

# PERSONALIZED HEALTH TRACKER APPLICATION [PHT]

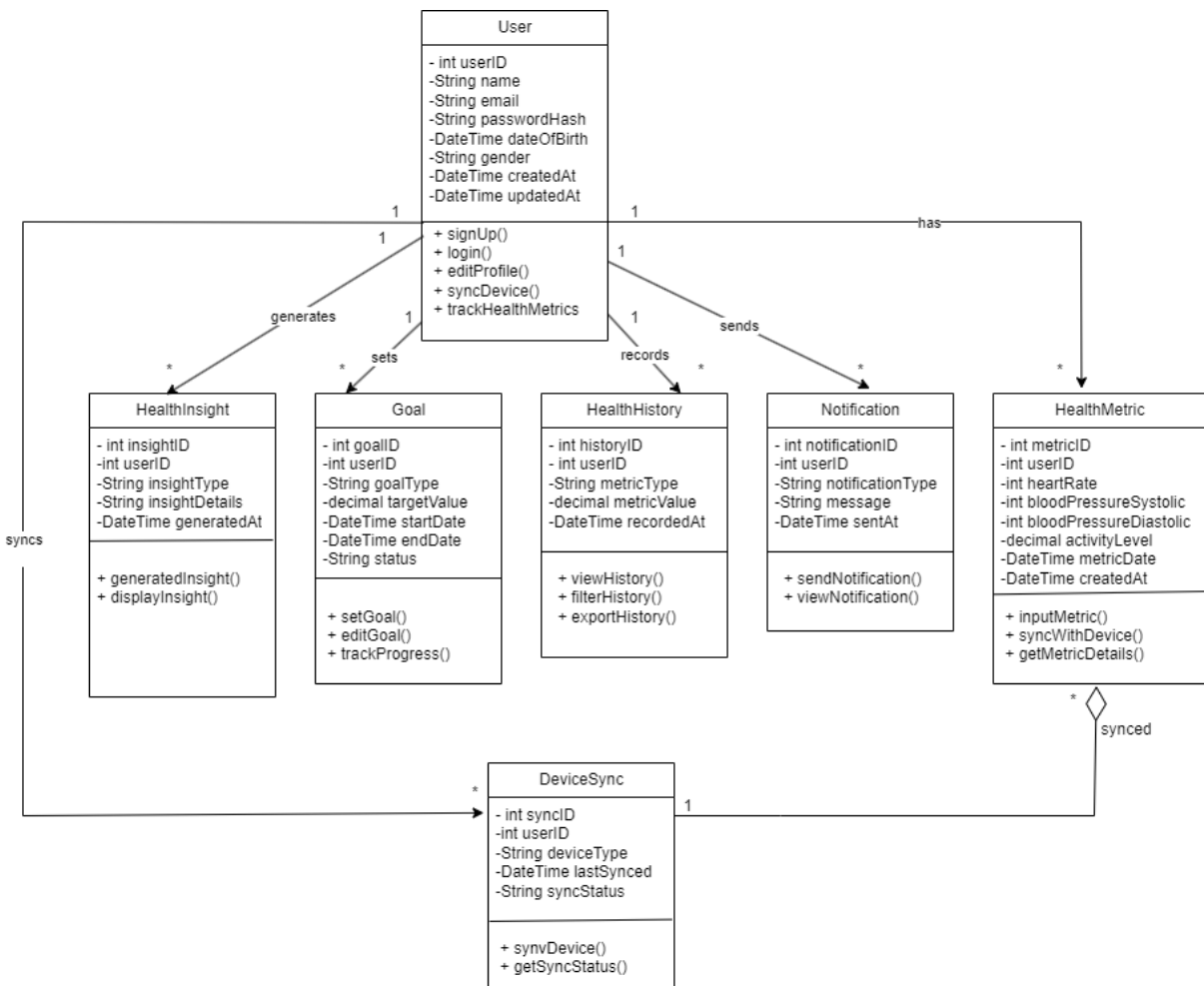
The "Personalized Health Tracker" is a healthcare-focused application designed to monitor and manage a user's daily health metrics, including heart rate, blood pressure, and activity levels.

By collecting real-time data, the app generates personalized health insights that empower users to track their well-being, set fitness or health goals, and sync health data from external devices such as fitness trackers.

