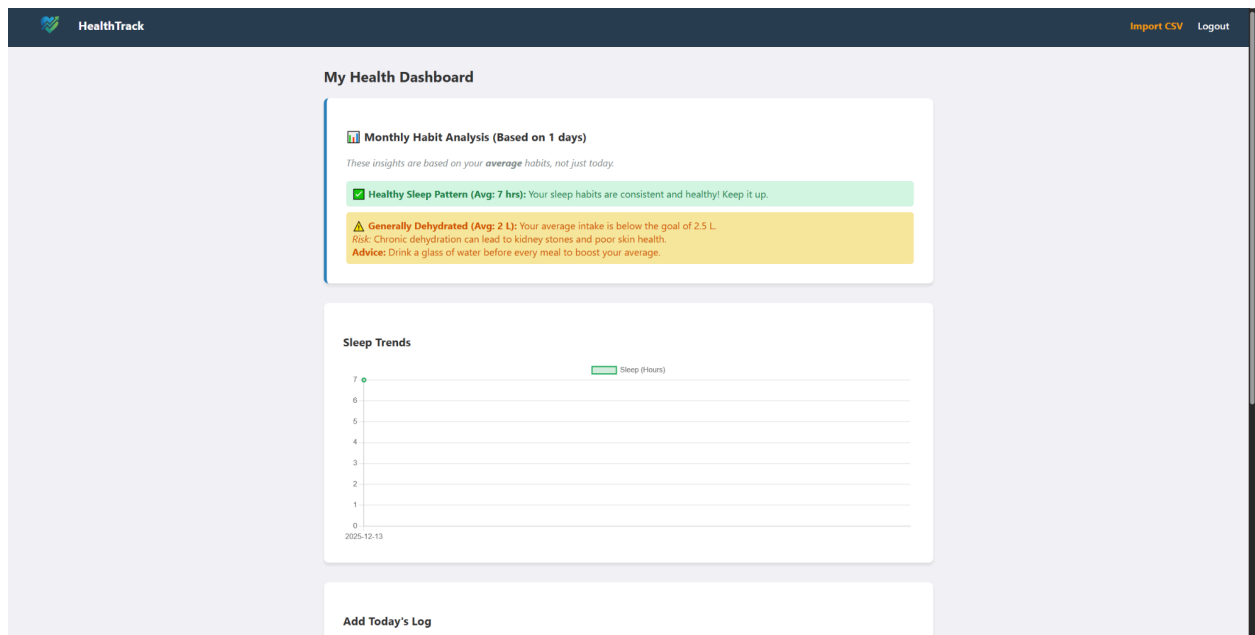


Fitur 3: Input:

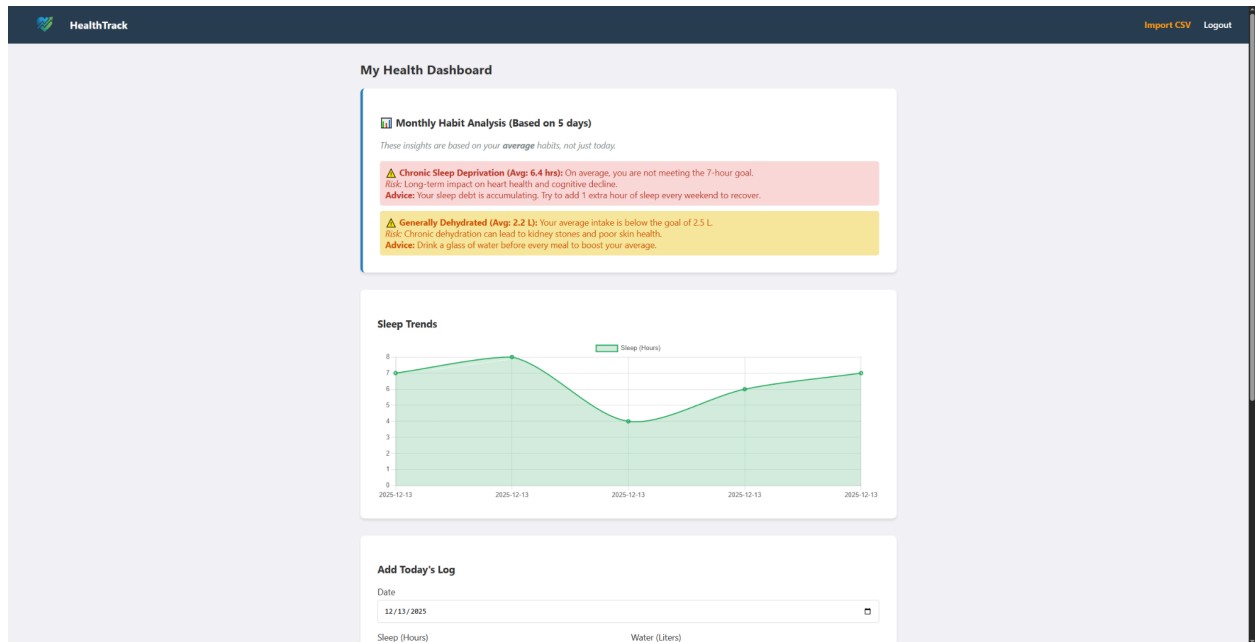
The screenshot shows the HealthTrack input interface. At the top, there is a graph with a y-axis ranging from 0 to 1.0. Below the graph is the "Add Today's Log" form. This form includes a "Date" field set to "12/13/2025", a "Sleep (Hours)" field set to "7", a "Water (Liters)" field set to "2", and a "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:



Kalau log hanya ada 1



Kalau log lebih dari 1

Fitur ketiga ini adalah sleep trends. Jadi HealthTrack membuat grafik untuk membantu user mendapatkan gambaran bagaimana kondisi dari kualitas tidur harian mereka. Chart tersebut digenerate berdasarkan log-log yang dimasukkan kepada user.