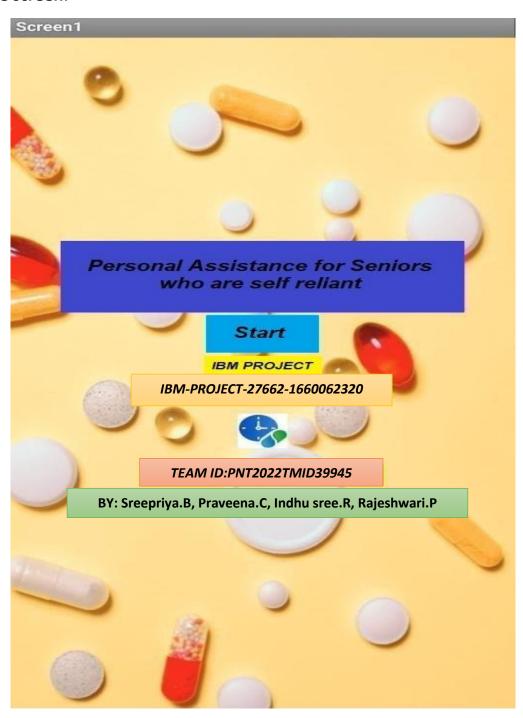
# **SPRINT DELIVERY – 4**

PROJECT NAME	Personal assistance for senior citizens who are self-reliant
TEAM ID	PNT2022TMID39945

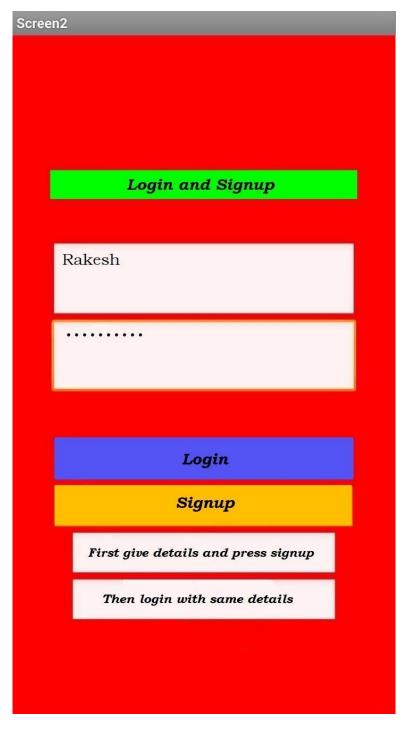
# **MIT APP INVERTOR:**

## Home screen:

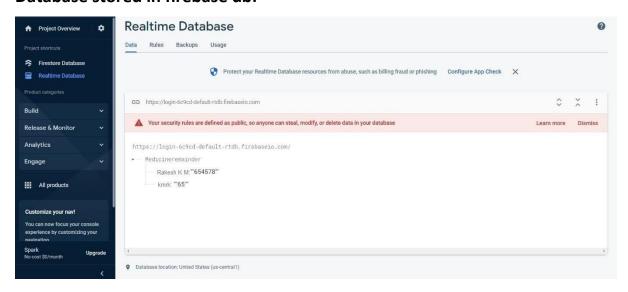


# Login screen:

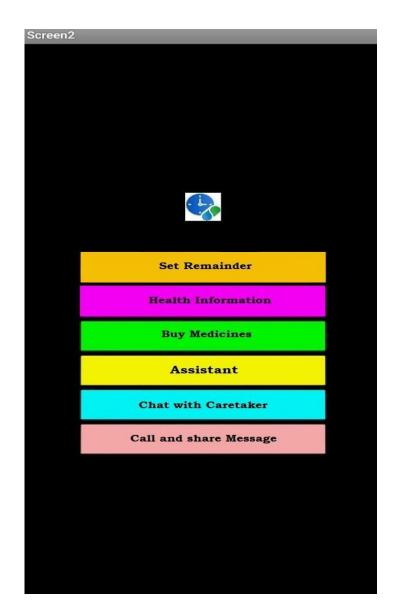
- 1. Enter the details (username and password) then press signup button. It will store the details in firebase db.
- 2. Enter the details (username and password) then press signup button. It will store the details in firebase db.
- 3. Then login with same details.