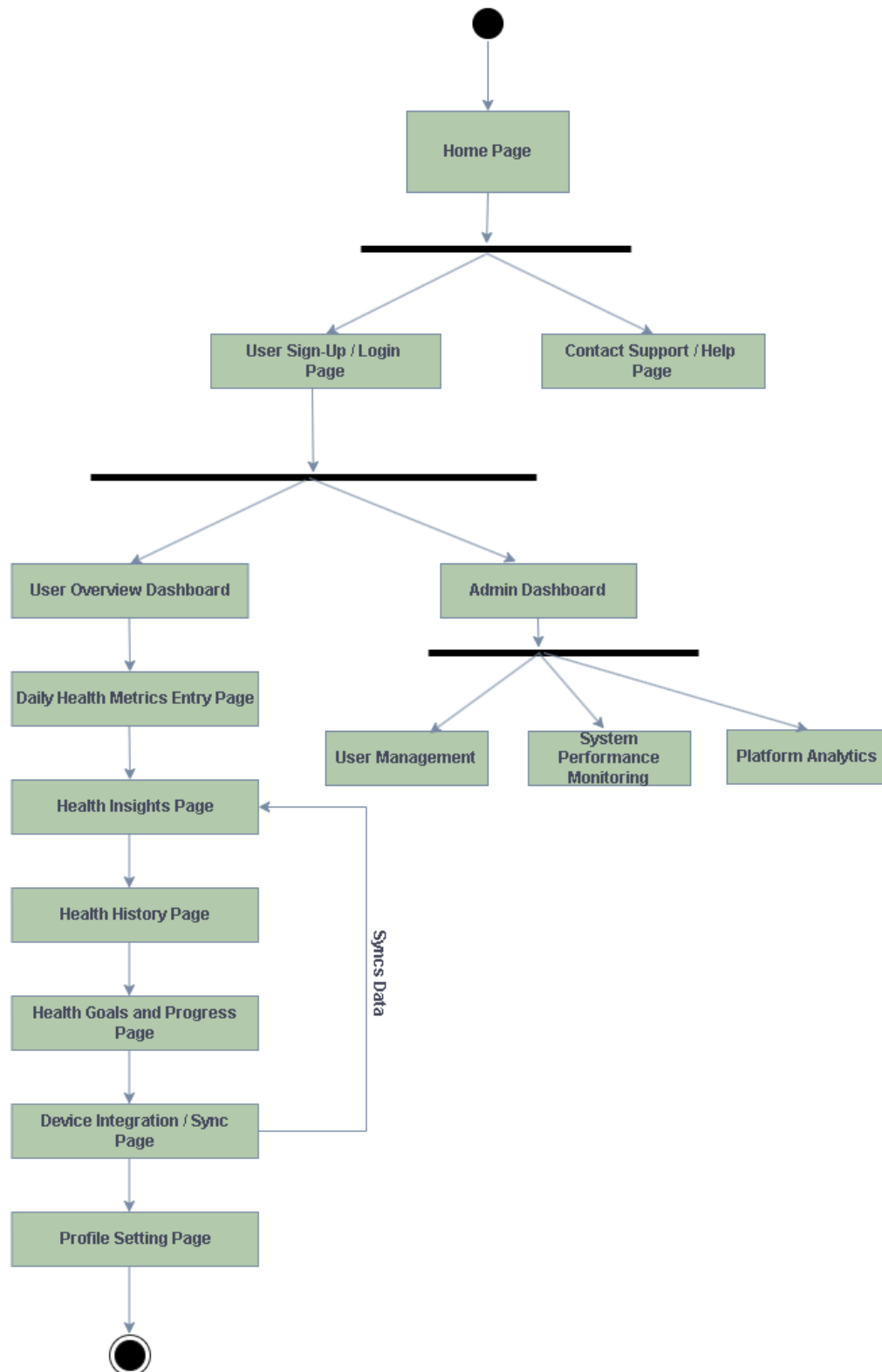
The application also offers users historical health data visualization and notification alerts for proactive health management.

With the integration of goal tracking, device synchronization, and health history maintenance, the app provides a comprehensive solution for individuals looking to optimize their health and wellness based on personalized, data-driven insights.

