Problem:

Many students struggle to balance academics with a healthy lifestyle. Poor diet, lack of exercise, and irregular routines often lead to stress, fatigue, and unhealthy habits. There is a need for a **student-focused platform** that makes health management simple, accessible, and motivating.

Solution:

**Student Health Website** is a dedicated website where students can **create personal accounts** to track and manage their health. The platform provides personalized **workout routines, diet plans, progress tracking based on their desired results**, and a **social leader board system** to keep students motivated in a fun, competitive way.