# Stary Interactive – Health / Wellness Tracking app

## Summary

My goal is to make an app, which would allow user to have their own profile and track various events throughout the day related to health and wellness. There is also be an option to create a profile for diabetic, which will include tracking of blood glucose and insulin used. For every account, including diabetics, I’d like to allow to track food intake and nutrition per meal, day’s events such as exercise, stressful situations etc. And, finally, if time permits I’d like to provide filterable summaries and potentially comparisons to daily averages or even relationship tracking between what was eaten for meal and how the person felt after to keep track of food sensitivities.

## The Problem

I thought of this app to solve my own personal problem. I try to keep track of how I feel, which foods make me feel sick, which make me feel well, which foods potentially affect blood glucose spikes. Taking notes manually is way too cumbersome and there is no data structure to get any summaries or calculated results. I am hoping for the app to make tracking people’s wellness and sorting through endless amounts of data quick and easy.

## Main Features

* Enter notebook entry (multiple categories, food, exercise, stressful event etc.)
  + For foods include types of foods, nutrition per meal, for diabetics, blood glucose at meal and insulin taken for meal
  + For Events include event categories (Stressful, happy, exercise, injury etc.)
* Quick daily overview of your main things to track somewhere near navbar
* Detailed average daily / weekly overview and data
* Profile and settings (possibly have options to turn tracking off for certain items (moonshot))
* Rough data access to all entries, options to filter by dates and categories (for example show all exercises between November and December)

## Stack

C# MVC with React, XAMPP server (MariaDB)

## CRUD implementation

Create – Saving entries into database about user’s day

Read – Data overview, averages, summaries, suggestions

Update – Profile settings update, entry details update

Delete – Archiving data entries after long time and option to delete a mistake entry

## Adolf Stary – Stary Interactive