



**Let's start your
health journey today
with us!**

[Continue](#)



Welcome to HealthTrack

Choose your role to continue



Student



Parent



Teacher



Healthcare



NGO



Vendor

Login

Register

● Label 1 ● Label 2 ● Label 3



Welcome back 🖐️

Email

Password



[Forgot password?](#)

Sign In

OR LOG IN WITH



Don't have an account? [Sign up](#)

Health Details Entry



 Search medical records...

Your Age

e.g. 16yr

Height

e.g. 180 Cm

Weight

e.g. 60kg

Hemoglobin (g/dL)

e.g. 11.2

Add Date

Vaccinations

Current Medications

 Medication Name

Dosage

Schedule

 Medication Name

Dosage

Schedule

☒ I take my medications as prescribed by my doctor.

Submit



Overview



Explore



Sharing

Sharing



Keep your health in check

Keep loved ones informed about your condition.



Protect your privacy

Share key conclusions. Stop anytime.



Notifications

Get notified of updates to shared dashboards.



Start sharing



Setting



Overview



Explore



Sharing

9:41



 Search topic



For you



Nutrition



Sports



Running

Newest blogs

[View more >](#)



Nutrition

**More about Apples:
Benefits, nutrition, and tips**

 78 votes

[Tell me more >](#)



Lifestyle

**The sie
maxim**

 54 vote

Collection

[View more >](#)



Overview

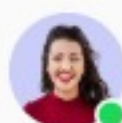


Explore



Sharing

9:41



TUES 11 JUL

Overview

[All data](#)

Health Score

Based on your overview health tracking, your score is 78 and consider good..

[Tell me more](#)

78

Highlights

[View more](#)

Steps

11,857

updated 15 min ago



Cycle tracking

12 days before period

updated 30m ago



Sleep

7 h 31 min

updated a day ago



Nutrition

960 kcal

updated 5 min ago

This week report

[View more](#)

Steps

697,978



Workout

6h 45min



Water

10,659 ml



Sleep

29h 17min

Blogs

[View more](#)

Nutrition

More about Apples: Benefits, nutrition, and tips

[78 votes](#)[Tell me more](#)

Lifestyle

The sie maxim

[54 vote](#)

Overview



Explore



Sharing

9:41



All Health Data



Double Support Time

29.7 %



Steps

11,875 steps



Cycle tracking

08 April



Sleep

7 hr 31 min



Heart

68 BPM



Burned calories

850 kcal



Body mass index

18,69 BMI



Overview



Explore



Sharing



Nutrition

You have consumed

960 kcal today



Fat

80g

40%



Protein

160g

56%



Carbs

230g

62%



Add meals

9:41



Cycle tracking

M

T

W

T

F

S

S

06

07

08

09

10

11

12

Period in
12 days

Low chance of getting pregnant

Edit period dates

How are you feeling today?



Share your symptoms
with us



Here's your daily
insights

Menstrual health

[View more >](#)



Craving sweets on your
period? Here's why &
what to do about it



Is birth control
for your mens
health?

9:41



Sleep

Your average time of
sleep a day is **7h 31 min**

Today

Weekly

Monthly



Mon

Tue

Web

Thu

Fri

Sat

Sun



Sleep rate

82%



Deepsleep

1h 3min

Set your schedule

[Edit](#)

Bedtime

22:00 pm

Wake up

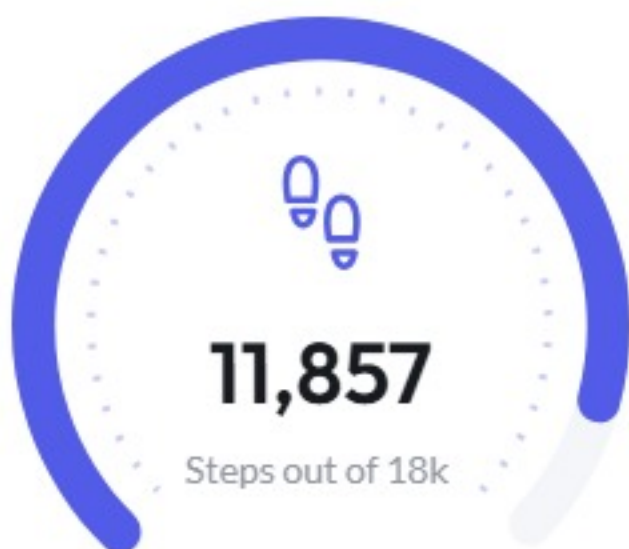
07:30 am

9:41



Steps

You have achieved **80%**
of your goal today



850 kcal



5 km



120 min

Today

Weekly

Monthly

