**Collections:**

1. **Users**

{

"\_id": "123",

"username": "john\_doe",

"password": "hashed\_password",

"email": "john@example.com",

"date\_of\_birth": "1990-01-01",

"gender": "male"

}

1. **health\_records**

{

"\_id": "456",

"user\_id": "123",

"date": "2024-04-03",

"height": 180,

"weight": 75,

"blood\_pressure": 120,

"notes": "Feeling good, no allergies."

}

1. **diets**

{

"\_id": "789",

"user\_id": "123",

"date": "2024-04-03",

"meal\_type": "Breakfast",

"food\_item": "Oatmeal with fruits",

"calories": 350

}

1. **goals**

{

"\_id": "101",

"user\_id": "123",

"goal\_type": "Weight Loss",

"target\_value": 70,

"start\_date": "2024-01-01",

"end\_date": "2024-06-01",

"progress": 60

}

1. **activities**

{

"\_id": "112",

"user\_id": "123",

"activity\_type": "Running",

"duration": 30,

"intensity": "High",

"calories\_burned": 300,

"date": "2024-04-03"

}

1. **medication\_reminders**

{

"\_id": "123",

"user\_id": "123",

"medication\_name": "Vitamin D",

"frequency": 1,

"notes": "Take after breakfast."

}