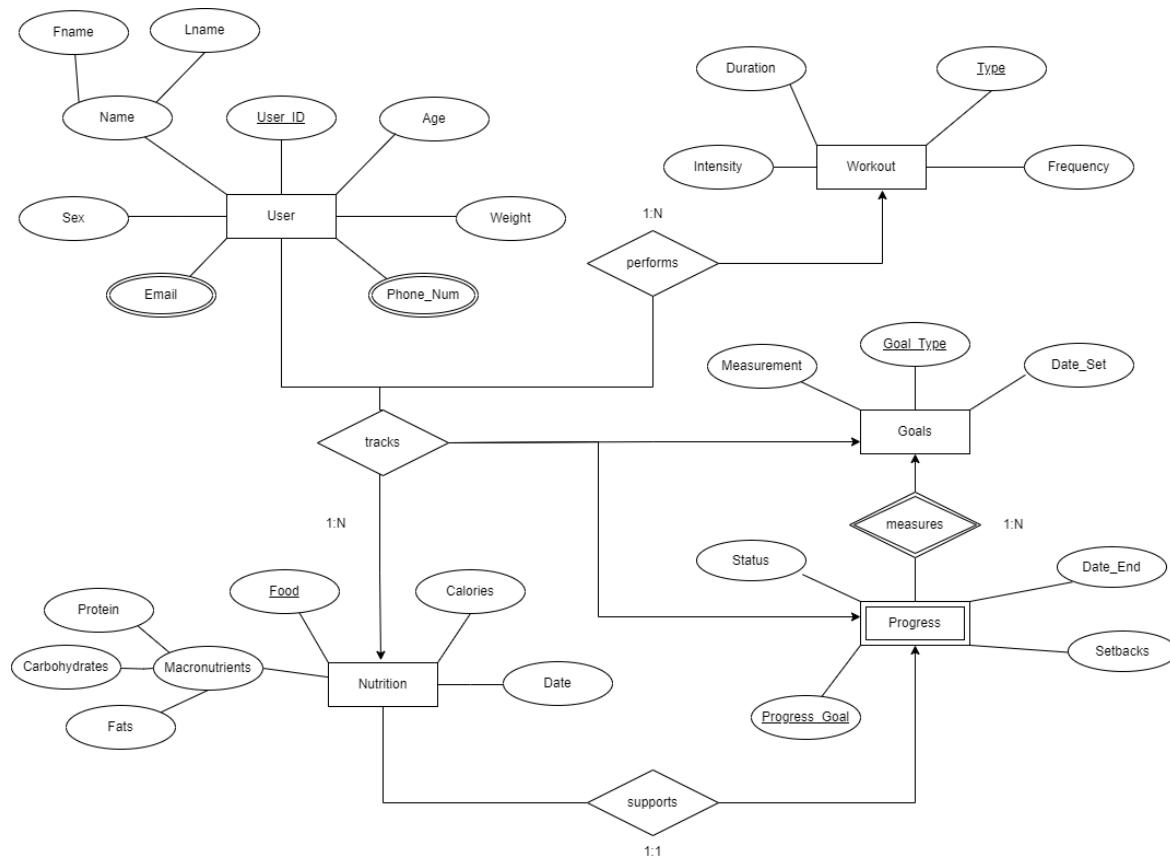
### 2) Cronometer (Fall 2005)

- a) Features
  - i) Focuses on both macronutrients (carbs, fats, proteins) and micronutrients (vitamins, minerals) [2]
  - ii) Allows tracking of calories burned through exercise
  - iii) Advanced reporting on nutrients and health metrics [2]
  - iv) Ideal for people with specific nutrient goals (e.g., keto, vegan)
- b) How is our design and implementation different?
  - i) Our design and implementation are different because apart from reporting progress as Cronometer does, our design includes aspects such as setbacks and more detail on the goal we are trying to hit, adding a more

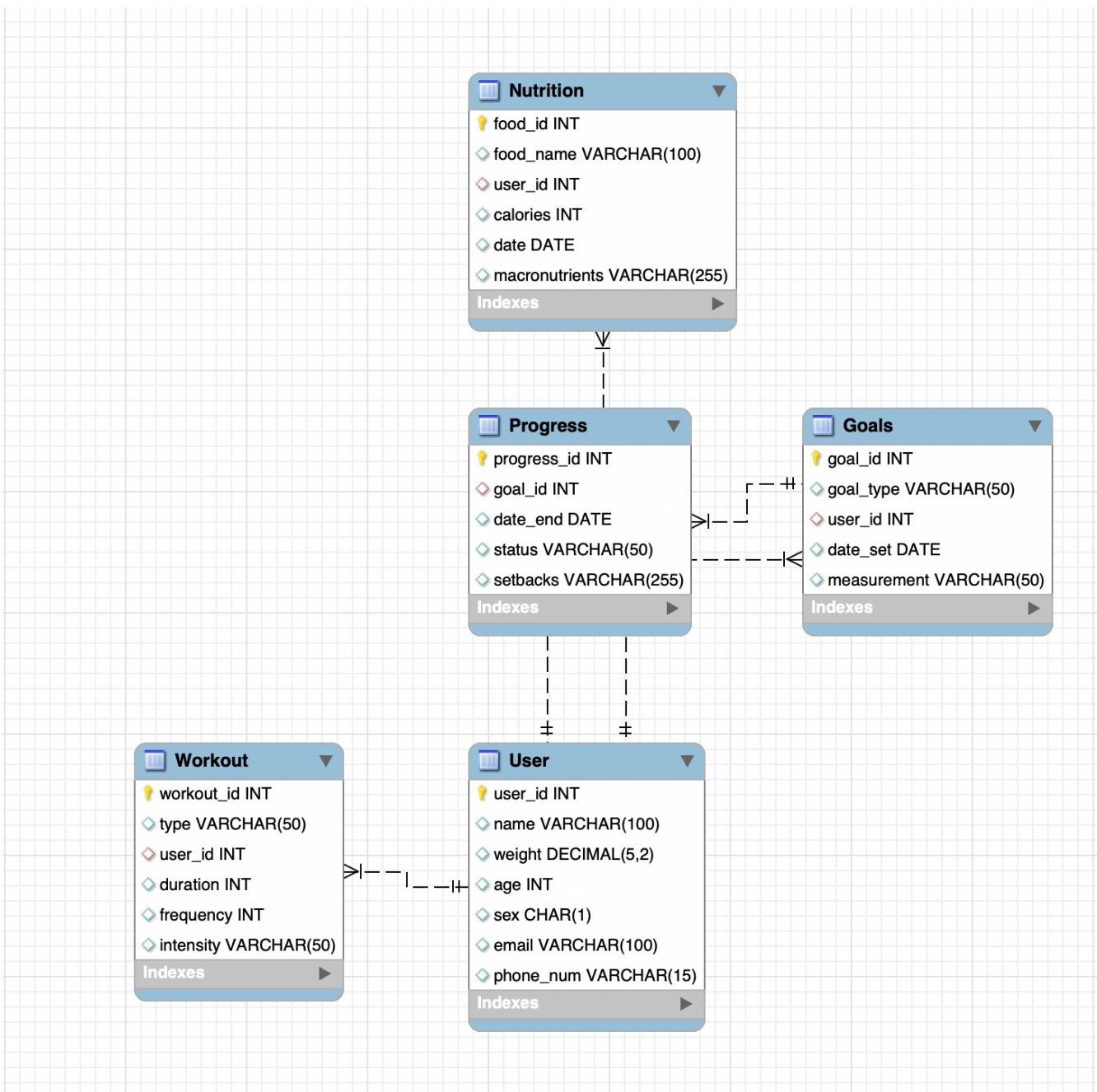
personalized touch to the app. Cronometer helps with reporting, but our implementation keeps goals and the user's obstacles in mind.

