**✅ Core Features of the Kidney Tracking App**

**1. Personalized Dashboard**

* Displays hydration levels, daily goals, last water intake, and upcoming reminders.
* Daily meal plan based on user's condition (CKD stage, dialysis status, etc.).

**2. Water Intake Tracker**

* Set daily water intake goals based on doctor's recommendation.
* Smart reminders every 1–2 hours (customizable).
* Visual progress (e.g., water bottle filling up).

**3. Diet Plan Guide**

* Suggests **kidney-friendly foods** (low in potassium, phosphorus, sodium, and protein depending on stage).
* Daily/weekly meal plans.
* "What can I eat today?" feature (shows meals/snacks by time: breakfast, lunch, dinner).
* Red flags for foods to avoid.

**4. Time-Based Notifications**

* **Hydration reminders**: e.g., 8:00 AM, 10:30 AM, 1:00 PM, etc.
* **Meal reminders** with what to eat and portion suggestions.
* **Medication reminders** (if applicable).

**5. User Health Profile**

* Age, weight, CKD stage, dialysis schedule, comorbidities (e.g., diabetes).
* Doctor or dietitian can update recommendations remotely (optional).

**6. Weekly/Monthly Report**

* Charts for water intake, food log, symptom tracker.
* Export to PDF for doctor's visits.

**🍴 Example of Diet & Water Schedule**

| **Time** | **Action** | **Example** |
| --- | --- | --- |
| 7:00 AM | Drink water | 200ml warm water |
| 8:00 AM | Breakfast | Low-sodium oats, berries |
| 10:00 AM | Drink water | 150ml |
| 12:30 PM | Lunch | Grilled chicken, rice, cucumbers |
| 2:30 PM | Drink water | 150ml |
| 4:00 PM | Snack | Apple slices or low-potassium fruit |
| 6:00 PM | Dinner | Fish, steamed cabbage, white bread |
| 8:00 PM | Drink water | 100ml (small amount before bed) |