

# HealthNow!

Please login below or Register here

Username:

Password:

Login

[forget Password](#)

Informations required for new

[Home](#) / [Blog](#) / [Contact Us](#)  
registration

First Name

Last Name

Email Address

Gender

Date of Birth

3

Welcome XX

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Weight Management

space for comments allowed here

↓  
If user pick this  
it should take one to  
the Weight Management  
Data Page

Cholesterol Management

Sentences here!

↓  
if user selects this, it should  
direct ~~her~~ to  
Cholesterol Data page

4

Previous Data

- Your BMI   
based on your recorded  
Weight   
height

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Weight Management

Height  (in inches)  
Weight  (in pounds)  
Daily Calorie (intake)   
Sleep hours

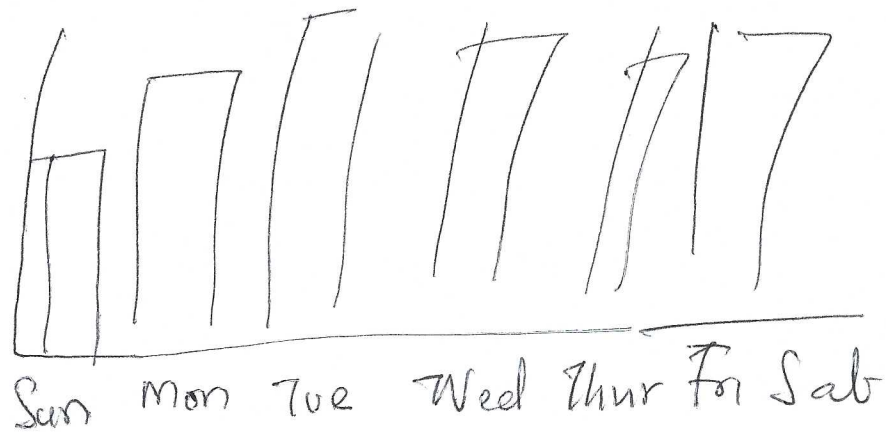
Compare Data	Advisory	
<input type="text"/> weeks		

3 On Clicking Compare Date

a window should appear that shows the comparison of the last one week data and nothing if data captured is not up to a week (7 days).

Data can show a bar chart representation

i.e



5 Cont'd  
on Clicking Advisory, it <sup>should</sup> <sup>give</sup> ~~daily~~ <sup>average</sup> calculation  
of the inputted weight, height <sup>BMI</sup>, daily  
Calorie intake and sleep hours compared to  
Set benchmarks

i.e ~~height~~ BMI  
~~weight~~

daily Calmes 1500 Kcal

Sleep 8 hrs

## 6. For cholesterol Management

User input cholesterol level (current) .

cholesterol level

target level

\* we have to set ~~the~~ or input the normal or expected level to measure progress .



suggested exercises

Running

2hrs everyday

skipping

200 skip/sam

200 skip/pm

aerobics

enjoy 2hrs

of aerobics everyday .

Contact Us

Blog

Writings about health