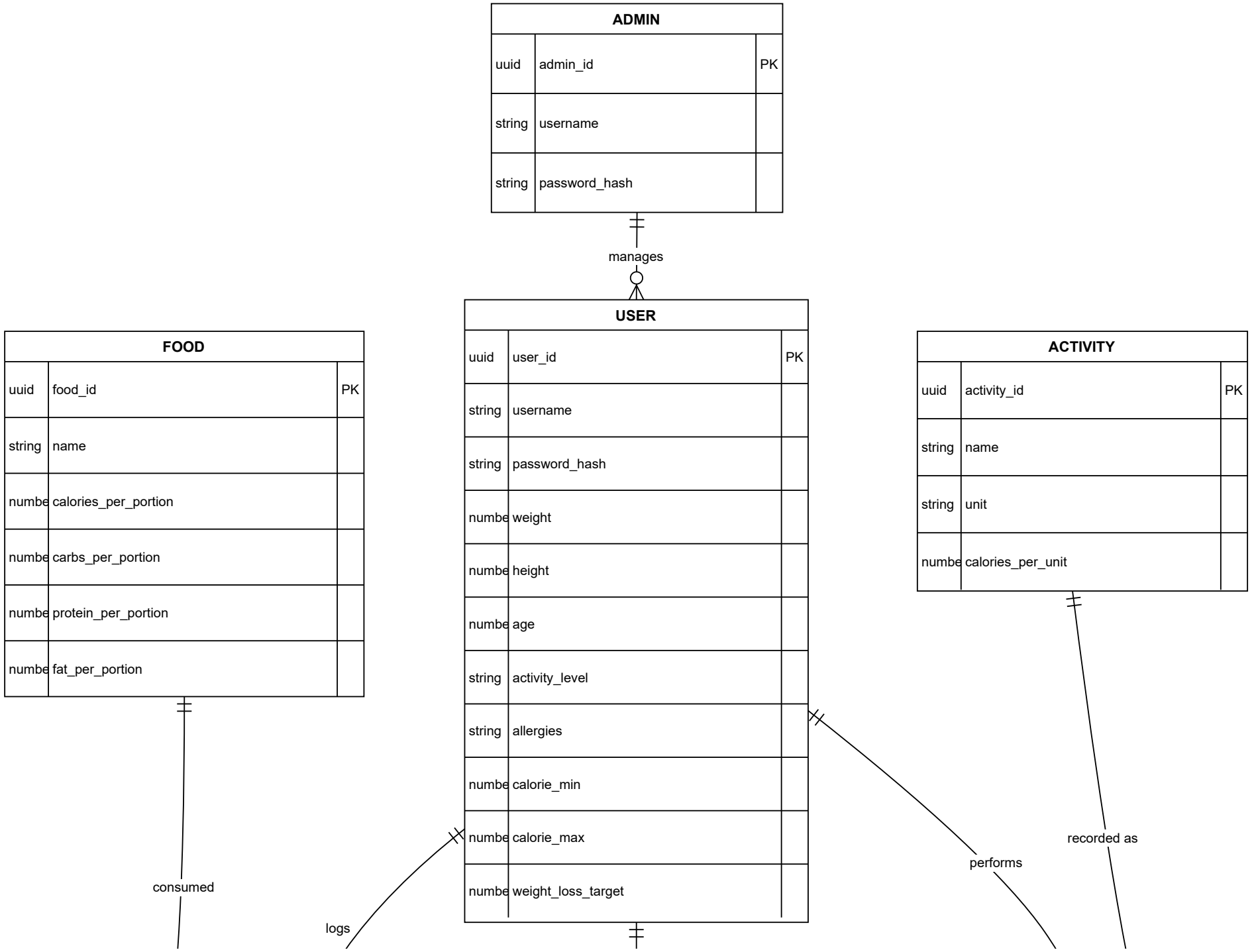
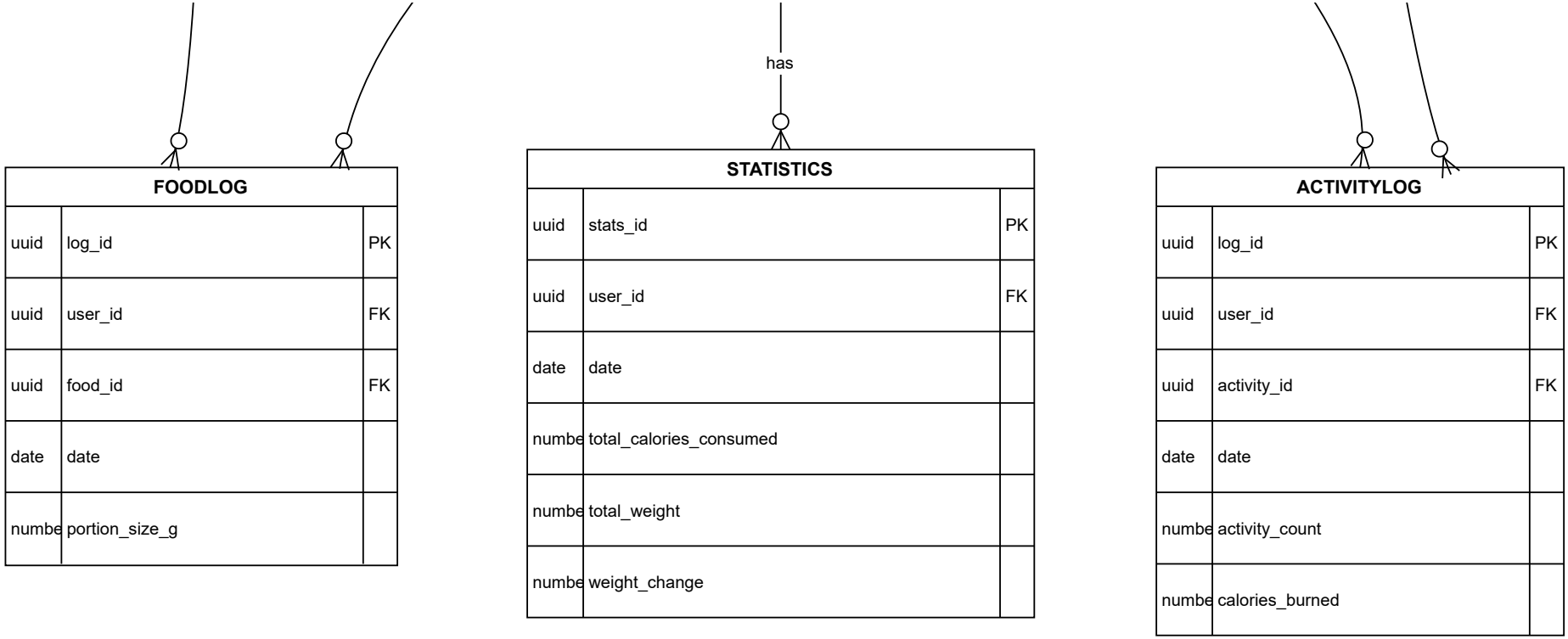

ADMIN
uuid
admin_id
PK
string
username
string
password_hash
manages
USER
uuid
user_id
PK
string
username
string
password_hash
numbe
weight
numbe
height
numbe
age
string
activity_level
string
allergies
numbe
calorie_min
numbe
calorie_max
numbe
weight_loss_target
FOOD
uuid
food_id
PK
string
name
numbe
calories_per_portion
numbe
carbs_per_portion
numbe
protein_per_portion
numbe
fat_per_portion
ACTIVITY
uuid
activity_id
PK
string
name
string
unit
numbe
calories_per_unit
consumed
logs
performs
recorded as


has
FOODLOG
uuid log_id PK
uuid user_id FK
uuid food_id FK
date date
numbe portion_size_g
STATISTICS
uuid stats_id PK
uuid user_id FK
date date
numbe total_calories_consumed
numbe total_weight
numbe weight_change
ACTIVITYLOG
uuid log_id PK
uuid user_id FK
uuid activity_id FK
date date
numbe activity_count
numbe calories_burned