## Design & Implementation (Phase I)

### 3.1. EER Conceptual Data Model Design



### 3.2. Relational Data Model Design



### 3.3. Create your Database and Populate

#### Creating Schema

The screenshot shows the MySQL Workbench interface. In the left sidebar, under 'SCHEMAS', there are several databases listed: company, firstDB, sys, and university. The main pane displays a SQL query window with the following code:

```
1 -- Here we are first creating the database, and confirming that we intend to use this database
2 CREATE DATABASE WeFIT;
3 USE WeFIT;
4
```

The status bar at the bottom indicates 'Query Completed'.

#### Creating and Populating User

The screenshot shows the MySQL Workbench interface. In the left sidebar, under 'SCHEMAS', there are several databases listed: company, firstDB, sys, and university. The main pane displays a SQL query window with the following code:

```
1 -- Here we are first creating the database, and confirming that we intend to use this database
2 CREATE DATABASE IF NOT EXISTS WeFIT;
3 USE WeFIT;
4
5 -- Creating the first component, the user table
6 CREATE TABLE User (
7     user_id INT PRIMARY KEY,
8     name VARCHAR(100),
9     weight DECIMAL(5, 2),
10    age INT,
11    sex CHAR(1),
12    email VARCHAR(100),
13    phone_num VARCHAR(15)
14 );
15
16 Select * FROM User;
```

The status bar at the bottom indicates 'Query Completed'. Below the query window, a 'Result Grid' tab is open, showing a table with columns: user\_id, name, weight, age, sex, email, and phone\_num. The table currently has 7 rows, all of which are empty (NULL values). The right side of the interface shows various toolbars and a 'Result Grid' button.

Local Instance 3306 - Warning - not supported

Administration Schemas Query 1 SQL File 1\* SQL File 4\*

Limit to 1000 rows

Schemas Filter objects

```

14    );
15
16    -- Inserting tuples into the user table
17  INSERT IGNORE INTO User (user_id, name, weight, age, sex, email, phone_num)
VALUES
(1, 'Ebru Cankaya', 50.0, 25, 'F', 'ebrucankaya@gmail.com', '123-456-7890'),
(2, 'Manasi Vipat', 60.0, 30, 'F', 'manavipat@gmail.com', '234-567-8901'),
(3, 'Shivani Elitem', 80.0, 22, 'F', 'shivanielditem@gmail.com', '345-678-9012'),
(4, 'Meghana Lamata', 55.0, 28, 'F', 'meghanalamata@gmail.com', '456-789-0123'),
(5, 'Ayusha Timalsena', 90.0, 35, 'F', 'ayushatimalsena@gmail.com', '567-890-1234'),
(6, 'Anwita Gudapuri', 50.0, 21, 'F', 'anwitagudapuri@gmail.com', '678-901-2345'),
(7, 'Anjali Kolluru', 75.0, 20, 'F', 'anjalkolluru@gmail.com', '789-012-3456'),
(8, 'Ayush Sheth', 65.0, 29, 'M', 'ayushsheth@gmail.com', '890-123-4567'),
(9, 'George Contreras', 85.0, 31, 'M', 'georgecontreras@gmail.com', '981-234-5678'),
(10, 'Soumika Seelam', 70.0, 27, 'F', 'soumikaseelam@gmail.com', '012-345-6789');
28
29  Select * FROM User

```

Object Info Session

No object selected

Result Grid Filter Rows: Search Edit Export/Import:

user_id	name	weight	age	sex	email	phone_num
1	Ebru Cankaya	50.00	25	F	ebrucankaya@gmail.com	123-456-7890
2	Manasi Vipat	60.00	30	F	manavipat@gmail.com	234-567-8901
3	Shivani Elitem	80.00	22	F	shivanielditem@gmail.com	345-678-9012
4	Meghana Lamata	55.00	28	F	meghanalamata@gmail.com	456-789-0123
5	Ayusha Timalsena	90.00	35	F	ayushatimalsena@gmail.com	567-890-1234
6	Anwita Gudapuri	50.00	21	F	anwitagudapuri@gmail.com	678-901-2345
7	Anjali Kolluru	75.00	20	F	anjalkolluru@gmail.com	789-012-3456
8	Ayush Sheth	65.00	29	M	ayushsheth@gmail.com	890-123-4567
9	George Contreras	85.00	31	M	georgecontreras@gmail.com	981-234-5678
10	Soumika Seelam	70.00	27	F	soumikaseelam@gmail.com	012-345-6789
NULL	NULL	NULL	NULL	NULL	NULL	NULL

User 2

Action Output

Time	Action	Response	Duration / Fetch Time
17 19:44:57	INSERT IGNORE INTO User (user_id, name, weight, age, sex, email, phone_num) VALUES (1, 'Ebru Cankaya', 50.0, 25, 'F', 'ebrucankaya@gmail.com', '123-456-7890')	0 row(s) affected, 10 warning(s): 1062 Duplicate entr...	0.00062 sec
18 19:44:57	Select * FROM User LIMIT 0, 1000	10 row(s) returned	0.0012 sec / 0.00000...