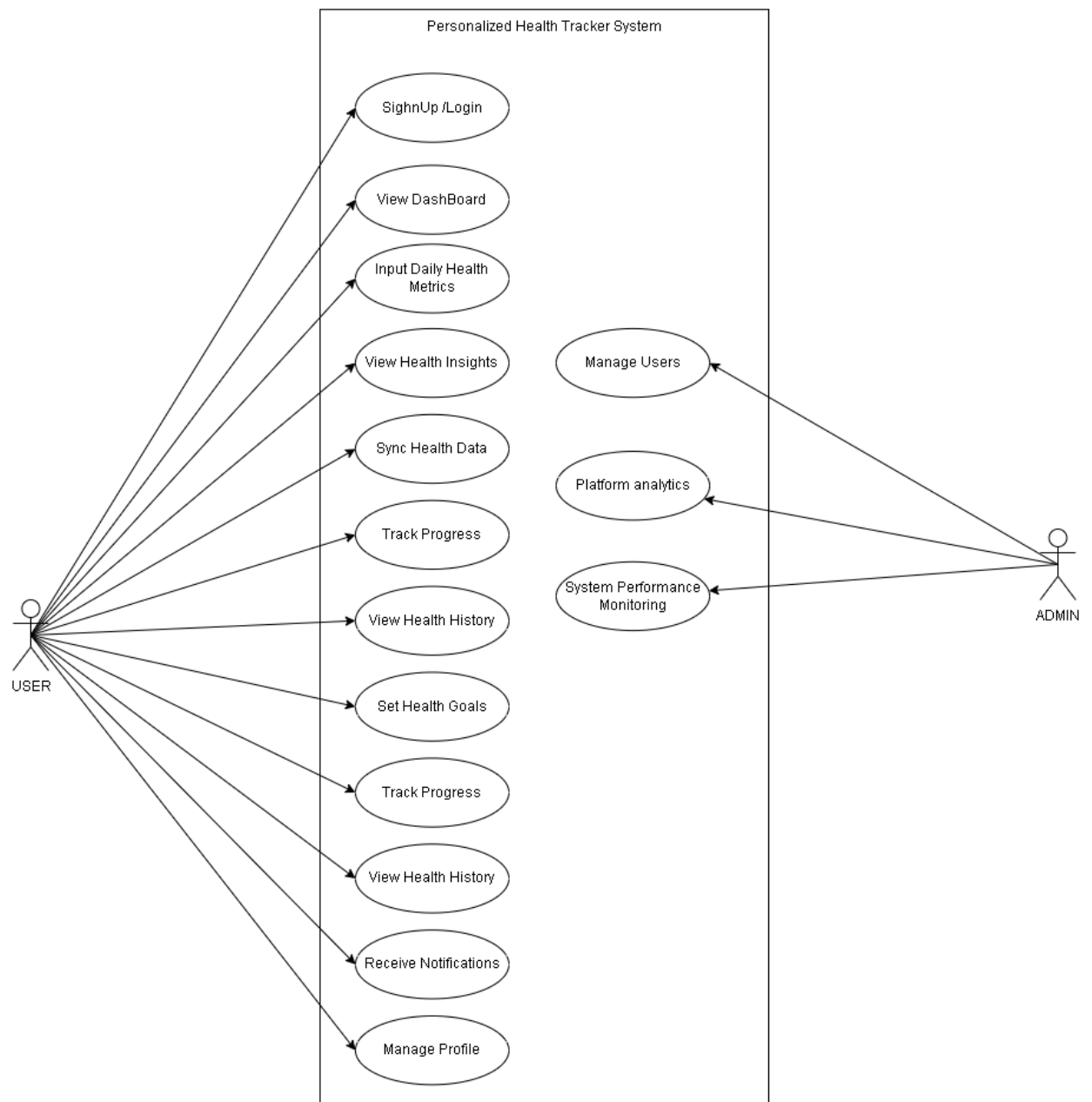
## 1. CLASS DIAGRAM



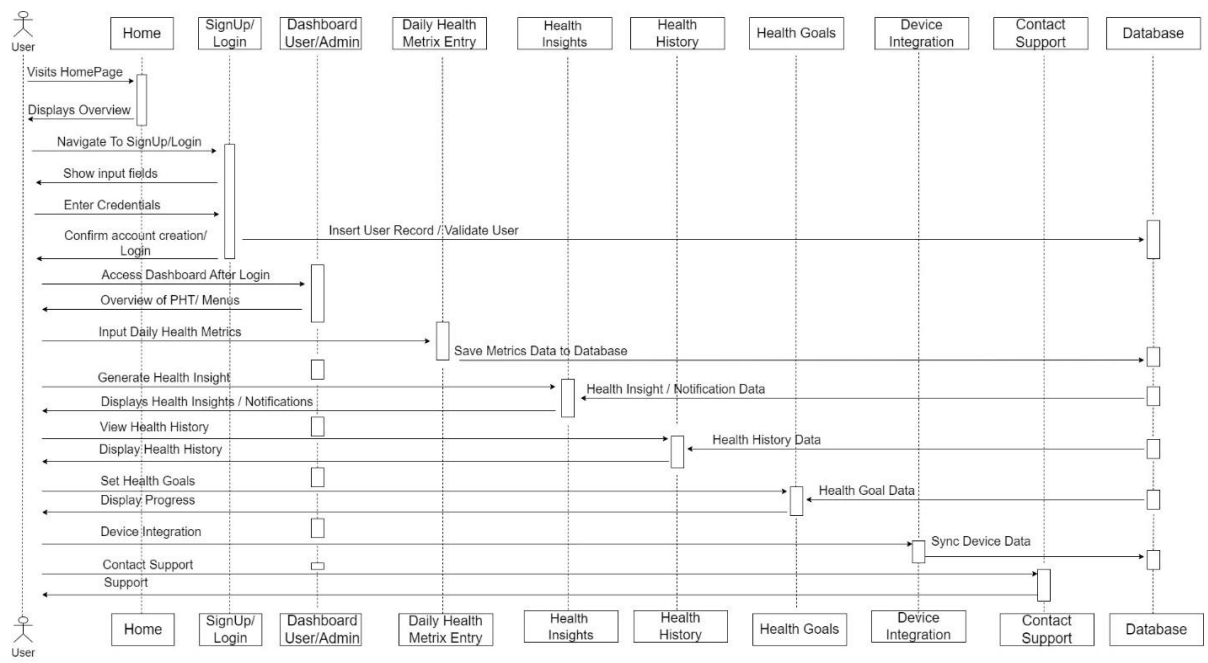
## 2. ACTIVITY DIAGRAM



### 3. USE CASE DIAGRAM

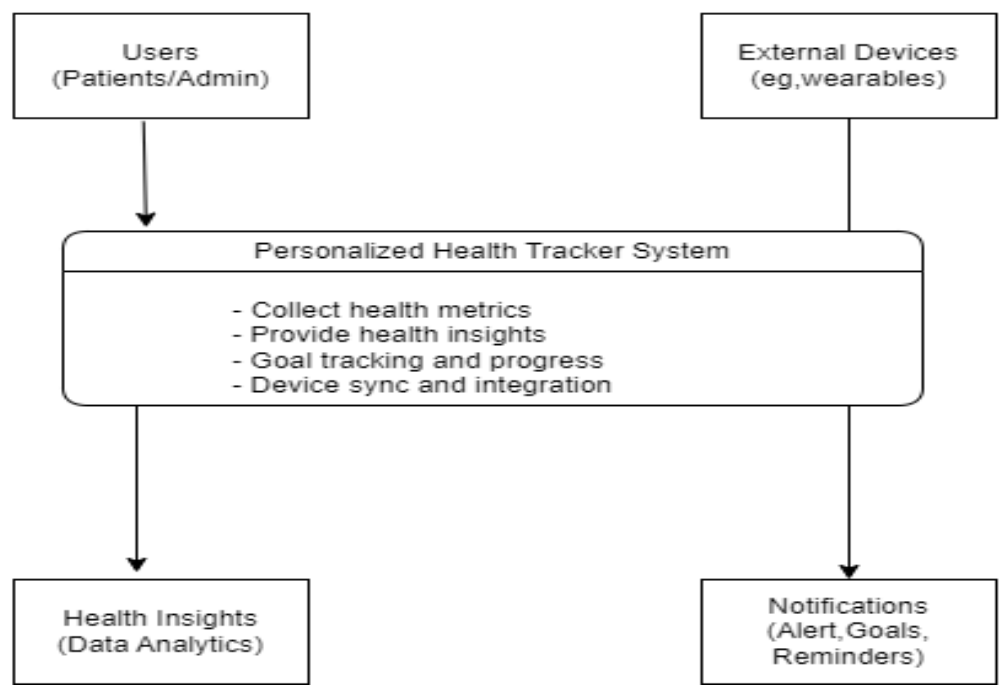


4. SEQUENCE DIAGRAM



