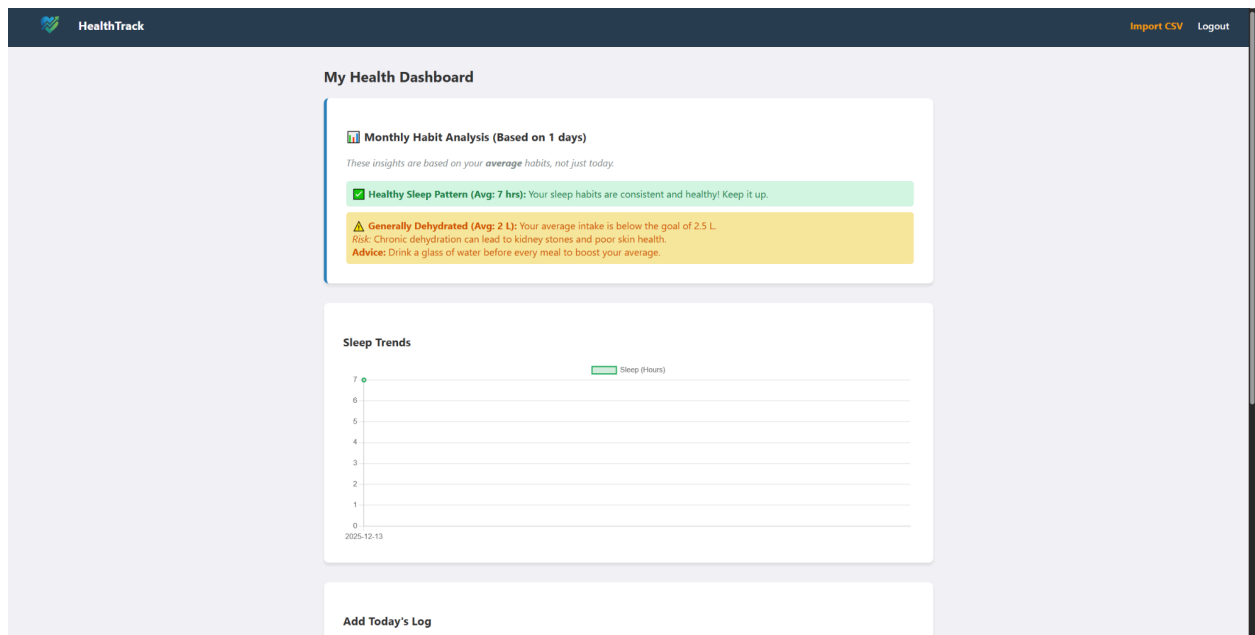


## Fitur 2: Input:

The screenshot shows the HealthTrack input interface. At the top, there is a graph with a y-axis ranging from 0 to 1.0. Below the graph is the "Add Today's Log" form. This form includes a "Date" field set to "12/13/2025", a "Sleep (Hours)" field set to "7", a "Water (Liters)" field set to "2", and a "Mood" dropdown menu set to "Happy". A green "Save Log" button is at the bottom of the form. Below the form is a "History" section with a table header: "Date", "Sleep", "Water", "Mood", and "Action". The table body contains the message "No logs found. Add one above!". At the bottom of the page, there is a copyright notice: "© 2025 HealthTrack".

User HealthTrack hanya perlu memasukkan data konsumsi air dan tidur harian dalam bentuk log untuk bisa menggunakan fitur-fitur yang ada di website HealthTrack.

## Output:



Fitur kedua adalah health insights. Jadi user dari HealthTrack bisa mendapatkan saran dari web HealthTrack ini dan diberitahu apakah kesehatan user sudah cukup baik dan resiko yang akan muncul sesuai dengan kondisi user.