

Fitur 3:

Input:

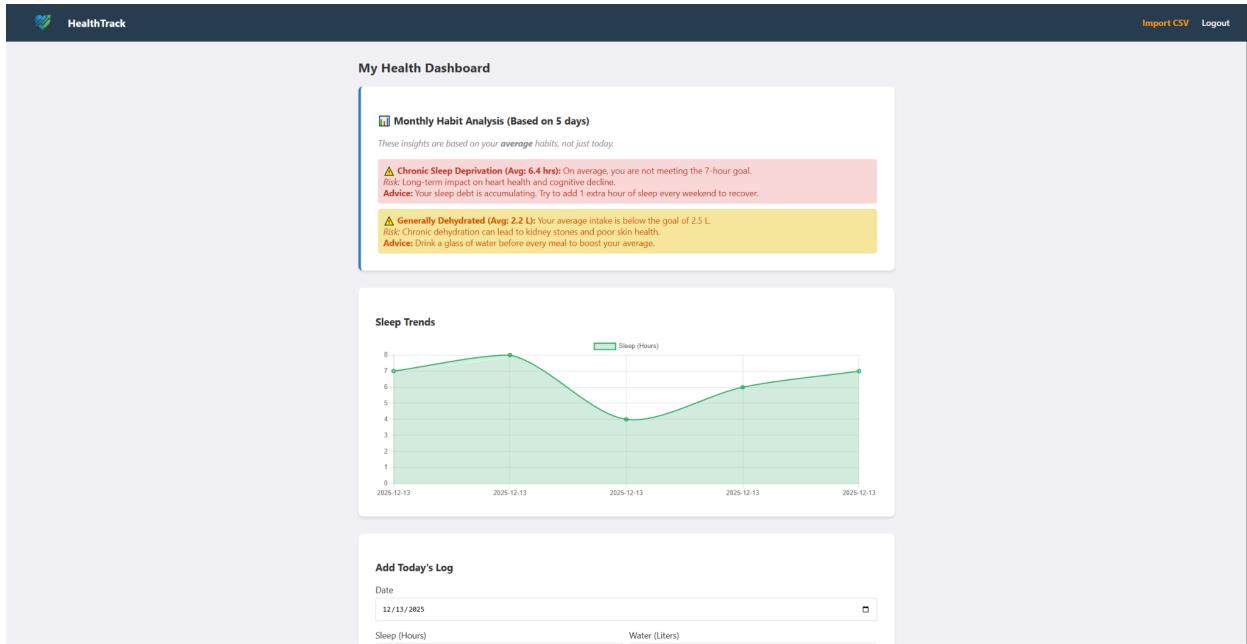
The screenshot shows a web browser window with multiple tabs open. The active tab is 'localhost:127.0.0.1/healthtrack/dashboard.php'. The page displays a chart at the top with a y-axis from 0 to 1.0. Below the chart is a form titled 'Add Today's Log' with fields for Date (12/13/2025), Sleep (Hours) (7), Water (Liters) (2), and Mood (Happy). A 'Save Log' button is present. Below the form is a 'History' section with a table header: Date, Sleep, Water, Mood, Action. The table body contains the message 'No logs found. Add one above!'. At the bottom right of the page 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:

The screenshot shows the 'My Health Dashboard' page. At the top, there is a 'Monthly Habit Analysis (Based on 1 days)' section with a green bar indicating a 'Healthy Sleep Pattern (Avg: 7 hrs)'. Below this, a yellow box shows a warning about being 'Generally Dehydrated (Avg: 2 L)' with advice to drink more water. The main area features a 'Sleep Trends' chart showing 7 hours of sleep on December 13, 2025. At the bottom left is a 'Add Today's Log' button.

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.