Query Completed

## Creating and Populating Workout

Local Instance 3306 - Warning - not supported

Administration Schemas Query 1 SQL File 1\* SQL File 4\*

Limit to 1000 rows

Schemas Filter objects

```

26  (9, 'George Contreras', 85.0, 31, 'M', 'georgecontreras@gmail.com', '981-234-5678'),
27  (10, 'Soumika Seelam', 70.0, 27, 'F', 'soumikaseelam@gmail.com', '012-345-6789');

29  -- Creating the workout table, the second key component
30  CREATE TABLE IF NOT EXISTS Workout (
31      workout_id INT PRIMARY KEY,
32      type VARCHAR(50),
33      user_id INT,
34      duration INT,
35      frequency INT,
36      intensity VARCHAR(50),
37      FOREIGN KEY (user_id) REFERENCES User(user_id) -- explaining to computer that the workout references the user, is tied to the user
38  );
39
40
41  Select * FROM Workout

```

Object Info Session

No object selected

Result Grid Filter Rows: Search Edit Export/Import:

workout_id	type	user_id	duration	frequency	intensity
NULL	NULL	NULL	NULL	NULL	NULL

Workout 3

Action Output

Time	Action	Response	Duration / Fetch Time
23 19:46:11	CREATE TABLE IF NOT EXISTS Workout ( workout_id INT PRIMARY KEY, type VARCHAR(50), user_id INT, duration INT, frequency INT, intensity VARCHAR(50), FOREIGN KEY (user_id) REFERENCES User(user_id) )	0 row(s) affected	0.022 sec
24 19:46:11	Select * FROM Workout LIMIT 0, 1000	0 row(s) returned	0.00071 sec / 0.00000...

Query Completed

Local Instance 3306 - Warning - not supported

Administration Schemas Query 1 SQL File 1\* SQL File 4\* Limit to 1000 rows

```

38  );
39
40  -- Inserting tuples into the workouts table
41  INSERT INTO Workout (workout_id, type, user_id, duration, frequency, intensity) VALUES
42  (1, 'Cardio', 1, 45, 5, 'Medium'),
43  (2, 'Strength Training', 2, 60, 4, 'High'),
44  (3, 'Yoga', 3, 30, 3, 'Low'),
45  (4, 'HIIT', 4, 40, 3, 'High'),
46  (5, 'Swimming', 5, 60, 2, 'Medium'),
47  (6, 'Cycling', 6, 50, 4, 'Medium'),
48  (7, 'Running', 7, 35, 3, 'High'),
49  (8, 'Pilates', 8, 45, 2, 'Low'),
50  (9, 'Weightlifting', 9, 75, 3, 'High'),
51  (10, 'CrossFit', 10, 60, 4, 'High');
52
53  Select * FROM Workout

```

Object Info Session  
No object selected

Result Grid Filter Rows: Search Edit: Export/Import

workout_id	type	user_id	duration	frequency	intensity
1	Cardio	1	45	5	Medium
2	Strength Training	2	60	4	High
3	Yoga	3	30	3	Low
4	HIIT	4	40	3	High
5	Cycling	5	50	2	Medium
6	Cycling	6	50	4	Medium
7	Running	7	35	3	High
8	Pilates	8	45	2	Low
9	Weightlifting	9	75	3	High
10	CrossFit	10	60	4	High
NULL	NULL	NULL	NULL	NULL	NULL

Workout 4

Action Output

Time	Action	Response	Duration / Fetch Time
30 19:48:26	INSERT INTO Workout (workout_id, type, user_id, duration, frequency, intensity) VALUES (1, 'Cardio', 1, 45, 5, 'Medium'), (2, 'Strength Training', 2, 60, 4, 'High')	10 row(s) affected Records: 10 Duplicates: 0 Warnings: 0	0.0019 sec
31 19:48:26	Select * FROM Workout LIMIT 0, 1000	10 row(s) returned	0.00032 sec / 0.00000...

Query Completed

## Creating and Populating Nutrition

Local Instance 3306 - Warning - not supported

Administration Schemas Query 1 SQL File 1\* SQL File 4\* Limit to 1000 rows

```

50  (9, 'Weightlifting', 9, 75, 3, 'High'),
51  (10, 'CrossFit', 10, 60, 4, 'High');

53  -- Creating the nutrition table
54  CREATE TABLE Nutrition (
55      food_id INT PRIMARY KEY,
56      food_name VARCHAR(100),
57      user_id INT,
58      calories INT,
59      date DATE,
60      macronutrients VARCHAR(255),
61      FOREIGN KEY (user_id) REFERENCES User(user_id) -- explaining to computer that the nutrition references the user, is tied to the user
62  );
63
64
65  Select * FROM Nutrition

```

Object Info Session  
No object selected

Result Grid Filter Rows: Search Edit: Export/Import

food_id	food_name	user_id	calories	date	macronutrie...
NULL	NULL	NULL	NULL	NULL	NULL

Nutrition 6

Action Output

Time	Action	Response	Duration / Fetch Time
44 19:49:42	CREATE TABLE Nutrition ( food_id INT PRIMARY KEY, food_name VARCHAR(100), user_id INT, calories INT, date DAT...	0 row(s) affected	0.014 sec
45 19:49:42	Select * FROM Nutrition LIMIT 0, 1000	0 row(s) returned	0.0010 sec / 0.00000...

