

STAY HEALTHY BE ACTIVE

your body deserves
the best version
of you.

[Get Started](#)

[About us](#) [Signup](#) [Login](#)



Create Account

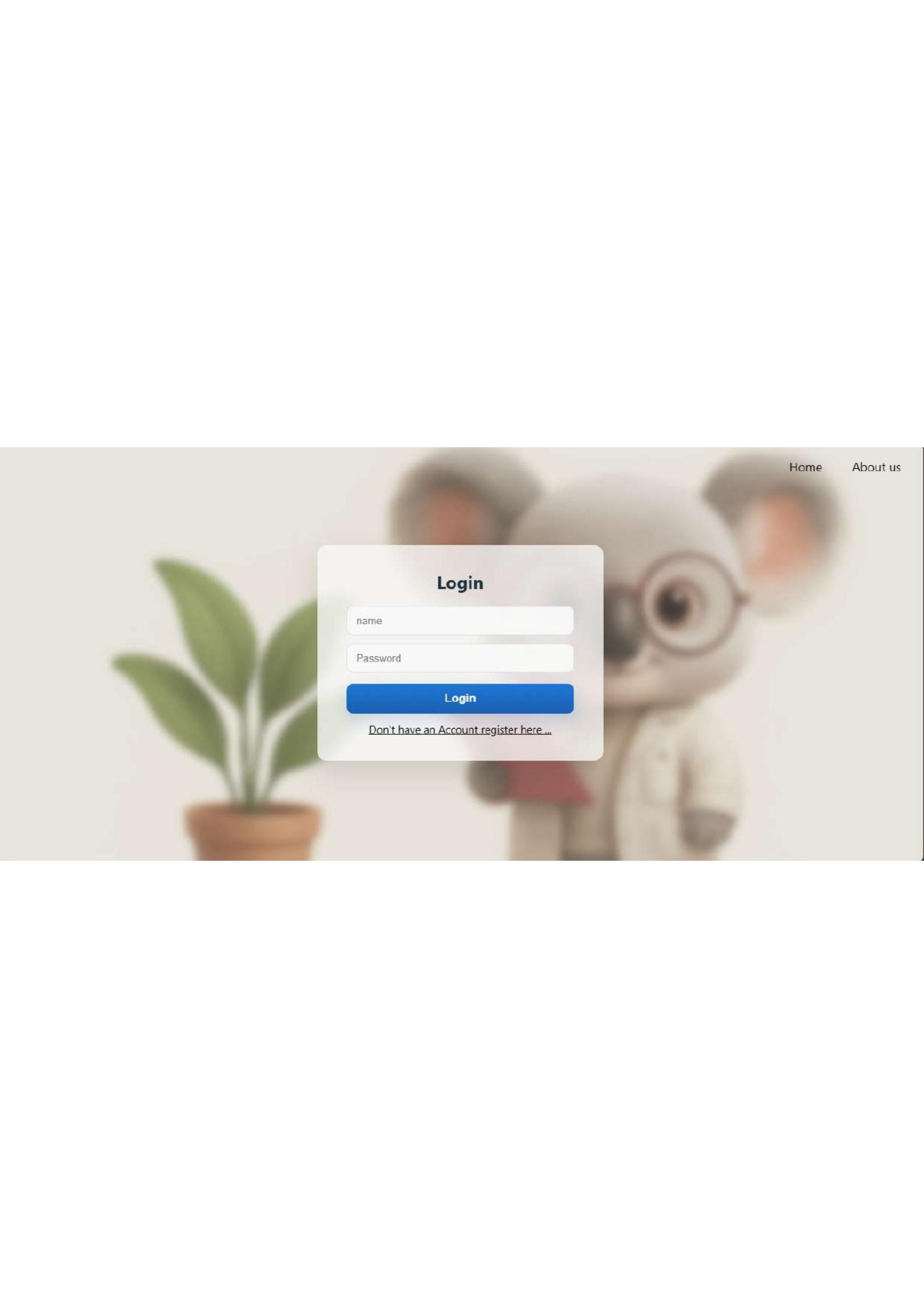
Full Name

Email

Password

Sign Up

Registered Please login...



Login

[Don't have an Account register here ...](#)

0 ml

Daily intake

0 hrs

Hours slept

0

Total intake

21.6

Normal

BMI Details

Height

168 cm

Weight

61 kg

BMI Index

21.6

Last updated: Nov 19, 04:10 PM

Recent Water Intake**12 ml**

Nov 17, 08:33 AM

1 ml

Nov 16, 11:24 PM

Recent Meals**250 cal**

Nov 19, 04:04 PM

171 cal

Nov 19, 04:02 PM

169 cal

Nov 17, 03:02 PM

About Health Tracker

Health Tracker is your personal companion for maintaining a balanced and active lifestyle. Our goal is to help you monitor your fitness, diet, and well-being, effortlessly — all in one place.

