

# Weekly Health Tracker & Advisor — CCP Project Report

## 1. Introduction

This report presents the Weekly Health Tracker & Advisor, a console-based C program designed for EF-101 IT Fundamentals & Applications (Fall 2025). The project collects a week's health data—water intake, sleep hours, and workout duration—and provides averages along with tailored health advice.

## 2. Objectives

- Develop a functional C program using arrays and functions.
- Practice modular programming and user interaction.
- Calculate and display weekly averages.
- Provide health recommendations based on collected data.

## 3. Features Implemented

- Input system for 7-day health tracking.
- Validation for all inputs.
- Average calculations for water, sleep, and workout.
- Display table summarizing all daily values.
- Automated advice generation.
- Constants used via `#define DAYS 7`.

## 4. Code Structure

The program uses modular functions:

- `inputData()` — collects user inputs for the week.
- `calculateAverages()` — computes averages using pointers.
- `displaySummary()` — prints a formatted weekly summary table.
- `getAdvice()` — provides personalized weekly advice.
- `mainMenu()` — handles the program's navigation.

## 5. Technologies and Concepts Used

- C language fundamentals
- Arrays
- Functions and modularization
- Pointers and pass-by-reference
- Input validation

## 6. Results

The program successfully allows the user to enter weekly health details, proof-check input values, compute averages, and display a complete report along with customized health advice. The addition of DAYS as a constant makes the program scalable and cleaner.

## **7. Conclusion**

This project provided hands-on experience with essential C programming concepts and demonstrated how structured coding can solve real-world problems. Additional enhancements such as file storage or graphical output can be added in the future.

## **8. Student Information**

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