

Erwin Bendl

Professor Nevill

ITS312: Database Designs

02/26/2021

### **Dropbox exercise Week 6: Plan for my Personal Project Database**

My personal project database will be a calorie tracker. It will be called "Snack & Track." The database will help the user keep track of their calorie intake and the calories they burn resulting in a calorie surplus or -deficit. Moreover, it will also show the user the macronutrients they are eating, with the carbohydrates, proteins, and fats. Finally, "Snack & Track" will also keep track of the amount of water that the user drinks per day.

The information that will be collected needs to be input by the user themselves. They will need to research the number of calories every meal has as well as the distribution of the macronutrients within a meal. As the database is out there, I can grow it by adding certain meals where the calories as well as the macronutrients are pre-defined for the user on a 100-gram basis. Therefore, the user can make use of the pre-defined meals and only needs to add how many grams they ate of a certain meal.

The names of the tables I need to create are "User," "Macronutrients," "Carbohydrates," "Proteins," "Fats," "Calorie\_Deficit/Surplus," "Calories," "CaloriesBurnt," and "Amount\_of\_Water."

This is a first draft of what the “Snack & Track Database” will look like:

