

Introduction:

In this section, you will describe about your project in short (in 7-8 lines). What is the utility of your project, what will be the advantage by doing this, what does it do, what a user can get by using your project etc.

Objective:

Becoming a healthier person isn't about making one big change that affects the rest of your life. It's about making lots of small decisions over the course of your entire life. This project will help people to manage their daily life in a planned way. We can save user information, medical records, food habit, age wise exercise list, bmi calculation, weight loss process, reminder, saving password etc.

Implementations:

In this section, please shortly write about the features that you implemented in your projects. No need to write elaborately. Just mention the implemented features in **bullet points, or you can use numbering**. But don't make a huge paragraph here. You can write 2-3 lines in the starting of this section, and then move to the implemented features.

Requirements:

- **Hardware Requirements:**

- Processor
- RAM
- Monitor
- Keyboard
- Mouse
- Router
- Hard disk
- UPS
- Pendrive

- **Software requirements:**

- Netbeans IDE 8.2
- phpMyAdmin 4.9.0.1
- Discord

Limitations:

We tried to show saved tasks' list when an old user log into the app. But could not do it due to shortage of time.

Future Works:

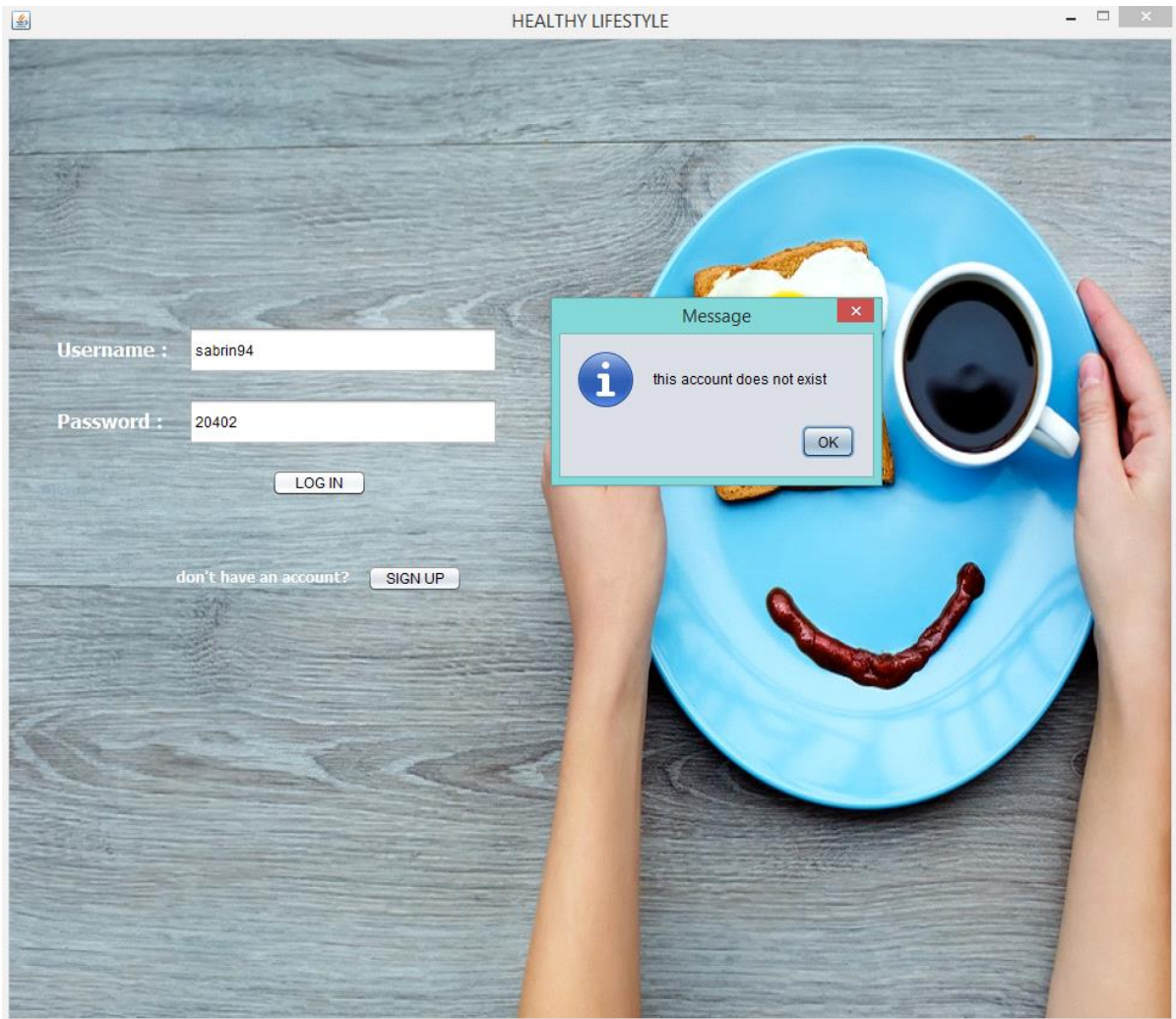
In this project we can control many healthy practices which take a little time, planning and motivation. By developing medicine record, reminder, to do list and bmi calculation we can get more convenience. It will make our life more easier to keep a healthy and facile life.

Conclusion:

In summary, the Healthy Lifestyles Programme is highly innovative and novel, not only in the delivery methods used, but also in how it has been conceptualised. Within the process, we are seeking to understand the level of engagement of schools, children and their families, which will not only provide information on how the intervention may be working but will also inform future behaviour change interventions.

Screenshots:

In this section, please give some (4/5) screenshots of noteworthy features of your project. **Don't take just screenshots of every page and just paste them!!!**



HEALTHY LIFESTYLE

<back

weight 100

feet 5

inch 1

BMI 42

Obese

Suggestion:

1. Drink water specially before meal
2. Eat eggs for breakfast
3. Try Intermittent Fasting
4. Take a Gulcomannan Supplement
5. Eat less refined carbs
6. Take probiotic supplement
7. Do aerobic exercise