Query Completed

Local Instance 3306 - Warning - not supported

Administration Schemas Query 1 SQL File 1\* SQL File 4\* Limit to 1000 rows

**SCHEMAS**

Filter objects

```

63
64 -- Inserting tuples into the nutrition table
65 • INSERT IGNORE INTO Nutrition (food_id, food_name, user_id, calories, date, macronutrients) VALUES
66 (1, 'Deep Dish Pizza', 1, 300, '2024-10-01', 'Protein: 25g, Carbs: 10g, Fats: 15g'),
67 (2, 'Pasta Carbonara', 2, 200, '2024-10-02', 'Protein: 15g, Carbs: 30g, Fats: 5g'),
68 (3, 'Chicken Biryani', 3, 500, '2024-10-03', 'Protein: 40g, Carbs: 0g, Fats: 20g'),
69 (4, 'Yogurt Parfait', 4, 250, '2024-10-04', 'Protein: 5g, Carbs: 45g, Fats: 7g'),
70 (5, 'Protein Brownies', 5, 350, '2024-10-05', 'Protein: 30g, Carbs: 5g, Fats: 10g'),
71 (6, 'Avocado Toast', 6, 400, '2024-10-06', 'Protein: 10g, Carbs: 60g, Fats: 15g'),
72 (7, 'Protein Bar', 7, 200, '2024-10-07', 'Protein: 20g, Carbs: 20g, Fats: 10g'),
73 (8, 'Chilli Oil Eggs', 8, 350, '2024-10-08', 'Protein: 10g, Carbs: 35g, Fats: 20g'),
74 (9, 'Eggs and Bacon', 9, 450, '2024-10-09', 'Protein: 30g, Carbs: 5g, Fats: 35g'),
75 (10, 'Quinoa Salad', 10, 300, '2024-10-10', 'Protein: 10g, Carbs: 40g, Fats: 10g');
76
77
78 • Select * FROM Nutrition

```

Object Info Session

No object selected

Result Grid Filter Rows: Search Edit: Export/Import:

food_id	food_name	user_id	calories	date	macronutrients
1	Deep Dish Pizza	1	300	2024-10-01	Protein: 25g, Carbs: 10g, Fats: 15g
2	Pasta Carbonara	2	200	2024-10-02	Protein: 15g, Carbs: 30g, Fats: 5g
3	Chicken Biryani	3	500	2024-10-03	Protein: 40g, Carbs: 0g, Fats: 20g
4	Yogurt Parfait	4	250	2024-10-04	Protein: 5g, Carbs: 45g, Fats: 7g
5	Protein Brownies	5	350	2024-10-05	Protein: 30g, Carbs: 5g, Fats: 10g
6	Avocado Toast	6	400	2024-10-06	Protein: 10g, Carbs: 60g, Fats: 15g
7	Protein Bar	7	200	2024-10-07	Protein: 20g, Carbs: 20g, Fats: 10g
8	Chilli Oil Eggs	8	350	2024-10-08	Protein: 10g, Carbs: 35g, Fats: 20g
9	Eggs and Bacon	9	450	2024-10-09	Protein: 30g, Carbs: 5g, Fats: 35g
10	Quinoa Salad	10	300	2024-10-10	Protein: 10g, Carbs: 40g, Fats: 10g
NULL	NULL	NULL	NULL	NULL	NULL

Action Output

Time	Action	Response	Duration / Fetch Time
53 19:52:40	INSERT IGNORE INTO Nutrition (food_id, food_name, user_id, calories, date, macronutrients) VALUES (1, 'Deep Dish Pizza', 1, 300, '2024-10-01', 'Protein: 25g, Carbs: 10g, Fats: 15g');	10 row(s) affected Records: 10 Duplicates: 0 Warnings: 0	0.00021 sec
54 19:52:40	Select * FROM Nutrition LIMIT 0, 1000	10 row(s) returned	0.000090 sec / 0.0000...

Query Completed

## Creating and Populating Goals

Local Instance 3306 - Warning - not supported

Administration Schemas Query 1 SQL File 1\* SQL File 4\* Limit to 1000 rows

**SCHEMAS**

Filter objects

```

74 (9, 'Eggs and Bacon', 9, 450, '2024-10-09', 'Protein: 30g, Carbs: 5g, Fats: 35g'),
75 (10, 'Quinoa Salad', 10, 300, '2024-10-10', 'Protein: 10g, Carbs: 40g, Fats: 10g');

76
77
78 • Creating the goals table
79 • CREATE TABLE IF NOT EXISTS Goals (
80     goal_id INT PRIMARY KEY,
81     goal_type VARCHAR(50),
82     user_id INT,
83     date_set DATE,
84     measurement VARCHAR(50),
85     FOREIGN KEY (user_id) REFERENCES User(user_id) -- explaining to computer that the goals references the user, is tied to the user
86 );
87
88
89 • Select * FROM Goals;

```

Object Info Session

No object selected

Result Grid Filter Rows: Search Edit: Export/Import:

goal_id	goal_type	user_id	date_set	measurement
NULL	NULL	NULL	NULL	NULL
NULL	NULL	NULL	NULL	NULL
NULL	NULL	NULL	NULL	NULL
NULL	NULL	NULL	NULL	NULL
NULL	NULL	NULL	NULL	NULL
NULL	NULL	NULL	NULL	NULL
NULL	NULL	NULL	NULL	NULL
NULL	NULL	NULL	NULL	NULL
NULL	NULL	NULL	NULL	NULL
NULL	NULL	NULL	NULL	NULL

Action Output

Time	Action	Response	Duration / Fetch Time
63 19:54:37	CREATE TABLE IF NOT EXISTS Goals ( goal_id INT PRIMARY KEY, goal_type VARCHAR(50), user_id INT, date_set DATE, ... )	0 row(s) affected	0.022 sec
64 19:54:37	Select * FROM Goals LIMIT 0, 1000	0 row(s) returned	0.00077 sec / 0.0000...

Query Completed

Local Instance 3306 - Warning - not supported

Administration Schemas Query 1 SQL File 1\* SQL File 4\* Limit to 1000 rows

**SCHEMAS**

> company  
> firstDB  
> sys  
> university  
WeFIT  
> Tables  
Views  
Stored Procedures  
Functions

```

100 -- Inserting tuples into the goals table
102 • INSERT IGNORE INTO Goals (goal_id, goal_type, user_id, date_set, measurement) VALUES
103 (1, 'Lose Weight', 1, '2024-09-01', '5 kg'),
104 (2, 'Build Muscle', 2, '2024-09-05', '5 kg'),
105 (3, 'Improve Stamina', 3, '2024-09-10', '10 minutes of extra exercise'),
106 (4, 'Reduce Body Fat', 4, '2024-09-15', '5% body fat'),
107 (5, 'Increase Flexibility', 5, '2024-09-20', 'Be able to touch toes'),
108 (6, 'Run a Marathon', 6, '2024-09-25', 'Completing the race'),
109 (7, 'Gain Muscle Mass', 7, '2024-10-01', 'Gaining 5 kg muscle'),
110 (8, 'Improve Strength', 8, '2024-10-05', 'Lifting 50 kg'),
111 (9, 'Reduce Stress', 9, '2024-10-10', 'Daily yoga'),
112 (10, 'Improve Diet', 10, '2024-10-15', 'Healthy eating');
113
114
115 • Select * FROM Goals