## Database stored in firebase db:

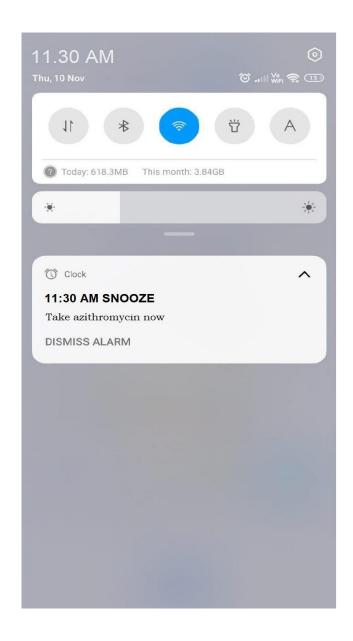


## **Contents:**



# Reminder:





#### **Health information:**

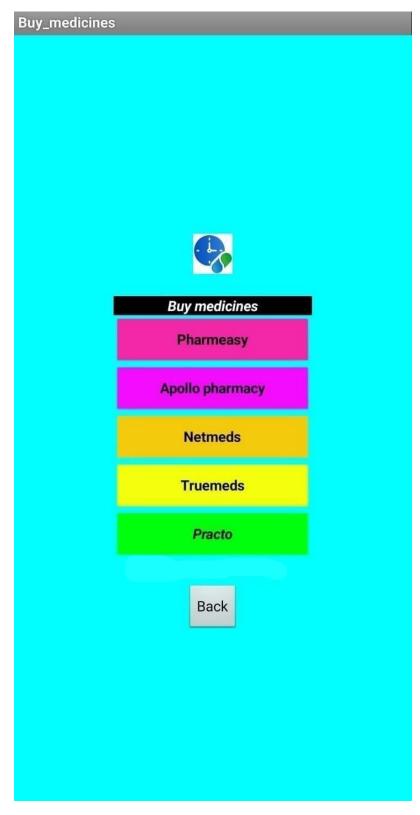
#### **Health information**



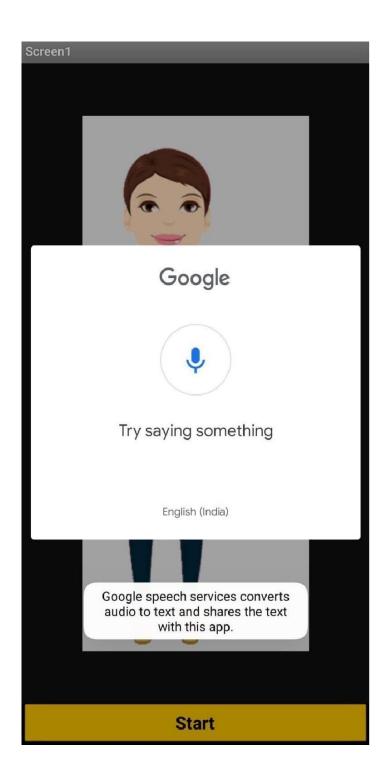
#### **Health information**

There has a saying "early to bad early to rise" it's really true. It's very important for maintain a healthy life. Always try to go bad early and get up early. It's a great daily health tip. No doubt how important physical exercise is. For a healthy life, you must do physical exercise regularly. A thirty-minute walking is enough but its good if you can one hour every morning or evening. You can join your nearby physical training institute for a good guide. Cardio exercise is another daily health tips to keep healthy. Cardio exercise means cycling, running, swimming, dancing, hiking, etc. Try to do that when you can. Drink sufficient water every day is another good daily health tips. Take a minimum of eight 8 glasses that means 2 liters per day. But it's better if you can take more than that. Every adult men have about 60% of their bodies are water. So you may understand how important water is. Junk foods are very harmful to human health. Though it is testy and yummy it's not good for your health. It causes many health problems like overweight, poor nutrition, poor health. So try to avoid junk foods. If you take alcohol it's time to cut it from your life. Everybody, we know alcohol is really harmful to the human body. Taking alcohol causes many problems like brain, heart, liver problems and it's weakening your immune system. And one of the biggest bad effects is alcohol causes Cancer. Smoking is another bad habit. It's also caused many health problems like alcohol. So you must avoid smoking. Though it's not so easy try to avoid it. Increase taking fresh and green vegetables and fruits. It's very essential for daily health tips. Eat green leafy vegetables, tomatoes, sweet potatoes, berries, dark chocolate, white tea, soybeans, flaxseeds, broccoli, and cabbage. It's given you more nutrition and makes you healthy. Think positive - Take everything easy. Never do tension. Because tension can't solve anything, but its increase you're healthy problem

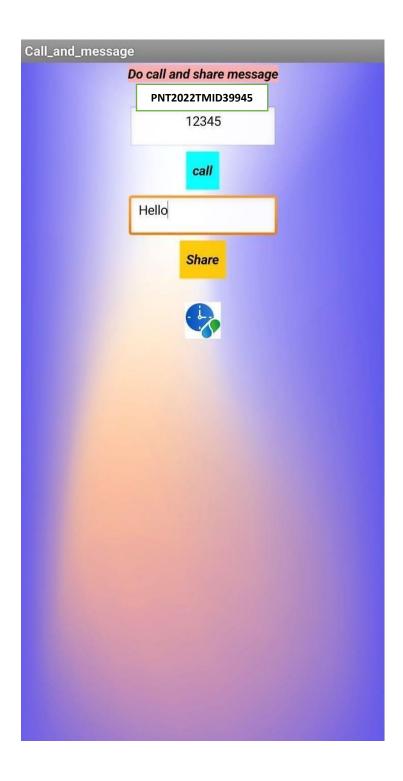
# **Buy medicines:**



# **Assistant:**



# Call and share:



# **Chat with caretaker:**



Hello-Rakesh

How are you-Rakesh



## **Blocks and viewer:**





