**REQUIREMENTS FOR HEALTH APP (THAT HELPS PERSONAL LIFE)**

* User profile creation with personal information such as age, gender, and health conditions.
* Ability to set and track personal health goals.
* Meal tracking and logging feature to monitor calorie intake.
* Customizable workout plans and exercise routines based on individual goals and fitness levels.
* Option to connect with health professionals or coaches for personalized advice and consultations.
* Tracking of vital signs such as blood pressure, heart rate, and blood glucose levels.
* Access to a database of reliable health information and articles for educational purposes.
* Personalized recommendations for healthy recipes and meal plans based on dietary preferences and restrictions.
* Integration with grocery delivery services for convenient access to healthy food options.
* Weight tracking and progress visualization through charts and graphs.
* Option to join challenges or community events to stay motivated and engage with like-minded individuals.
* Allergy and intolerance tracking to avoid potential triggers in food and personal care products.
* Integration with a sleep tracker to analyze sleep quality and provide recommendations for improvement.
* BMI (Body Mass Index) calculator and interpretation of the results.
* Access to a library of guided stretching routines to improve flexibility and prevent injuries.
* Tracking and analysis of energy levels throughout the day to identify patterns and optimize productivity.
* Integration with a menstrual cycle tracker to monitor hormonal changes and support women's health.
* Performance: The app should have fast response times and minimal latency to ensure a smooth user experience.
* Reliability: The app should be reliable and available for use without frequent crashes or downtime.
* Usability: The app should have an intuitive and user-friendly interface, making it easy for users to navigate and perform basic operations.
* Compatibility: The app should be compatible with a wide range of devices and operating systems, ensuring accessibility to a broad user base.
* Accessibility: The app should be designed to be accessible to users with disabilities, adhering to accessibility standards and guidelines.
* Localization: The app should support multiple languages and provide localization options to cater to users from different regions.