```

Object Info Session Result Grid Filter Rows Search Edit Export/Import

No object selected

goal_id	goal_type	user_id	date_set	measurement
1	Lose Weight	1	2024-09-01	5 kg
2	Build Muscle	2	2024-09-05	5 kg
3	Improve Stamina	3	2024-09-10	10 minutes of extra exercise
4	Reduce Body Fat	4	2024-09-15	5% body fat
5	Increase Flexibility	5	2024-09-20	Be able to touch toes
6	Run a Marathon	6	2024-09-25	Completing the race
7	Gain Muscle Mass	7	2024-10-01	Gaining 5 kg muscle
8	Improve Strength	8	2024-10-05	Lifting 50 kg
9	Reduce Stress	9	2024-10-10	Daily yoga
10	Improve Diet	10	2024-10-15	Healthy eating
NULL	NULL	NULL	NULL	NULL

Goals 8

Action Output

Action	Time	Response	Duration / Fetch Time
75	20:02:55	INSERT IGNORE INTO Goals (goal_id, goal_type, user_id, date_set, measurement) VALUES (1, 'Lose Weight', 1, '2024-09-01', '5 kg') 0 row(s) affected, 10 warning(s); 1062 Duplicate entr...	0.00055 sec
76	20:02:55	Select * FROM Goals LIMIT 0, 1000 10 row(s) returned	0.0027 sec / 0.00000...

Query Completed

## Creating and Populating Progress

Local Instance 3306 - Warning - not supported

Administration Schemas Query 1 SQL File 1\* SQL File 4\* Limit to 1000 rows

**SCHEMAS**

> company  
> firstDB  
> sys  
university  
WeFIT  
> Tables  
Views  
Stored Procedures  
Functions

```

98 (9, 'Reduce Stress', 9, '2024-10-10', 'Daily yoga'),
99 (10, 'Improve Diet', 10, '2024-10-15', 'Healthy eating');

101 -- Creating the progress table
102 • CREATE TABLE IF NOT EXISTS Progress (
103     progress_id INT PRIMARY KEY,
104     goal_id INT,
105     date_end DATE,
106     status VARCHAR(50),
107     setbacks VARCHAR(255),
108     FOREIGN KEY (goal_id) REFERENCES Goals(goal_id) -- explaining to computer that the progress references the user, is tied to the user
109 );
110
111
112
113 • Select * FROM Progress

```

Object Info Session Result Grid Filter Rows Search Edit Export/Import

No object selected

progress_id	goal_id	date_end	status	setbacks
NULL	NULL	NULL	NULL	NULL

Progress 9

Action Output

Action	Time	Response	Duration / Fetch Time
147	20:06:06	CREATE TABLE IF NOT EXISTS Progress ( progress_id INT PRIMARY KEY, goal_id INT, date_end DATE, status VARCHAR... 0 row(s) affected	0.017 sec
148	20:06:06	Select * FROM Progress LIMIT 0, 1000 0 row(s) returned	0.0012 sec / 0.00000...

Query Completed

Local Instance 3306 - Warning - not supported

Administration Schemas Query 1 SQL File 1\* SQL File 4\*

Limit to 1000 rows

**SCHEMAS**

Filter objects

```

111    -- Inserting tuples into the progress table
112    INSERT INTO Progress (progress_id, goal_id, date_end, status, setbacks) VALUES
113        (1, 1, '2024-10-01', 'In Progress', 'None'),
114        (2, 2, '2024-10-05', 'In Progress', 'Missed my workout'),
115        (3, 3, '2024-10-10', 'Completed', 'None'),
116        (4, 4, '2024-10-15', 'In Progress', 'Had a cheat day'),
117        (5, 5, '2024-10-20', 'Completed', 'None'),
118        (6, 6, '2024-10-25', 'In Progress', 'Got injured'),
119        (7, 7, '2024-11-01', 'In Progress', 'None'),
120        (8, 8, '2024-11-05', 'In Progress', 'Didnt have time to workout or eat healthy'),
121        (9, 9, '2024-11-10', 'Completed', 'None'),
122        (10, 10, '2024-11-15', 'In Progress', 'Missed my workout');
123
124
125
126 • Select * FROM Progress

```

Object Info Session

No object selected

Result Grid Filter Rows: Search Export/Import:

progress_id	goal_id	date_end	status	setbacks
1	1	2024-10-01	In Progress	None
2	2	2024-10-05	In Progress	Missed my workout
3	3	2024-10-10	Completed	None
4	4	2024-10-15	In Progress	Had a cheat day
5	5	2024-10-20	Completed	None
6	6	2024-10-25	In Progress	Got injured
7	7	2024-11-01	In Progress	None
8	8	2024-11-05	In Progress	Didnt have time to workout or eat healthy
9	9	2024-11-10	Completed	None
10	10	2024-11-15	In Progress	Missed my workout

Progress 10

Action Output

Time	Action	Response	Duration / Fetch Time
160 20:06:30	INSERT INTO Progress (progress_id, goal_id, date_end, status, setbacks) VALUES (1, 1, '2024-10-01', 'In Progress', 'None'), (2, 2, '2024-10-05', 'In Progress', 'Missed my workout')	10 row(s) affected Records: 10 Duplicates: 0 Warnings: 0	0.0013 sec
161 20:06:30	Select * FROM Progress LIMIT 0, 1000	10 row(s) returned	0.00046 sec / 0.000...

