HackOrbit 2025

Team Name :-

Hello World !

THEME & PROBLEM STATEMENT

Theme:
Healthcare & Wellness Enhancement through Technology

Problem Statement :

In today's fast-paced world, people struggle to maintain their health due to inconsistent routines, lack of awareness, and absence of personalized health monitoring.

Many individuals with chronic conditions like diabetes or lifestyle concerns such as poor sleep, unhealthy diet, and irregular exercise find it difficult to track progress and detect early signs of problems — resulting in delayed interventions and deteriorating health.

PROPOSED SOLUTION

We propose a **Smart Health Tracker Platform** — a personalized health monitoring platform that adapts to individual user goals such as:

- ❑ Tracking general health progress
- ❑ Managing chronic conditions like diabetes
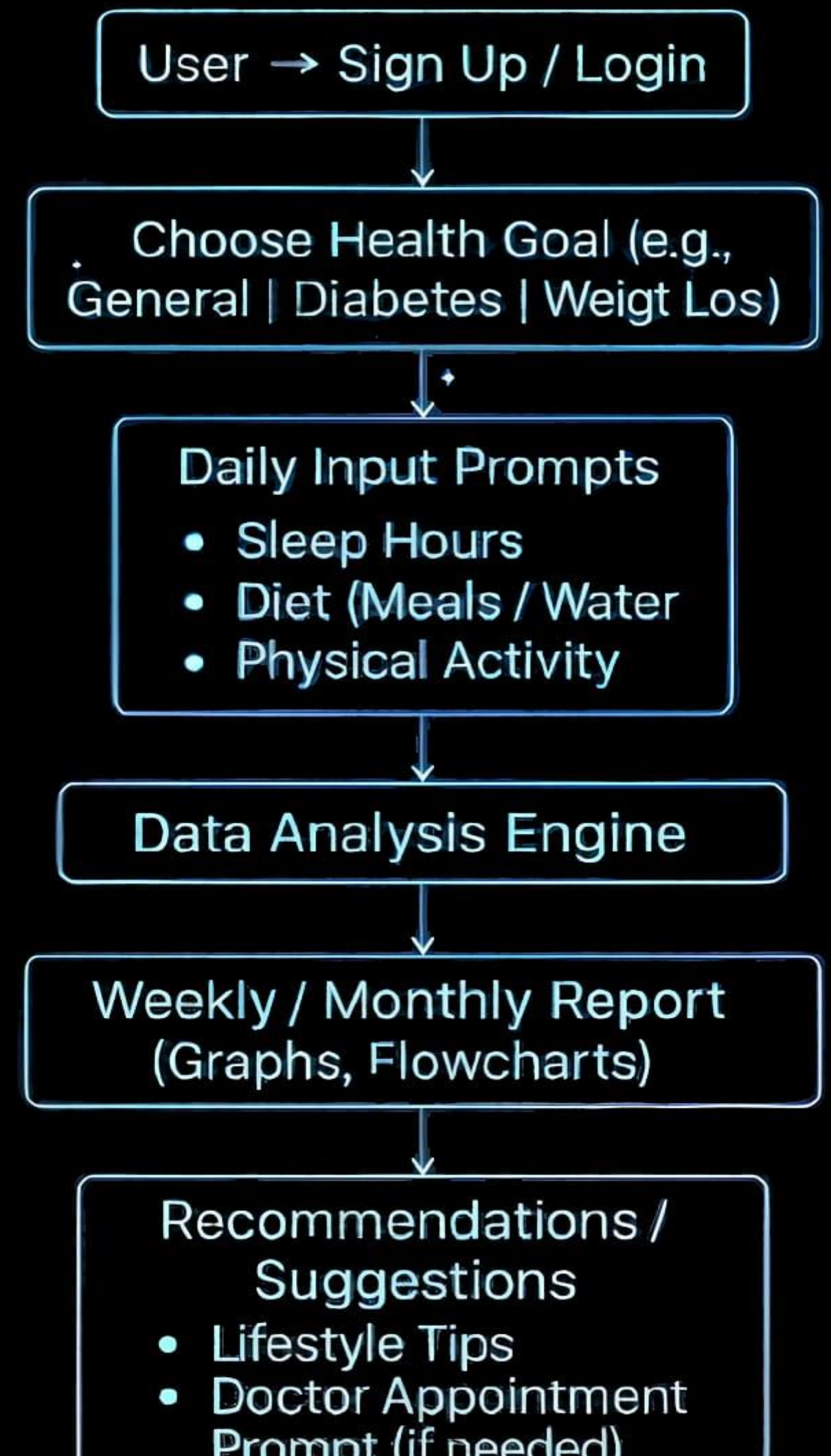- ❑ Monitoring sleep, food, and exercise routines

Key Features:

- ❑ Goal-based onboarding (e.g., weight loss, diabetes care, fitness)
- ❑ Daily health input tracking (sleep, diet, activity)
- ❑ Progress analytics with visual flowcharts (weekly/monthly)
- ❑ Personalized suggestions for lifestyle improvements
- ❑ Health alerts + doctor appointment prompts for risky patterns

This solution empowers users with meaningful insights, encourages discipline, and provides early red flags to avoid health complications.

FLOWCHART

User → Sign Up / Login

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Choose Health Goal (e.g., General | Diabetes | Weigt Los)

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Daily Input Prompts
- Sleep Hours
- Diet (Meals / Water
- Physical Activity

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Data Analysis Engine

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Weekly / Monthly Report (Graphs, Flowcharts)

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Recommendations / Suggestions
- Lifestyle Tips
- Doctor Appointment Prompt (if needed)

FLOWCHART

TEXT FORMAT :

Once the user signs up, they are prompted to choose a health goal tailored to their need — whether it's managing diabetes, improving overall health, or tracking weight.

The app then requests daily inputs on sleep, food, and exercise. These inputs are analyzed weekly or monthly to generate personalized progress charts and flowcharts. Based on the trends, users receive specific health tips, alerts, or suggestions for improvement.

If the system detects concerning patterns (e.g., persistent low sleep + no exercise), it may recommend scheduling a doctor's appointment, acting as an early preventive tool.

FEATURES AND NOVELTY

Key Features:

- Personalized health goals during onboarding
- Daily tracking of core metrics: sleep, diet, exercise
- Progress visualization using flowcharts and graphs
- Smart suggestions based on user data
- Doctor alerts and appointment suggestions when needed
- Friendly, easy-to-use interface for all age groups

Novelty / Innovation:

- Combines **preventive health monitoring** with **goal-based customization**
- Promotes **self-awareness + action** without medical jargon
- Bridges the gap between **basic fitness apps and real healthcare needs**

DRAWBACK AND SHOWSTOPPERS

Drawbacks:
- Accuracy depends on consistent user input (users may forget to log data)
- Not a replacement for professional medical advice
- Requires initial user commitment to set up and input daily

Showstoppers / Risks:
- Data privacy and security concerns (especially for health info)
- Over-reliance on app insights without doctor consultation may be risky
- App should clearly display disclaimers and health limits

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