



OASIS

OBJECTIVE

- Early Detection of Health Issues. Help users identify potential health risks early.
- Encourage teenagers ~~a~~ Healthy Lifestyle.
- Easier to check up on health.To ensure the nutrient intake is sufficient



TOOLS USED FOR PROJECTS

Framework :

1. Next.js (<https://nextjs.org/>)
2. Ionic Framework for React (<https://ionicframework.com/>)
3. Ionic Storage (<https://github.com/ionic-team/ionic-storage>)

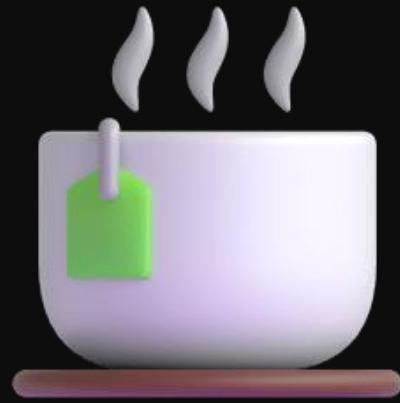
UI / Component Library:

1. React Bits (<https://www.reactbits.dev/>)
2. React Photo View (<https://react-photo-view.vercel.app/en-US>)
3. Sonner (<https://sonner.emilkowal.ski/>)
4. Shadcn UI (<https://ui.shadcn.com/>)
5. Framer Motion (<https://motion.dev/>)
6. Boring Avatars (<https://boringavatars.com/>)
7. Canvas Confetti (<https://www.kirilv.com/canvas-confetti/>)
8. Animated Fluent Emoji (<https://animated-fluent-emoji.vercel.app/>)

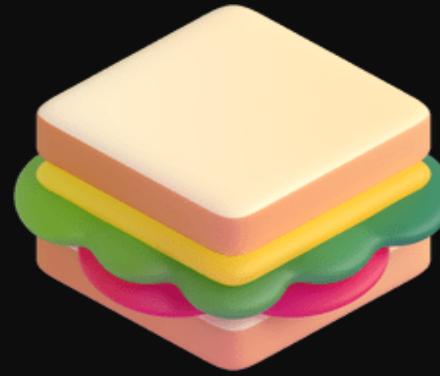
APP FUNCTION



BMI Calculator



Water Tracker



Calories Tracker



Healthy Tips

← BMI Calculator ⓘ

Weight (Kg) :

Your weight (kg) ?

Height (m) :

Your height (m) ?

Calculate

ⓘ BMI is a screening tool, not a diagnostic of body fatness or health.

BMI CALCULATOR

BMI Calculator is a simple tool for teenagers to calculates their Body Mass Index (BMI) by key in their height and weight. So, they can quickly know whether they're **underweight**, normal, overweight, or obese.

← BMI Calculator ⓘ

Normal Weight ! (22.39)

Well done! Maintain a balanced diet and stay active for good health.

Weight (Kg) :

67

Height (m) :

