**MINI-PROJECT : HEALTHY TASK MANAGER**

**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 for the same. It will arrange the tasks for user, 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 a typical task manager application available today. But they never help in arranging the tasks. This application 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 which 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 lot of Stress or a lot of Relief ;either of the sides not being much favourable ,considering the balance. In that case, the user needs to delete some tasks or lessen the amount of allocated time that he needs for the individual tasks. Here, our Eisenhower’s decision matrix will help in prioritizing the tasks.This manager will support user’s daily(mostly preferred by MBBS students) or Weekly goals(mostly preferred by BE students).

Next feature is the Health Manager. With a busy schedule for wanting to develop oneself, health should also be taken care of. Ensuring health is like ensuring king’s safety. Here,a drop down list of some diet items will be provided. The quantity-wise calories of these food items would be pre-known. User can sort the list in either low-calories to high-calories way(useful for gym goers), or low-cost to high-cost way. This ensures that the user can get maximum calories in an affordable diet. After selecting the food items, the Health manager will generate a diet plan which also will be including the timings when the user has to consume any food item and that too, in what amount. These timings will be internally dependent on the Task Manager’s schedule. This is the reason why Task Manager will be a default feature and Health Manager comes later in the queue. Reminders will be given to the user just like an alarm clock as per the food timings. This is only an additional feature, while the Task Manager is the main goal of the project.

**Conclusion/output** of the project is the effective Task Timetable and an effective Health Timetable aimed towards the objective of giving a balanced mental and physical life for the users aiming to develop themselves with their extra curricular activities in their busy schedules.

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