Query Completed

### 3.4. Database Query Execution

#### Queries

Local Instance 3306 - Warning - not supported

Administration Schemas Query 1 SQL File 1\* delivable1\*

Limit to 1000 rows

**SCHEMAS**

Filter objects

```

118    (5, 5, '2024-10-20', 'Completed', 'None'),
119    (6, 6, '2024-10-25', 'In Progress', 'Got injured'),
120    (7, 7, '2024-11-01', 'In Progress', 'None'),
121    (8, 8, '2024-11-05', 'In Progress', 'Didnt have time to workout or eat healthy'),
122    (9, 9, '2024-11-10', 'Completed', 'None'),
123    (10, 10, '2024-11-15', 'In Progress', 'Missed my workout');
124
125 • SELECT
126     u.name,
127     w.type AS workout_type,
128     w.duration AS workout_duration,
129     w.intensity AS workout_intensity
130   FROM
131     User u
132   JOIN
133     Workout w ON u.user_id = w.user_id

```

Object Info Session

No object selected

Result Grid Filter Rows: Search Export:

name	workout_type	workout_duration	workout_intensity
Ebru Cankaya	Cardio	45	Medium
Manasi Vipat	Strength Training	60	High
Shivani Patel	Yoga	50	Low
Minali Lamantia	HIIT	45	High
Ayusha Timalsena	Swimming	60	Medium
Armita Gudipuri	Cycling	50	Medium
Angal Patel	Running	35	High
Anmol Sheth	Pushups	45	Low
George Contreras	Weightlifting	75	High
Sounika Seelam	CrossFit	60	High

Result 11

Action Output

Time	Action	Response	Duration / Fetch Time
▲ 209 20:14:25	INSERT IGNORE INTO Progress (progress_id, goal_id, date_end, status, setbacks) VALUES (1, 1, '2024-10-01', 'In Progress', 'None')	0 row(s) affected, 10 warning(s): 1062 Duplicate entr...	0.00015 sec
▼ 210 20:14:25	SELECT u.name, w.type AS workout_type, w.duration AS workout_duration, w.intensity AS workout_intensity FROM...	10 row(s) returned	0.000932 sec / 0.000...

Query Completed

Local Instance 3306 - Warning - not supported

Administration Schemas Query 1 SQL File \* deliverable1\* Limit to 1000 rows

```

120 (7, 7, '2024-11-01', 'In Progress', 'None'),
121 (8, 8, '2024-11-05', 'In Progress', 'Didn't have time to workout or eat healthy'),
122 (9, 9, '2024-11-10', 'Completed', 'None'),
123 (10, 10, '2024-11-15', 'In Progress', 'Missed my workout');

124
125 • SELECT
126     u.name,
127     n.food_name,
128     n.calories,
129     n.date
130     FROM
131     User u
132     JOIN
133         Nutrition n ON u.user_id = n.user_id
134     WHERE
135         n.calories > 250;

```

Object Info Session No object selected

Result Grid Filter Rows: Search Export: Result Grid Form Editor Field Types GUI

name	food_name	calories	date
Ebru Cankaya	Deep Dish Pizza	300	2024-10-01
Shivani Eltem	Chicken Briyani	500	2024-10-03
Ayush Tiwaleena	Protein Brownies	350	2024-10-05
Anwita Gudipuri	Avocado Toast	400	2024-10-06
Ayush Shekh	Chili Oil Eggs	250	2024-10-08
George Contreras	Cups and Bacon	450	2024-10-09
Soumika Seelam	Quinoa Salad	300	2024-10-10

Result 12 Read Only

Action Output

Time	Action	Response	Duration / Fetch Time
20:15:27	INSERT IGNORE INTO Progress (progress_id, goal_id, date_end, status, setbacks) VALUES (1, 1, '2024-10-01', 'In Progress', 'None')	0 row(s) affected, 10 warning(s): 1062 Duplicate entr...	0.00048 sec
20:15:27	SELECT u.name, n.food_name, n.calories, n.date FROM User u JOIN Nutrition n ON u.user_id = n.user_id WHERE n.calories > 250;	7 row(s) returned	0.00046 sec / 0.000...

Query Completed

## Insert

Local Instance 3306 - Warning - not supported

Administration Schemas Query 1 SQL File \* deliverable1\* Limit to 1000 rows

```

111
112 -- Inserting tuples into the progress table
113 • INSERT IGNORE INTO Progress (progress_id, goal_id, date_end, status, setbacks) VALUES
114 (1, 1, '2024-10-01', 'In Progress', 'None'),
115 (2, 2, '2024-10-05', 'In Progress', 'Missed my workout'),
116 (3, 3, '2024-10-10', 'Completed', 'None'),
117 (4, 4, '2024-10-15', 'In Progress', 'Had a cheat day'),
118 (5, 5, '2024-10-20', 'Completed', 'None'),
119 (6, 6, '2024-10-25', 'In Progress', 'Got injured'),
120 (7, 7, '2024-11-01', 'In Progress', 'None'),
121 (8, 8, '2024-11-05', 'In Progress', 'Didn't have time to workout or eat healthy'),
122 (9, 9, '2024-11-10', 'Completed', 'None'),
123 (10, 10, '2024-11-15', 'In Progress', 'Missed my workout');
124
125 • SELECT * FROM User;

```

Object Info Session No object selected

Result Grid Filter Rows: Search Edit: Export/Import: Result Grid Form Editor Field Types GUI

user_id	name	weight	age	sex	email	phone_num
1	Ebru Cankaya	50.00	25	F	ebrucankaya@gmail.com	123-456-7890
2	Minali Vipat	60.00	22	F	minalivipat@gmail.com	234-567-8901
3	Soumika Seelam	60.00	28	F	soumikaseelam@gmail.com	345-678-9012
4	Meghana Lammita	55.00	28	F	meghanalammita@gmail.com	456-789-0123
5	Ayush Tiwaleena	60.00	35	F	ayushtiwaleena@gmail.com	567-890-1234
6	Anwita Gudipuri	50.00	21	F	anwigudipuri@gmail.com	678-901-2345
7	Ayush Shekh	65.00	20	M	ayushshekh@gmail.com	789-901-2345
8	Ayush Shekh	65.00	29	M	ayushshekh@gmail.com	890-123-4567
9	George Contreras	85.00	31	M	georgecontreras@gmail.com	901-234-5678
10	Soumika Seelam	70.00	27	F	soumikaseelam@gmail.com	012-345-6789

User 13

Action Output

Time	Action	Response	Duration / Fetch Time
20:53:49	INSERT IGNORE INTO Progress (progress_id, goal_id, date_end, status, setbacks) VALUES (1, 1, '2024-10-01', 'In Progress', 'None')	0 row(s) affected, 10 warning(s): 1062 Duplicate entr...	0.000015 sec
20:53:49	SELECT * FROM User LIMIT 0, 1000	10 row(s) returned	0.000051 sec / 0.000...

