

**Group 7
Santolan
Station**

***Nutrition Tracker
and
Health Monitoring
System - MedTrack***

Presentation



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Introduction

Many individuals experience health issues due to unawareness of early illness signs and poor health monitoring, delaying problem identification.

Noncommunicable diseases contribute to 74% of global deaths. MedTrack addresses these issues with a secure, user-friendly platform for logging daily health and nutrition, enabling health trend monitoring and safeguarding data.

The Project

MedTrack enables users to create accounts for daily logging of vital signs, including personal details and password protection. Data is securely stored in a CSV file, with logs covering essential health metrics. Account deletion is irreversible, ensuring user control and privacy in managing health information through password verification.

Objectives

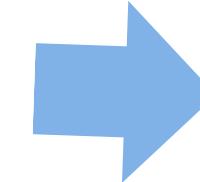
The objective of MedTrack is to track one's basic health metrics to possibly catch early signs of illness.

1. Implement an Admin system where users are able to create their personal accounts for tracking their daily calorie intake and vitals.
2. Allow users to input their vitals information and daily caloric intake.
3. Display the user's weekly average vitals, the change from the previous week's average, and their weekly average caloric intake.

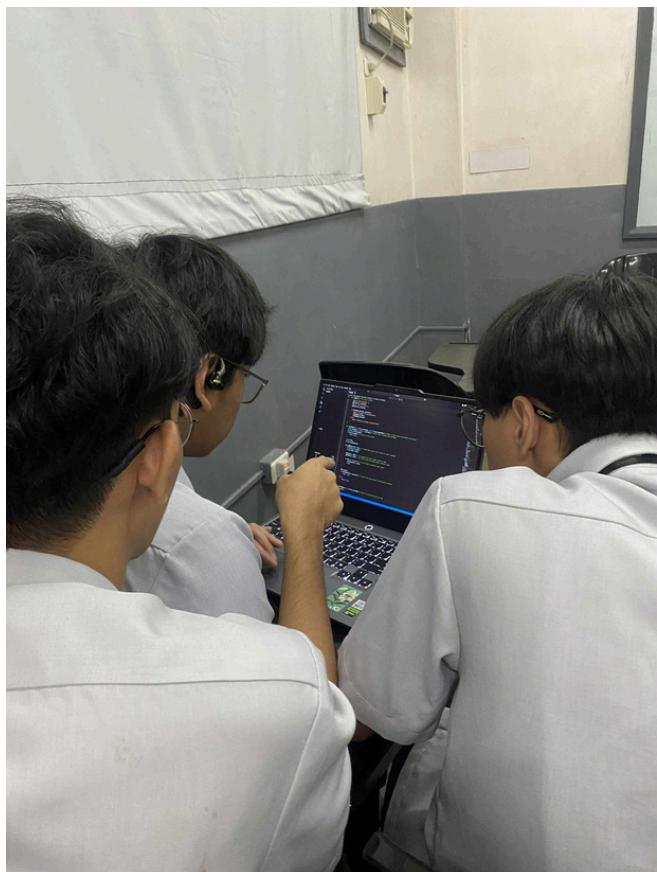
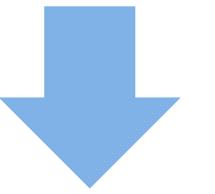
Documentation

Getting the blood pressure

Result: 110/80



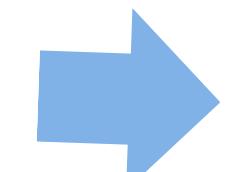
Doing the Code



Getting the

RHR: 85

Oxygen Level: 97



Result and Discussion

The MedTrack system trial confirmed its functionality by creating user accounts, verifying logins, and accurately storing clinical data in CSV files. It processed daily entries and weekly trend analyses, proving its effectiveness in personal health tracking.

Conclusion

The MedTrack system effectively monitors personal health, managing user accounts and logging nutrition and vital signs. While weekly trend analysis is coded, it awaits long-term validation. The system shows promise for real-world use, with future improvements aimed at testing and data visualization enhancements.

References

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