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Course: Introduction to Problem Solving and Programming

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Title: Daily Health Tracker – Mini Project Report

1. Introduction :

This mini project is a simple console-based Daily Health Tracker written in Python. Its goal is to help a user quickly record daily calorie intake from meals and total water consumption in liters in an easy, text-based format.

2. Objective :

The main objective of the program is to:

- Accept calorie values for breakfast, lunch, and dinner.
- Calculate the total calories consumed in a day.
- Record the total water intake for the same day.

This provides a basic habit of monitoring food and hydration, which is a common feature of larger health-tracking systems.

3. Technologies Used :

- Programming Language: Python 3
- Environment: Any Python-capable IDE or terminal (no external libraries required)

4. System Description :

The program starts by printing a header, then asks the user to input calorie values for three meals. It adds these values to get the total daily calories. Next, it asks for the total water intake in liters as a floating-point number. Finally, it prints a summary showing both total calories and water intake for the day in a clear, readable format.

5. Program Flow (Logic) :

- Initialize variables calories and water.
- Take integer inputs for breakfast, lunch, and dinner.

- Compute calories = breakfast + lunch + dinner.
- Take a float input for total water intake.
- Display the “Today Summary” with total calories and water in liters.

6. Use Cases :

- A student or beginner learning Python input/output and basic arithmetic.
- Any user who wants a minimal, distraction-free way to log daily calories and water intake from the terminal.

7. Limitations and Future Scope

Current limitations:

- No data storage; values are lost after the program ends.
- No validation for invalid or negative inputs.

Possible future improvements:

- Save daily logs to a file (CSV or text).
- Add more meals or snacks.
- Include basic goals and feedback (e.g., calorie or water targets).

8. Conclusion :

The Daily Health Tracker represents a perfect intersection of simplicity, functionality, and educational value. While it may not compete with feature-rich commercial health applications, it serves its intended purpose beautifully: providing an accessible, straightforward method for users to become aware of and track their daily health metrics.

In an era where complex technology often intimidates beginners, this application demonstrates that powerful solutions don't require complicated systems. A simple tool, used consistently, can create meaningful change in health habits and outcomes

Whether used by a student learning programming fundamentals, a health-conscious individual starting their tracking journey, or a developer building foundational skills, the Daily Health Tracker proves that effective solutions start with understanding the problem and building something simple that works.

9. References :

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[2] Forbes Health. (2024, September 23). Best calorie counting apps of 2025. Retrieved from <https://www.forbes.com/health/wellness/best-calorie-counting-apps/>

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