Program Objective: The main aim of this program is to educate people about the 17 SDG goals(Sustainable Development Goals). This program will educate people about SDG. Each feature must have an add, delete and modify function. Have a text file for all of them. The program will have the following methods:This program will focus on SDG 3.

1. **Welcome Screen:-Arpitha**
   * A welcoming interface with the program's logo and a login or registration option.
2. **User Profile Setup:-Arpitha**
   * Fields for users to input personal information like name, age, gender, and any existing health conditions
3. **Main Dashboard:-Arpitha**
   * Quick access to health Goals, Health metrics, nutrition and exercise.
   * A section highlighting progress toward SDG 3.
4. **Health Goal:-Zekai**
   * Displays current health goals
   * Allows users to input/edit existing health goals with options to add new goals.
5. **Health Metrics Screen: -Zekai**
   * Allows users to input and track metrics like weight, blood pressure, heart rate, etc., with options to view historical data in charts.
6. **Nutrition and Exercise Log:-Zekai**
   * Users can log their daily food intake and exercise activities. The program provides recommendations for healthier choices and exercise routines.
7. **Health Tips and Education: Arpitha(can use API here)**
   * Regularly updated content related to SDG 3, including articles, videos, and tips for maintaining good health.
8. **Community Forum: Arpitha**
   * A forum where users can interact with each other, ask questions, and share experiences and advice.

Community

Q1 – After every question there has to be a reply button.

Q1 Ans

Q1 Ans

Q2

Q3

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Ask a Question - Button

1. Logout : Arpitha
2. Edit details like password,address,phone number-Arpitha