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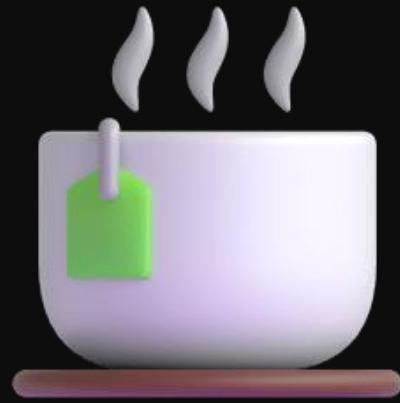
💡 UI / Component Library:
1. React Bits (https://www.reactbits.dev/)
2. React Photo View (https://react-photo-view.vercel.app/en-US)
3. Sonner (https://sonner.emilkowal.ski/)
4. Shadcn UI (https://ui.shadcn.com/)
5. Framer Motion (https://motion.dev/)
6. Boring Avatars (https://boringavatars.com/)
7.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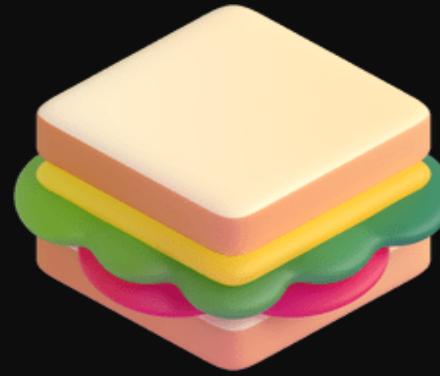
APP FUNCTION

