Welcome to the Health Tracker Program: MediClick!

This program allows you to track your daily vitals including your temperature, heart rate, and blood pressure. It is focused mainly on the elderly society, above the age of 45 to keep track. It can also provide you with helpful feedback on whether your vitals are in a healthy range or not.

To use the program, follow these steps:

1. Enter your name and age in the provided fields.
2. Select your gender from the dropdown menu. This is not compulsory but I advise it.
3. Enter your address and phone number in the correct format.
4. Enter your temperature in Fahrenheit in the provided field.
5. Enter your heart rate in beats per minute (BPM) in the provided field.
6. Enter your systolic and diastolic blood pressure in mmHg in the provided fields.
7. Click the "Submit" button to see if your vitals are in a healthy range.
8. The program will provide you with feedback on each of your vitals, letting you know if they are within a healthy range or not.
9. If any of your vitals are not in a healthy range, the program will provide you with recommendations on how to improve them.
10. You can reset the form at any time by clicking the "Reset" button.

That's it! With these simple steps, you can track your daily vitals and get helpful feedback on how to stay healthy.