Query Completed

Local instance 3306 - Warning - not supported

Administration Schemas Query 1 SQL File 1\* deliverable1 Limit to 1000 rows

```

108     setbacks VARCHAR(255),
109     FOREIGN KEY (goal_id) REFERENCES Goals(goal_id) -- explaining to computer that the progress references the user, is tied to the user
110   );
111
112   -- Inserting tuples into the progress table
113 • INSERT IGNORE INTO Progress (progress_id, goal_id, date_end, status, setbacks) VALUES
114   (1, 1, '2024-10-01', 'In Progress', 'None'),
115   (2, 2, '2024-10-05', 'In Progress', 'Missed my workout'),
116   (3, 3, '2024-10-10', 'Completed', 'None'),
117   (4, 4, '2024-10-15', 'In Progress', 'Had a cheat day'),
118   (5, 5, '2024-10-20', 'Completed', 'None'),
119   (6, 6, '2024-10-25', 'In Progress', 'Got injured'),
120   (7, 7, '2024-11-01', 'In Progress', 'None'),
121   (8, 8, '2024-11-05', 'In Progress', 'Didnt have time to workout or eat healthy'),
122   (9, 9, '2024-11-10', 'Completed', 'None'),
123   (10, 10, '2024-11-15', 'In Progress', 'Missed my workout');
124

```

Object Info Session

No object selected

Result Grid Filter Rows: Search Edit: Export/Import: Result Grid Form Editor Field Types Query

user_id	name	weight	age	sex	email	phone_num
1	Ebru Cankaya	50.00	25	F	ebrucankaya@gmail.com	123-456-7890
2	Manasi Vipat	60.00	30	F	manasivipat@gmail.com	234-567-8901
3	Shivani Ellem	80.00	22	F	shivaniellem@gmail.com	345-678-9012
4	Meghana Lammasa	55.00	28	F	mehanalammasa@gmail.com	456-789-0123
5	Ayush Seelam	65.00	25	M	ayushseelam@gmail.com	567-890-1234
6	Anjali Godapur	50.00	21	F	anjali.godapur@gmail.com	678-901-2345
7	Anjali Kolluru	75.00	20	F	anjalkolluru@gmail.com	789-012-3456
8	Ayush Sheeth	65.00	29	M	ayushsheeth@gmail.com	890-123-4567
9	George Contreras	65.00	31	M	georgecontreras@gmail.com	901-234-5678
10	Soumika Seelam	70.00	27	F	soumikaseelam@gmail.com	912-345-6789
11	Tony Stark	80.00	35	M	stark@gmail.com	111-222-3333

User 14 Apply Revert

Action Output

Time	Action	Response	Duration / Fetch Time
249 20:54:04	INSERT INTO User (user_id, name, weight, age, sex, email, phone_num) VALUES (11, 'Tony Stark', 80.0, 35, 'M', 'stark@gmail.com...')	1 row(s) affected	0.0077 sec
250 20:54:04	SELECT * FROM User LIMIT 0, 1000	11 row(s) returned	0.00028 sec / 0.0000...

Query Completed

## Delete

Local instance 3306 - Warning - not supported

Administration Schemas Query 1 SQL File 1\* deliverable1 Limit to 1000 rows

```

111
112   -- Inserting tuples into the progress table
113 • INSERT IGNORE INTO Progress (progress_id, goal_id, date_end, status, setbacks) VALUES
114   (1, 1, '2024-10-01', 'In Progress', 'None'),
115   (2, 2, '2024-10-05', 'In Progress', 'Missed my workout'),
116   (3, 3, '2024-10-10', 'Completed', 'None'),
117   (4, 4, '2024-10-15', 'In Progress', 'Had a cheat day'),
118   (5, 5, '2024-10-20', 'Completed', 'None'),
119   (6, 6, '2024-10-25', 'In Progress', 'Got injured'),
120   (7, 7, '2024-11-01', 'In Progress', 'None'),
121   (8, 8, '2024-11-05', 'In Progress', 'Didnt have time to workout or eat healthy'),
122   (9, 9, '2024-11-10', 'Completed', 'None'),
123   (10, 10, '2024-11-15', 'In Progress', 'Missed my workout');
124
125 • SELECT * FROM Workout;
126
127

```

Object Info Session

No object selected

Result Grid Filter Rows: Search Edit: Export/Import: Result Grid Form Editor Field Types Query

workout_id	type	user_id	duration	frequency	intensity
1	Cardio	1	45	6	Medium
2	Strength Training	2	30	4	High
3	Cycling	3	30	3	Low
4	HIIT	4	40	9	High
5	Swimming	5	60	2	Medium
6	Cycling	6	50	4	Medium
7	Running	7	35	3	High
8	Yoga	8	45	5	Low
9	Weightlifting	9	75	8	High
10	CrossFit	10	60	4	High

Workout 15 Apply Revert

Action Output

Time	Action	Response	Duration / Fetch Time
262 20:54:51	INSERT IGNORE INTO Progress (progress_id, goal_id, date_end, status, setbacks) VALUES (1, 1, '2024-10-01', 'In Progress', 'None')	0 row(s) affected, 10 warning(s); 1062 Duplicate entr...	0.00040 sec
263 20:54:51	SELECT * FROM Workout LIMIT 0, 1000	10 row(s) returned	0.00031 sec / 0.0000...

Query Completed

Local Instance 3306 - Warning - not supported

Administration Schemas Query 1 SQL File 1\* deliverable1\*

SCHEMAS Filter objects

```

113 • INSERT IGNORE INTO Progress (progress_id, goal_id, date_end, status, setbacks) VALUES
114   (1, 1, '2024-10-01', 'In Progress', 'None'),
115   (2, 2, '2024-10-05', 'In Progress', 'Missed my workout'),
116   (3, 3, '2024-10-10', 'Completed', 'None'),
117   (4, 4, '2024-10-15', 'In Progress', 'Had a cheat day'),
118   (5, 5, '2024-10-20', 'Completed', 'None'),
119   (6, 6, '2024-10-25', 'In Progress', 'Got injured'),
120   (7, 7, '2024-11-01', 'In Progress', 'None'),
121   (8, 8, '2024-11-05', 'In Progress', 'Didn\'t have time to workout or eat healthy'),
122   (9, 9, '2024-11-10', 'Completed', 'None'),
123   (10, 10, '2024-11-15', 'In Progress', 'Missed my workout');

124 • DELETE FROM Workout WHERE workout_id = 5;
125 • SELECT * FROM Workout;
126
127
128

```

Object Info Session

No object selected

Result Grid Filter Rows: Search Edit: Export/Import: Result Grid Form Editor Field Types Query

workout_id	type	user_id	duration	frequency	intensity
1	Cardio	1	45	5	Medium
2	Strength Training	2	60	4	High
3	Yoga	3	30	3	Low
4	HIIT	4	40	3	High
5	Cycling	6	50	4	Medium
7	Running	7	35	3	High
8	Pilates	8	45	2	Low
9	Swimming	9	25	3	High
10	CrossFit	10	60	4	High
			NULL	NULL	NULL
			NULL	NULL	NULL
			NULL	NULL	NULL

Workout 16

Action Output

Time	Action	Response	Duration / Fetch Time
276 20:58:04	DELETE FROM Workout WHERE workout_id = 5	1 row(s) affected	0.0062 sec
277 20:58:04	SELECT * FROM Workout LIMIT 0,1000	9 row(s) returned	0.00643 sec / 0.000...