BMI Calculator   Water Tracker   Calories Tracker   Healthy Tips

BMI CALCULATOR

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**.
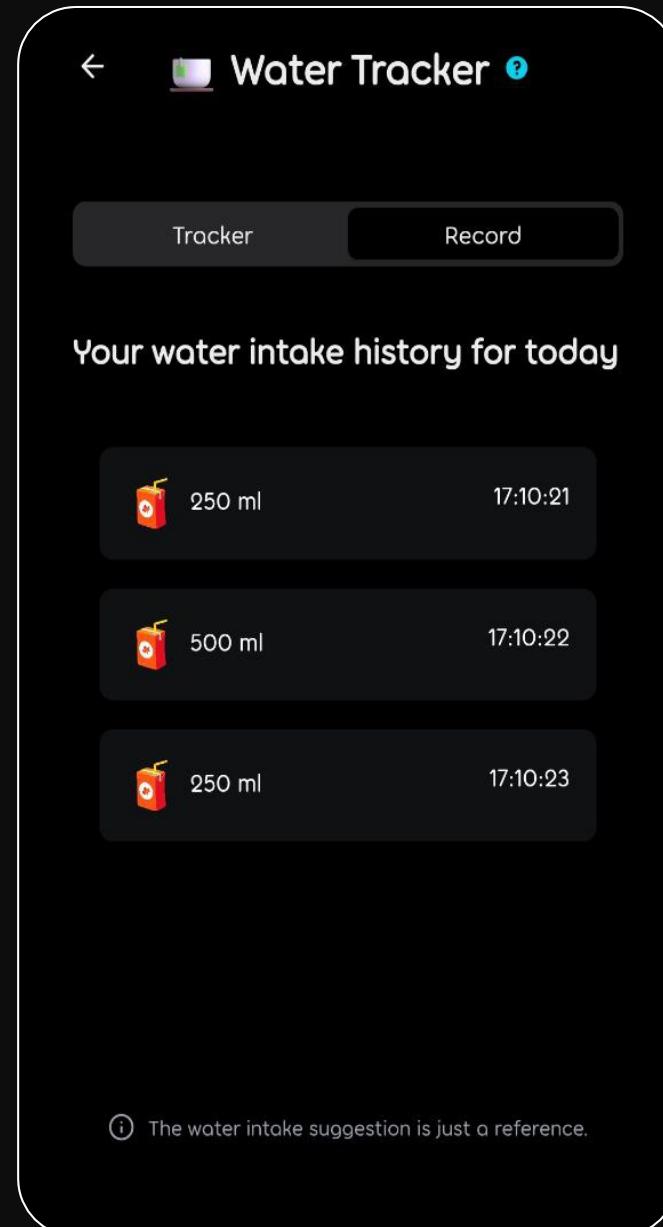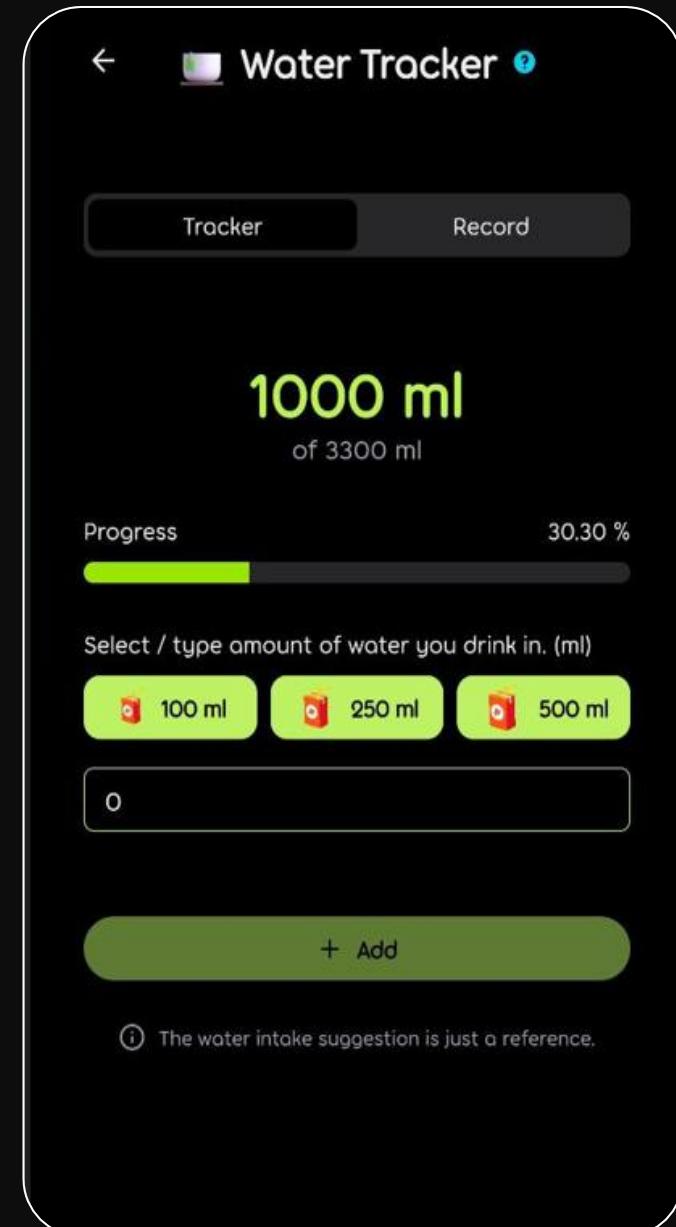
🍵 WATER TRACKER

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

Water Tracker

Tracker | Record

1000 ml
of 3300 ml

Progress — 30.30 %

Select / type amount of water you drink in. (ml)

100 ml | 250 ml | 500 ml

0

+ Add

ⓘ The water intake suggestion is just a reference.

Water Tracker

Tracker | Record

Your water intake history for today

250 ml — 17:10:21

500 ml — 17:10:22

250 ml — 17:10:23

ⓘ The water intake suggestion is just a reference.

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.

Screen 1

Calories Calculator

All | Record

0.00 kcal
of 2800 kcal

🍪 x 0

Calories Intake (18/4/2025)   0.00 %

Morning
0.00 kcal

Afternoon
0.00 kcal

Night
0.00 kcal

Item you want to find

🍚 **Grains & Cereals**

White Rice
130 kcal / 100g   +

Brown Rice
112 kcal / 100g   +

Oats
389 kcal / 100g   +

Screen 2

Calories Calculator

All | Record

Your calories intake history for today

White Rice
130 kcal / 100g   17:10:49

Brown Rice
112 kcal / 100g   17:10:49

Oats
389 kcal / 100g   17:10:51

Wheat Bread
247 kcal / 100g   17:10:52

ⓘ The calories intake suggestion is just a reference.

💎 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,