

# HEALTH TRACKING APPLICATION

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## **Functions:**

The first function of the application is you can add how many hours did you sleep. Its up to you how many you want to input, since its the app is for daily summary i recommend only upto 10 hours. The next function is you can add how many scores in terms of diet did you do in 1 day. The next function is the Exercise section, here you can add how long did you exercise via minutes. The final Function of the app is the Summary button, here it will show all the things you input in the app.