**STAY
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Why Choose Health Tracker?



Steps & Activity Tracking



Food & Diet Monitoring

Log your meals and know the



Progress Insights

Visualize your health data and

❤️ Health Tracker

Track your daily health metrics

Dashboard

Water Intake

Sleep

Calories

Health Dashboard

+ Update BMI

Water Today



0 ml

Daily intake

Sleep Today



0 hrs

Hours slept

Calories Today



0

Total intake

Current BMI



21.6

Normal

BMI Details

Height

168 cm

Weight

61 kg

BMI Index

21.6

❤️ Health Tracker

Track your daily health metrics

Dashboard

Water Intake

Sleep

Calories

Health Dashboard

+ Update BMI

Update BMI

X

Height (cm)

170

Weight (kg)

70

Save Entry

Current BMI

21.6

Normal



Water Today

0 ml

Daily intake

BMI Details

Height

168 cm

Weight

61 kg

BMI Index

21.6

Last updated: Nov 19, 04:10 PM

Percent Water Intake

Percent Macros

❤️ Health Tracker

Track your daily health metrics

Dashboard

Wafer Intake

Sleep

Calories

Calories Intake

Today: 0 cal

+ Add Meal

250 calories

Nov 19, 04:04 PM

Idly

195g (250 cal)

171 calories

Nov 19, 04:02 PM

Carrot

100g (41 cal)

Rice

100g (130 cal)

169 calories

Nov 17, 03:02 PM

Heart Health Tracker

Track your daily health metrics

Dashboard

Water Intake

Clean

0 Calories

Calories Intake

Today: 0 cal

250 calories

Nov 19, 04:04 PM

Idly

171 calories

Nov 19, 04:02 PM

Carrot

Rice

Add Meal

X

Add Food Item

Food Name

Search or type food name (e.g., Rice, Chicken)

Grams

150

Total Calories

0 cal

Add Item

Save Entry

+ Add Meal

X

195g (250 cal)

X

100g (41 cal)

100g (130 cal)

❤️ Health Tracker

Track your daily health metrics

[Dashboard](#)[Water Intake](#)[Sleep](#)[Calories](#)

Sleep

Today: 0 hours

[+ Add Entry](#)

Last 7 Days



Recent Entries

2 hours

Nov 19, 04:06 PM

[X](#)

❤️ Health Tracker

Track your daily health metrics

Dashboard

Water Intake

Sleep

Calories

Water Intake

Today: 0 ml

+ Add Entry

Last 7 Days

Add Water Entry

X

Amount (ml)

250

Save Entry



Recent Entries

Heart Health Tracker

Track your daily health metrics

Dashboard

Water Intake

Sleep

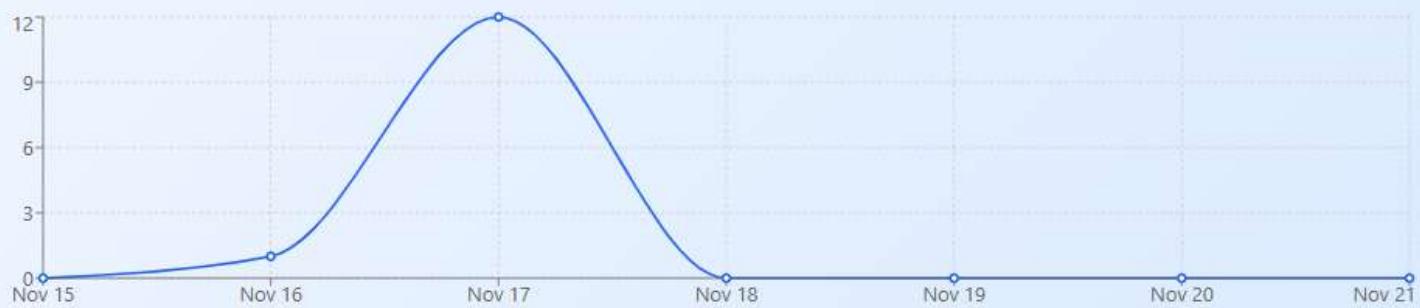
Calories

Water Intake

Today: 0 ml

+ Add Entry

Last 7 Days



Recent Entries

12 ml

Nov 17, 08:33 AM

X