

# Health & Wellness Tracker

## Project Overview

The Health & Wellness Tracker is a full-stack web application built with Django, HTML, and CSS. It helps users track their health, fitness, nutrition, goals, reminders, and daily journals in a structured and intuitive way.

## Key Features

- User registration and authentication (login/logout)
- Track daily physical activities
- Log meals and calculate calories
- Record health metrics like weight, blood pressure, heart rate, and sleep hours
- Set and track health goals
- Set reminders for healthy habits
- Maintain a daily journal with mood tracking

## Tech Stack

- Backend: Django 4.x
- Frontend: HTML5, CSS3
- Database: SQLite (or PostgreSQL)
- Version Control: Git & GitHub

## Models

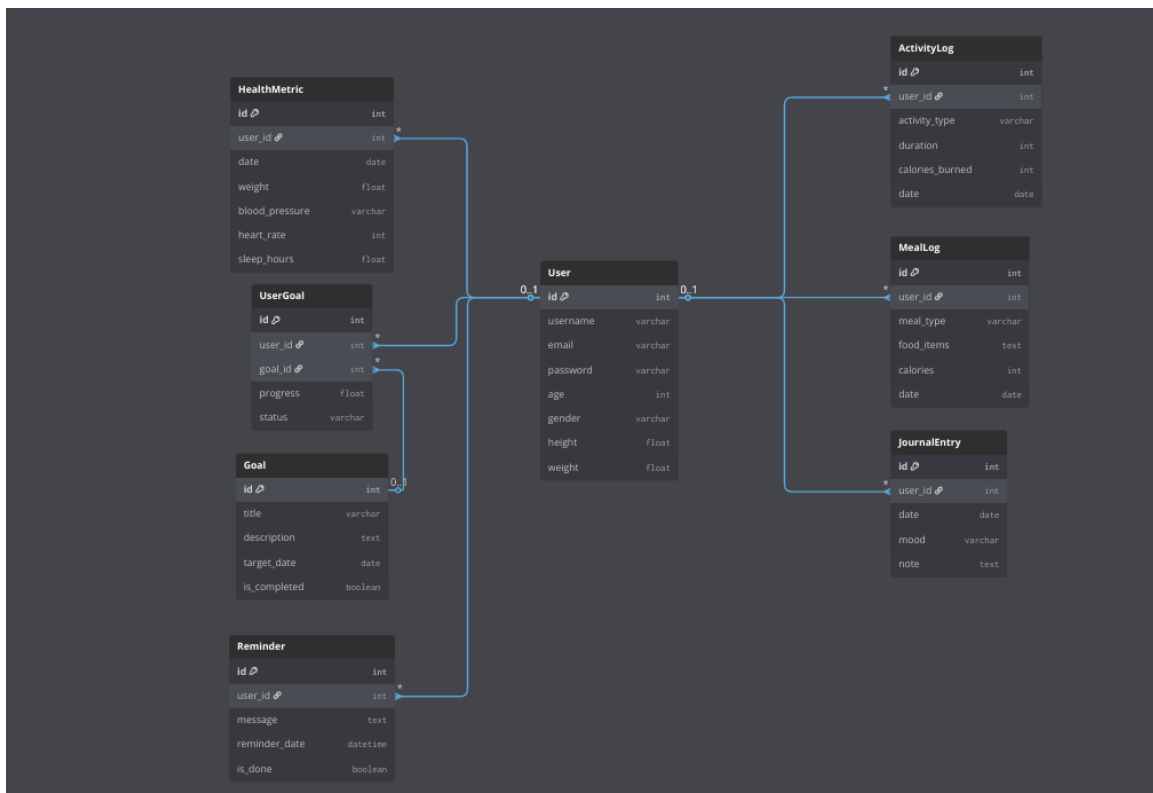
- User
- ActivityLog
- MealLog
- HealthMetric
- Goal
- UserGoal
- Reminder
- JournalEntry

## User Stories

Model	User Story
User	As a user, I want to create an account and enter my basic information (age, height, weight, gender) so that I can track my health and personal goals.
ActivityLog	As a user, I want to log my daily activities (e.g., walking, running, exercise) with duration and

Model	User Story
	calories burned so that I can monitor my physical activity.
MealLog	As a user, I want to record my daily meals with food details and calories so that I can track my nutrition.
HealthMetric	As a user, I want to record my daily health metrics like weight, blood pressure, heart rate, and sleep hours so that I can monitor my health over time.
Goal	As a user, I want to set specific health goals with a target date so that I can stay committed to achieving them.
UserGoal	As a user, I want to track my progress for each goal and see its status (in-progress/completed) so that I can evaluate my commitment.
Reminder	As a user, I want to receive reminders for specific health activities so that I can maintain my daily healthy habits.
JournalEntry	As a user, I want to record daily notes and moods so that I can track my mental well-being and the impact of my health habits.

## ERD:



## Challenges and Solutions

- **Challenge:** Representing Many-to-Many relationships visually in the ERD.
  - **Solution:** Used a join table (UserGoal) to track user goals and progress.
- **Challenge:** Maintaining consistent styling across multiple pages.
  - **Solution:** Created a global CSS file and used semantic HTML tags for consistent layout.

## Future Features

- Add image or file uploads (e.g., profile picture or food photos)
- Advanced analytics and charts for activity, nutrition, and health trends
- Push notifications for reminders
- Unit tests for models and views