1.73

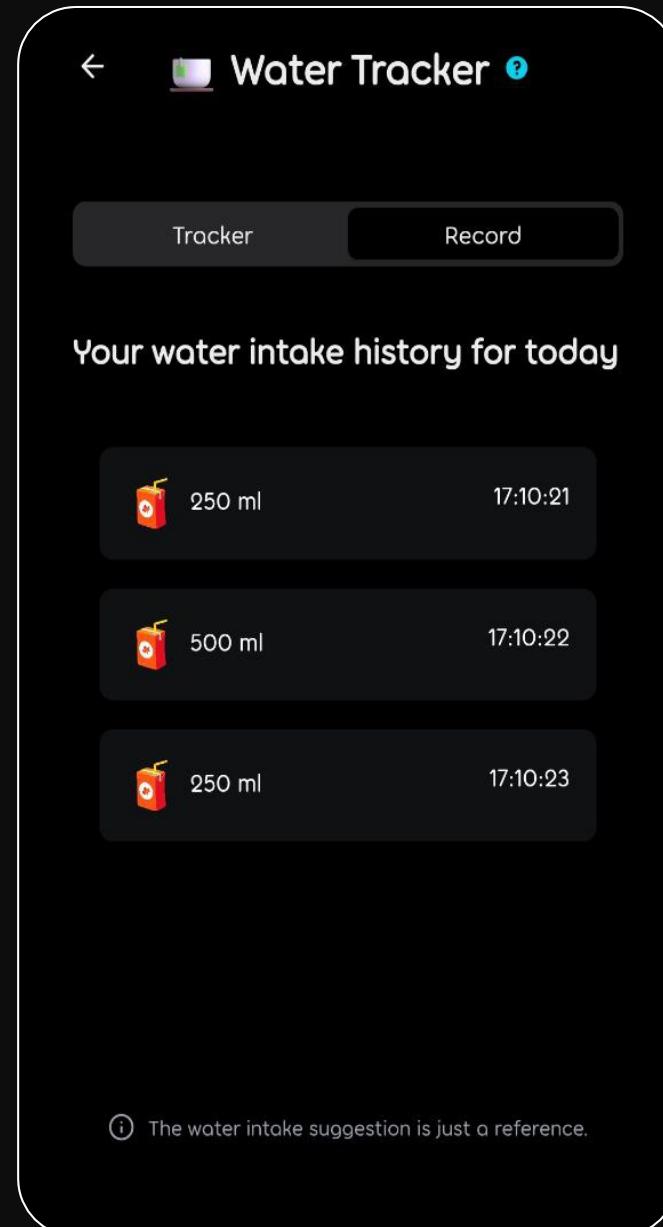
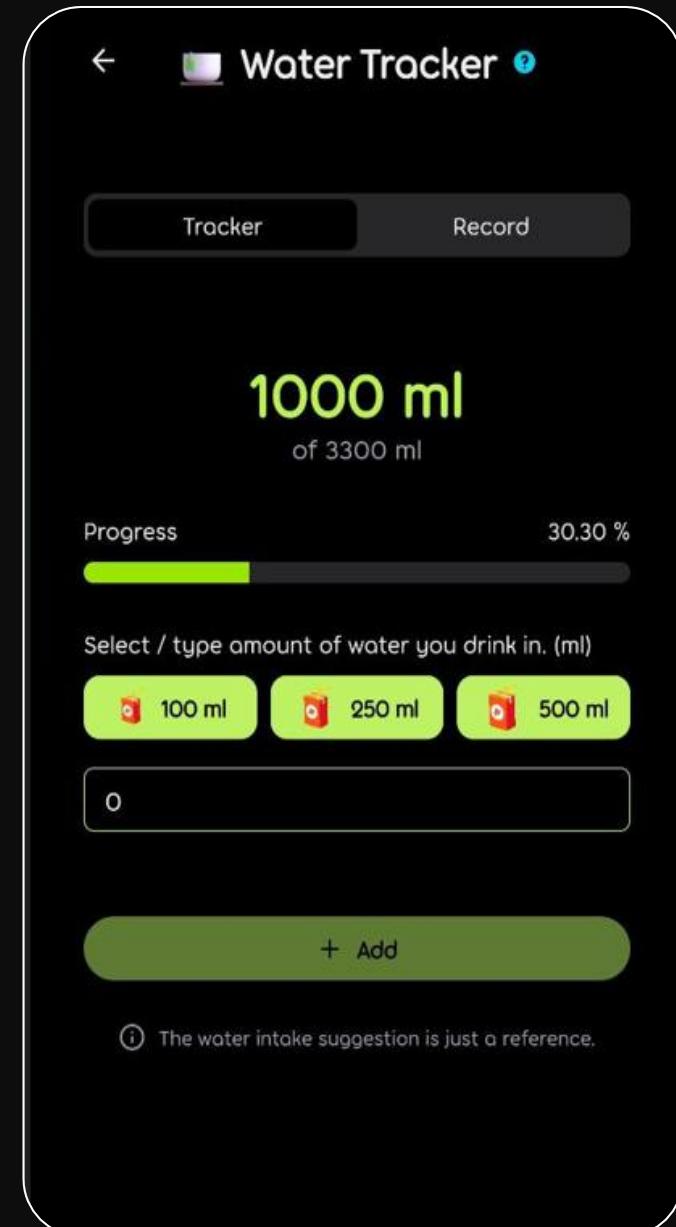
Calculate

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WATER TRACKER

The water tracker is designed to help teenagers **stay hydrated**. By **recording** their daily **water intake** and **check** their **total consumption** for a **day**.





CALORIES CALCULATOR

The calories tracker is designed to help teenagers **maintain a healthy diet** by **recording** their **daily calorie intake** and allowing them to check their total consumption for the day.

The image displays two screenshots of a mobile application titled "Calories Calculator".

Screenshot 1: Home Screen

- Header: "Calories Calculator" with a back arrow and a help icon.
- Buttons: "All" and "Record".
- Display: "0.00 kcal" and "of 2800 kcal".
- Cookie icon with "x 0".
- Section: "Calories Intake (18/4/2025)" showing 0.00 % completion.
- Timeline: Morning (0.00 kcal), Afternoon (0.00 kcal), Night (0.00 kcal).
- Search bar: "Item you want to find".
- Category: "Grains & Cereals".
- Items:
 - White Rice: 130 kcal / 100g
 - Brown Rice: 112 kcal / 100g
 - Oats: 389 kcal / 100g
- Plus icons next to each item.

Screenshot 2: History Screen

- Header: "Calories Calculator" with a back arrow and a help icon.
- Buttons: "All" and "Record".
- Text: "Your calories intake history for today".
- List of items with timestamps:
 - White Rice (130 kcal / 100g) at 17:10:49
 - Brown Rice (112 kcal / 100g) at 17:10:49
 - Oats (389 kcal / 100g) at 17:10:51
 - Wheat Bread (247 kcal / 100g) at 17:10:52
- Note: "The calories intake suggestion is just a reference."

 Getting Enough of Sleep



Sleep is essential for good health. It helps the body repair and maintaining our healthy immune system.

Suggested to avoid screens 1 hour before bed and sleep atleast 7-9 hours.

The room should be dark, quiet and comfortable in order to have quality sleep.



Right amount of screen time



HEALTHY TIPS

By using interesting illustrations and point-form text to present some **healthy tips**. For example, we explain the **reasons**, **benefits** and **how** to get enough sleep.

Thank you,

Fiala

Le

Jim Reid

