

Health Data Analyzer - Python Program

Blood Pressure:

- **Category E (Lowest):** Low blood pressure (below or 90/60 mmHg).
- **Category D :** Normal blood pressure (around 120/80 mmHg).
- **Category C:** Slightly elevated blood pressure (e.g., 121-129/80-84 mmHg).
- **Category B:** Moderately elevated blood pressure (e.g., 130-139/85-89 mmHg).
- **Category A (Highest):** High blood pressure (above or 140/90 mmHg).

Sleeping Hours:

- **Category E (Very Good):** (8.00 - 8.59) hours of (very good quality of sleep).
- **Category D:** (7.00 - 7.59) hours or (9.00 - 9.59) hours of (good quality of sleep).
- **Category C:** (6.00 - 6.59) hours or (10.00 - 10.59) hours of (average quality of sleep).
- **Category B:** (5.00 - 5.59) hours or (11.00 - 11.59) hours of (poor quality of sleep).
- **Category A (Very Poor):** Less than (5.00) hours or more than (12.00) hours of (very poor quality of sleep).

Heart Rate:

- **Category E (Lowest):** Low resting heart rate (59 bpm or lesser).
- **Category D:** Normal resting heart rate (60 - 100 beats per minute).
- **Category C:** Slightly elevated resting heart rate (e.g., 101 - 110 bpm).
- **Category B:** Moderately elevated resting heart rate (e.g., 111 - 120 bpm).
- **Category A (Highest):** High resting heart rate (121 bpm or higher).

Breathing Speed:

- **Category E (Lowest):** Low breathing rate (11 breaths per minute or lesser).
- **Category D:** Normal breathing rate (12 - 20 breaths per minute).
- **Category C:** Slightly elevated breathing rate (e.g., 21 - 24 breaths per minute).
- **Category B:** Moderately elevated breathing rate (e.g., 25 - 29 breaths per minute).
- **Category A (Highest):** High breathing rate (30 breaths per minute or higher).