

database design document

HEALTHPAL



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sAINT cHARLES cOMMUNITY College

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**HealthPal Database Design**

**Table: Users**

|  |  |  |
| --- | --- | --- |
| **Column Name** | **Data Type** | **Description** |
| User\_id (PK) | INT | Unique identifier for each user |
| Username | VARCHAR | Full name of user |
| Email | VARCHAR | Email address of the user |

**Table: Health Metrics**

|  |  |  |
| --- | --- | --- |
| **Column Name** | **Data Type** | **Description** |
| Metric-id (PK) | INT | Unique Identifier for each log |
| User\_id (FK) | INT | References user logging the metric |
| Log\_date | DATE | Date of health log |
| Temperature | FLOAT | User’s body temperature |
| Heart\_rate | INT | User’s heart rate in beats per minute |
| Weight | FLOAT | User’s weight in kilograms |
| Blood\_pressure | VARCHAR | User’s blood pressure (e.g., 120/80) |
| Breathing\_rate | INT | User’s breathing rate in breaths/min |
| Sleep\_hours | FLOAT | Hours of sleep logged by the user |
| Daily\_steps | INT | Number of steps taken by the user |

**Table: Calorie Log**

|  |  |  |
| --- | --- | --- |
| **Column** | **Data Type** | **Description** |
| Log\_id (PK) | INT | Unique identifier for each calorie log |
| User\_id (FK) | INT | References the user logging the food |
| Log\_date | DATE | Date the food was consumed |
| Food\_name | VARCHAR | Name of food item |
| Calories | FLOAT | Total calories consumed |
| Carbohydrates | FLOAT | Amount of carbs in grams |
| Proteins | FLOAT | Amount of proteins in grams |
| Vitamins | FLOAT | Amount of vitamins in grams |
| Fiber | FLOAT | Amount of fiber in grams |
| Sugars | FLOAT | Amount of sugar in grams |
| Fats | FLOAT | Amount of fats in grams |