Query Completed

## Update

Local Instance 3306 - Warning - not supported

Administration Schemas Query 1 SQL File 1\* deliverable1\*

SCHEMAS Filter objects

```

112 -- Inserting tuples into the progress table
113 • INSERT IGNORE INTO Progress (progress_id, goal_id, date_end, status, setbacks) VALUES
114   (1, 1, '2024-10-01', 'In Progress', 'None'),
115   (2, 2, '2024-10-05', 'In Progress', 'Missed my workout'),
116   (3, 3, '2024-10-10', 'Completed', 'None'),
117   (4, 4, '2024-10-15', 'In Progress', 'Had a cheat day'),
118   (5, 5, '2024-10-20', 'Completed', 'None'),
119   (6, 6, '2024-10-25', 'In Progress', 'Got injured'),
120   (7, 7, '2024-11-01', 'In Progress', 'None'),
121   (8, 8, '2024-11-05', 'In Progress', 'Didn\'t have time to workout or eat healthy'),
122   (9, 9, '2024-11-10', 'Completed', 'None'),
123   (10, 10, '2024-11-15', 'In Progress', 'Missed my workout');

124 • SELECT * FROM User;
125
126
127

```

Object Info Session

No object selected

Result Grid Filter Rows: Search Edit: Export/Import: Result Grid Form Editor Field Types Query

user_id	name	weight	age	sex	email	phone_num
1	Ebru Cankeya	50.00	25	F	ebrucankeya@gmail.com	123-456-7890
2	Manasi Vipat	60.00	30	F	manavipat@gmail.com	234-567-8901
3	Shivani Elitem	80.00	22	F	shivanielitem@gmail.com	345-678-9012
4	Meghana Lammeta	55.00	28	F	meghanalammeta@gmail.com	456-789-0123
5	Ayushtha Imaisena	90.00	35	F	ayushthaimaisena@gmail.com	567-890-1234
6	Anjali Kulkarni	70.00	20	F	anjalkulkarni@gmail.com	678-901-2345
7	Angal Kolhe	75.00	20	F	angalkolhe@gmail.com	789-012-3456
8	Ayush Sheth	65.00	29	M	ayushsheth@gmail.com	890-123-4567
9	George Contreras	85.00	31	M	georgecontreras@gmail.com	901-234-5678
10	Sounika Seelam	70.00	27	F	sounikaseelam@gmail.com	012-345-6789
11	Tony Stark	80.00	35	M	stark@gmail.com	111-222-3333
			NULL	NULL	NULL	NULL
			NULL	NULL	NULL	NULL
			NULL	NULL	NULL	NULL

User 17

Action Output

Time	Action	Response	Duration / Fetch Time
289 21:01:08	INSERT IGNORE INTO Progress (progress_id, goal_id, date_end, status, setbacks) VALUES (1, 1, '2024-10-01', 'In Progress', 'Non...	1 row(s) affected, 10 warning(s): 1062 Duplicate entr...	0.00038 sec
290 21:01:08	SELECT * FROM User LIMIT 0,1000	11 row(s) returned	0.00057 sec / 0.000...

Query Completed

Local Instance 3306 - Warning - not supported

Administration   Schemas   Query 1   SQL File 1\*   deliverable1\*

SCHEMAS   Filter objects

- > company
- > firstDB
- > sys
- > university
- WeFit
  - > Tables
  - Views
  - Stored Procedures
  - Functions

Object Info   Session

No object selected

Result Grid   Filter Rows: Search   Edit: Export/Import:

user_id	name	weight	age	sex	email	phone_num
1	Ebru Cankaya	50.00	25	F	ebrucankaya@gmail.com	123-456-7890
2	Manav Vipat	62.00	60	F	manavvipat@gmail.com	234-567-8901
3	Shivani Elitem	80.00	22	F	shivanivelitem@gmail.com	345-678-9012
4	Meghana Lammata	55.00	28	F	meghanalammata@gmail.com	456-789-0123
5	Ayushaa Timalsena	90.00	35	F	ayushahatimalsena@gmail.com	567-890-1234
6	Anwita Gudapuri	50.00	21	F	anwitagudapuri@gmail.com	678-901-2345
7	Anjali Kulkarni	75.00	20	F	anjalkulkarni@gmail.com	789-901-2345
8	Ava Scott	65.00	30	M	ava.scott@gmail.com	890-901-2345
9	George Contreras	85.00	31	M	georgecontreras@gmail.com	901-234-5678
10	Soumika Seelam	70.00	27	F	soumikaseelam@gmail.com	012-345-6789
11	Tony Stark	80.00	35	M	stark@gmail.com	111-222-3333
HULL	HULL	HULL	HULL	HULL	HULL	HULL

User 19   Apply   Revert

Action Output

Time	Action	Response	Duration / Fetch Time
317 21:01:55	UPDATE User SET age = 60 WHERE user_id = 2	1 row(s) affected Rows matched: 1 Changed: 1 Warni... 0.0014 sec	
318 21:01:55	SELECT * FROM User LIMIT 0,1000	11 row(s) returned 0.00026 sec / 0.0000... 0.0000 sec	

Query Completed

## References

- [1] MyFitnessPal, "MyFitnessPal | MyFitnessPal," MyFitnessPal.com, 2024. [Online]. Available: <https://www.myfitnesspal.com/#howItWorks>. [Accessed: Oct. 16, 2024].
- [2] Cronometer, "Cronometer: Track nutrition & count calories," Cronometer.com, 2011. [Online]. Available: <https://cronometer.com/>. [Accessed: Oct. 16, 2024].