**Pages :**

1. Login page
2. Account Creation Page
3. Profile Creation Page
4. Profile View Page
5. Dashboard Page
6. Record entry Page
7. Stats Page

**Folder structure :**

* Project
  + Static
    - CSS
      * Dailyrecord.css
      * Login.css
      * Profile.css
    - Createaccount.js
    - Dailyrecord.js
    - Dashboard.js
    - Graph.js
    - Login.js
    - Profile.js
    - Profilefreeze.js
  + Templates
    - Createaccount.html
    - Dailyrecord.html
    - Dashboard.html
    - Graph.html
    - Profile.html
    - Profilefreeze.html
  + Init.py
  + Function.py
  + Health\_tracker.sql
  + Requirements.txt

**Software’s Used :**

1. Python (2.6)
2. Flask(Python Frame work)
3. HTML
4. CSS
5. Java script (JS)
6. My SQL database
7. Xampp software

Pip Packages Used and Versions:

1. click==7.1.1
2. Flask==1.1.2
3. Flask-Cors==3.0.8
4. itsdangerous==1.1.0
5. Jinja2==2.11.1
6. MarkupSafe==1.1.1
7. mysql-connector==2.2.9
8. six==1.14.0
9. Werkzeug==1.0.1

Data Base Name : health\_tracker

Tables in Data base:

1.user

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| S.no | Name | Data Type | Allow Null | Default | Keys |
| 1 | UserId | Int | Yes | Null | Primary Key(Auto increment ) |
| 2 | UserEmail | Varchar(100) | Yes | Null |  |
| 3 | UserPassword | Varchar(50) | Yes | Null |  |
| 4 | IsActive | Tinyint | Yes | Null |  |
| 5 | DateCreated | Datetime | Yes | Null |  |
| 6 | DateModified | Datetime | Yes | Null |  |
| 7 | IsProfileCreated | tinyint | No | 0 |  |

2.personalprofile

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| S.no | Name | Data Type | Allow Null | Default | Keys |
| 1 | ProfileId | Int | Yes | Null | Primary Key(Auto increment ) |
| 2 | UserId | Int | Yes | Null | Foreign Key |
| 3 | MiddleName | Varchar(50) | Yes | Null |  |
| 4 | LastName | Varchar(50) | Yes | Null |  |
| 5 | DateOfBirth | Varchar(50) | Yes | Null |  |
| 6 | Height | Date | Yes | Null |  |
| 7 | Weight | Float | Yes | Null |  |
| 8 | Sex | Float | Yes | Null |  |
| 9 | Age | Varchar(10) | Yes | Null |  |
| 10 | BMIValue | Int | Yes | Null |  |
| 11 | BMICategory | Float | Yes | Null |  |
| 12 | Address | Varchar(50) | Yes | Null |  |
| 13 | PhoneNumber | Varchar(100) | Yes | Null |  |
| 14 | MinWeight | Varchar(50) | Yes | Null |  |
| 15 | MaxWeight | Float | Yes | Null |  |
| 16 | BMRValue | Float | Yes | Null |  |
| 17 | SuggestedBMRValue | Float | Yes | Null |  |
| 18 | Message | Varchar(100) | Yes | Null |  |
| 19 | IsActive | Tinyint | No | 0 |  |
| 20 |  |  |  |  |  |

3.DashBoard

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| S.no | Name | Data Type | Allow Null | Default | Keys |
| 1 | DashBoardId | Int | Yes | Null | Primary Key(Auto increment ) |
| 2 | UserId | Int | Yes | Null | Foreign Key |
| 3 | IdealBMRValue | Float | Yes | Null |  |
| 4 | Calorielnput | Float | Yes | Null |  |
| 5 | CalorieOutput | Float | Yes | Null |  |
| 6 | FinalCalorie | Float | Yes | Null |  |
| 7 | Variation | Float | Yes | Null |  |
| 8 | Date | Date | Yes | Null |  |
| 9 | IsActive | Tinyint | No | 0 |  |
| 10 | DateCreated | Date time | Yes | Null |  |

Reference:

* <https://canvasjs.com/docs/charts/how-to/render-multiple-charts-in-a-page/>
* <https://canvasjs.com/jquery-charts/column-chart/>
* <https://www.calories.info/food/fruit-juices>
* <https://www.calculator.net/calorie-calculator.html>
* <https://www.health.harvard.edu/diet-and-weight-loss/calories-burned-in-30-minutes-of-leisure-and-routine-activities>
* <https://colorlib.com/wp/template/creative-login-form/>
* <https://colorlib.com/wp/template/colorlib-contact-form/>
* <https://www.w3schools.com/>

Code flow

A close up of a logo

Description automatically generated

Application flow

A close up of a map

Description automatically generated