A screenshot of a computer

Description automatically generated with low confidenceA picture containing graphical user interface

Description automatically generated

Motivational Phrase

Today’s Steps:

**##**

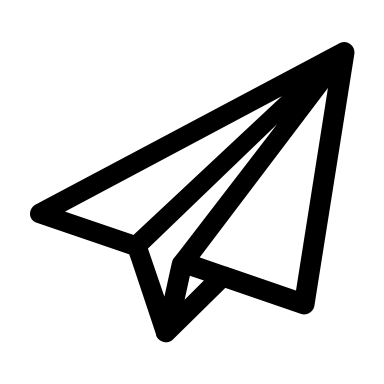
Programmed Reminders:

* 9:00 pm -> Take Pill

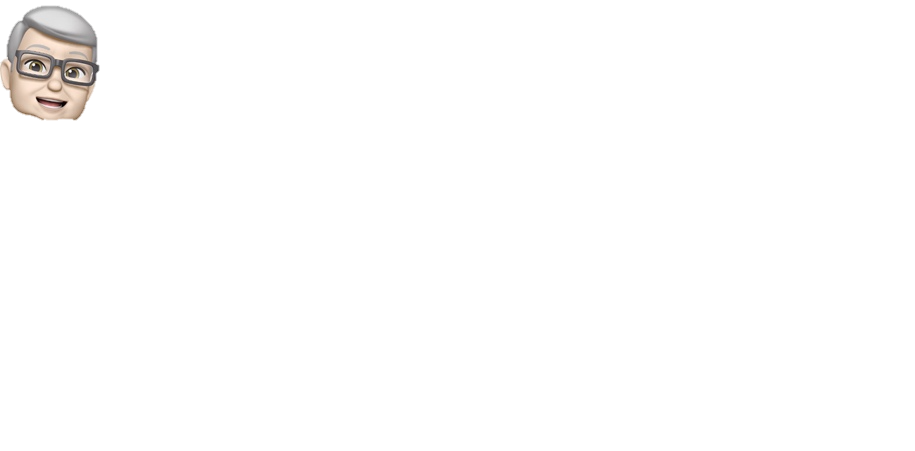
Current Heart Rate

Need to sign in with an email to be able to send information to others

Planning on doing some research to understand where the heart rate should be at and analyze historic information to point out irregularities.



Send Information via Email



Username, #Age

I was thinking creating an app that can take the heart rate and store it to analyze the data later, especially for old people. In addition, I believe it would be interesting if the app could help people how have to take pills daily, so that they have reminders that pop up in their smart watch. Once they take it, they can press the bottom which could stop a light in the watch or a visual reminder.