PERSONAL HEALTH AND WELLNESS TRACKER

Submitted in partial fulfillment of the requirement for the award of the degree

Bachelor of Science

in the faculty of Computer Science with Data Analytics of Bharathiar University, Coimbatore

Submitted by

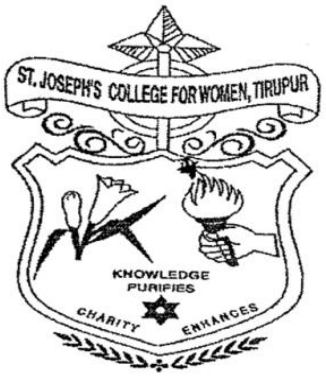
BHAVANI P

Register No : 2328B0132

Under the Guidance of

Mrs. C. KAVITHA, M.Sc., M. Phil., SET.,

Assistant Professor and Head, Department of Computer Science with Data Analytics



Department of Computer Science with Data Analytics

ST. JOSEPH'S COLLEGE FOR WOMEN

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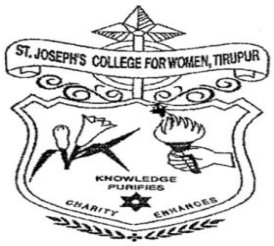
October-2025

CERTIFICATE



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CERTIFICATE

This is to certify that the project work entitled **"PERSONAL HEALTH AND WELLNESS TRACKER"** is submitted to Bharathiar University, Coimbatore in partial fulfillment of requirement for the award of the Degree of Bachelor of Science is a record of the original work done by **BHAVANI P (Register No: 2328B0132)** under my supervision and guidance and that project work has not formed the basis for the award of any Degree/Diploma or similar title to any candidate of any University.

Internal Guide **Head of the Department**

Viva-voce Examination was conducted on _____, in St. Joseph's College for Women, Tirupur – 641604.

Internal Examiner **External Examiner**

Date : **Date :**

DECLARATION

DECLARATION

I, hereby declare that the project work entitled **"PERSONAL HEALTH AND WELLNESS TRACKER"** is submitted to the Department of Computer Science with Data Analytics, St. Joseph's College for Women, Tirupur affiliated to Bharathiar University, Coimbatore in the partial fulfillment of the requirement for the award of Bachelor of Science is an original work done by me during the fourth semester.

Place:

Date:

Signature of the Candidate

(BHAVANI P)

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SYNOPSIS

Personal Health and Wellness Tracker is an intuitive and user-friendly Python-based project designed to help individuals monitor, analyze, and improve their overall well-being. By tracking three key health indicators sleep hours, mood levels, and exercise minutes—this tool provides users with valuable insights into their daily routines and long-term habits.

Maintaining a balanced lifestyle is crucial for both mental and physical health, and this tracker serves as a personalized digital journal that helps users establish a structured approach to self-care.

Whether we trying to improve sleep quality, stabilize mood fluctuations, or maintain a consistent exercise routine, this project empowers users to make data-driven lifestyle adjustments for long-term wellness.

In today's fast-paced world, allowing individuals to document their daily activities in a structured way. By logging key health data consistently, users gain the opportunity to recognize patterns in their behavior, identify areas for improvement, and take actionable steps toward creating lasting wellness habits.

INTRODUCTION

ORGANIZATION PROFILE