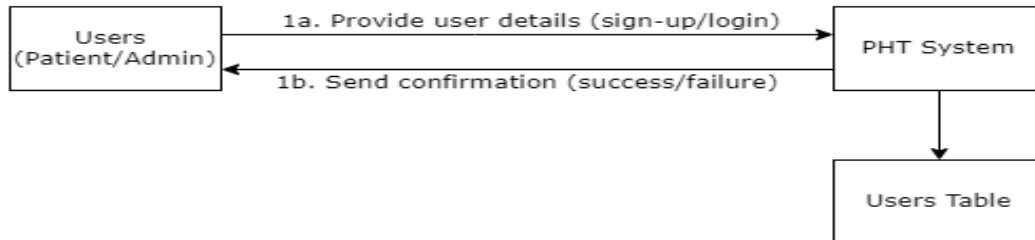
5. DATA FLOW DIAGRAM

Level 0: Context Diagram

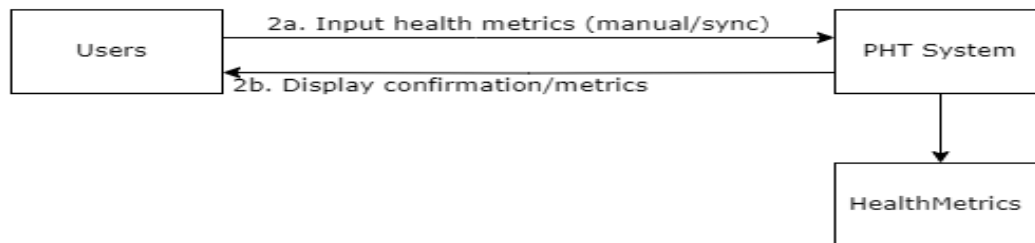


## Level 1: Detailed Data Flow Diagram

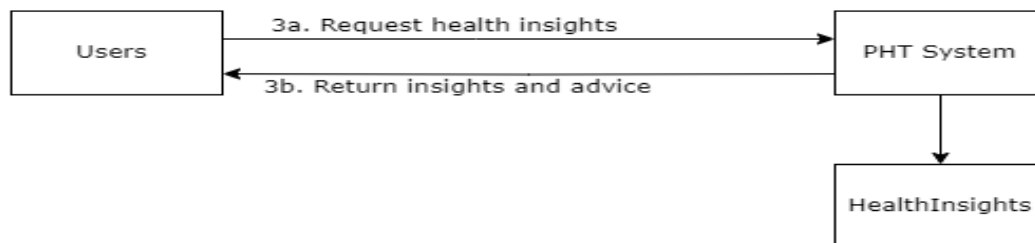
### 1. User Sign-Up/Login Process:



