Relational databases are constituted by one or more tables containing information in an organized form; each one having a fixed number of fields.

The tables are made up by two structures:

- **Field**: It corresponds to the name of the column. It must be unique and besides to have a data type associate.
- **Record**: It corresponds to each row that composes the table. There the data and the registries are composed.

Each table in your database should hold the information on one subject. You might think of a subject as a collection of related information with common characteristics. For example, a Book table will hold information about books like: Title, Author, pages quantity and so on.

**Tips on creating tables**

- The name of each table must be unique in the database.
- Each field name must be unique within a table.
- Table names should normally be plural.
- Table and field names should be as brief as possible but also should clearly identify the subject of the table or the data in the field.
- Avoid abbreviations and acronyms if you can as they can be cryptic to another user of the database.
- Some designers prefer to follow a naming convention that includes a tag that identifies each object.