**Abstract:**

Healthy Task Manager is a project aimed towards the users who have a busy schedule and still want to carry out a lot of extra curricular activities, but are in a dilemma as to how to arrange the activities in hand. Thus, they lose interest and end up doing no extra curricular activity as a result of the confusion in their heads.

This manager provides solution, it will arrange the tasks for you, but these tasks could be only those which has no time bounds. Tasks such as college and class time and others are user specific and are generally fixed. The timings of these activities cannot be changed. Thus, these are called as fixed tasks. User has to provide these timings any which ways. This is the working of every to-do-list or task manager application available today. But they never help in arranging the tasks. This app will help arranging the activities that the user wishes to carry out in the time available after he allocates the fixed time. The tasks will be arranged considering their urgency and importance. Also, the most important factor that will be considered is the Stress/Relief level of the task, that is too, user specific.

Accordingly, an efficient timetable of tasks will be generated. In case if the tasks could not be allocated, that means the tasks have been allocated an amount of time that exceeds the available time or the tasks do not meet a balance in the daily life, maybe the schedule results in a Full Stress or a full Relief , which , on either side is not good ,considering the balance.

Due to this health is affected, so, a diet generator is implemented. It will ask the user, its eating routine and calculate total calories of the food. Accordingly it will suggest the user how much intake should be taken. It will provide different diet plans for gym trainee, students, etc.