Problem of the Week Problem E A Square in a Triangle

In $\triangle ABC$, there is a right angle at B and the length of BC is twice the length of AB. In other words, BC = 2AB.



Square DEFB is drawn inside $\triangle ABC$ so that vertex D is somewhere on AB between A and B, vertex E is somewhere on AC between A and C, vertex F is somewhere on BC between B and C, and the final vertex is at B.

Square DEFB is called an *inscribed* square. Determine the ratio of the area of the inscribed square DEFB to the area of $\triangle ABC$.