**Project Title**: HealthBuddy Kids
**Project Team**: Event, Yonas, Izah, Theo

**Project Description**:
In an era where children are increasingly immersed in the digital world, HealthBuddy Kids emerges as a pioneering web app designed to empower parents in fostering healthy habits and well-being in their children. Recognizing the pervasive influence of smartphones on the younger generation, HealthBuddy Kids is a comprehensive personal health tracker tailored for the modern lifestyle of tech-savvy kids.

**Business Goals**:

- Enhance personal health awareness and management.
- Promote a proactive approach to health and wellness.
- Increase accessibility to health monitoring tools.
- Attract a significant user base of parents who are interested in actively monitoring and improving their children's health.

**Main Features**:

- **Interactive Health Charts**: Graphical representation of health data over time.
- **Goal Setting and Tracking**: Users can set health goals and track their progress.
- **Park or nature recommendations:** Use Google Maps API to suggest nearby parks or natural areas for walks and runs
- **Weather Notification:** Integrate OpenWeather API to provide current weather conditions and forecasts, and help users plan outdoor activities with weather considerations in mind.
- **Sleep Tracking:** By monitoring sleep patterns, including duration and quality of sleep, parents can gain valuable insights into how their toddlers nighttime rest affects their daytime energy levels
- **Nutritional Tracking:** Monitor and keep track of children’s eating patterns & calorie intake. The platform would offer suggestions based on the provided information to meet the child’s dietary needs.
- **Connecting with other parents:** Enabling parents to connect with fellow parents of toddlers in their vicinity

**Scope**:

Inside our scope:
- developing a responsive web application for health tracking
- user authentication
- data visualization
- goal management

Outside our scope:
- Physical device (hardware) that could be used for monitoring health parameters.
- Software integration that imports real-time health information
- In-depth medical analysis or diagnosis based on the data provided.

**Stakeholders**: Users (parents and children), healthcare providers, web developers, project managers and paediatricians

**Constraints**:

- **Time**: Must be completed within the academic semester.
- **Budget**: Limited to free or open-source software tools.
- **Technical**: Designed for web platforms only.
- **Manually Tracking:** The user would have to manually track and upload on the app features such as sleeping parameters.
- **Data Accuracy:** Inaccurate data (due to manually tracking and inputing) could impact the effectiveness of the app in providing meaningful insights.

**Risks**:

- **User Engagement**: Risk of low user adoption, mitigated by user-friendly design and useful health insights.
- **Data Security**: Ensuring user data privacy, addressed with secure coding practices and data encryption.