### 2. Daily Health Metrics Entry:



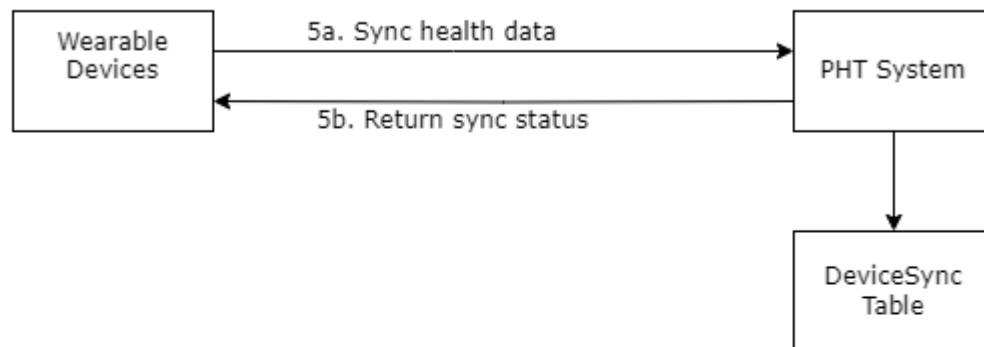
### 3. Health Insights Generation:



### 4. Health Goals and Progress Tracking:



#### 5. Device Integration and Syncing:



#### 6. Notification System:

