Health tracker Project

## AIM:

To track all eating and exercise data and monitor progress.

## LOG:

### 4/1/2025 Saturday

* Basic UI using python (tkinter) to input breakfast, lunch, dinner, water intake
* Also made **UI using Streamlit** ( Better approach)
* Attached to MySQL 8.0 db with following tables:
  + food\_items: stores all food items and its protein and fat contents
  + health\_data: stores all the inputted food intake records
  + water\_intake: stores all the inputted water intake records

Functionality:

* database is updated using UI
* Records can be deleted for each meal type separately. But all the records for the day are deleted
* food\_items data is updated automatically when there is change in food\_items.xlsx file which is placed in the same directory.

To do:

* Food\_items lack item\_id which can be used to easily link food intake to its macronutrients
* Plan for calculation of food intake to macronutrients consumed.

### 10/1/2025 Friday

* Added food\_id to food\_items table
* Added calories field to food\_items table
* Updated UI to have drop down select for meal type in food intake.
* Written SQL queries to aggerate data per meal and per day.

To do:

* Add table for body measurements which will be taken monthly.
* Create a separate Tab to take only Wt. as it should be monitored daily.
* Create a visualization using superset or Grafana.
* Design a use case for multiple users and use case with spark or Flink jobs.