Relational Schema

User (

user\_id INT PRIMARY KEY,

username TEXT,

password TEXT,

email TEXT,

date\_of\_birth TEXT,

gender TEXT

)

Health\_Record (

record\_id INT PRIMARY KEY,

user\_id INT,

date TEXT,

height INT,

weight INT,

blood\_pressure INT,

notes TEXT,

FOREIGN KEY (user\_id) REFERENCES User(user\_id)

)

Activity (

activity\_id INT PRIMARY KEY,

user\_id INT,

activity\_type TEXT,

duration INT,

intensity TEXT,

calories\_burned INT,

date TEXT,

FOREIGN KEY (user\_id) REFERENCES User(user\_id)

)

Goal (

goal\_id INT PRIMARY KEY,

user\_id INT,

goal\_type TEXT,

target\_value INT,

start\_date TEXT,

end\_date TEXT,

progress TEXT,

FOREIGN KEY (user\_id) REFERENCES User(user\_id)

)

Diet (

diet\_id INT PRIMARY KEY,

user\_id INT,

date TEXT,

meal\_type TEXT, -- e.g., Breakfast, Lunch, Dinner, Snack

food\_item TEXT,

calories INT,

FOREIGN KEY (user\_id) REFERENCES User(user\_id)

)

Medication\_Reminder (

reminder\_id INT PRIMARY KEY,

user\_id INT,

medication\_name TEXT,

frequency INT,

notes TEXT,

FOREIGN KEY (user\_id) REFERENCES User(user\_id)

)