Health Tips

Your personal health tracker

A Balance Between Health and Food

This interactive website will keep track of the amount of exercise and food you do/intake for 30 days.The site will tell you whether you are at a good balance of exercise and food for each day. The actual amount of calories you intake while eating and burn while exercising will be compared to set goals for each day of the month. You can also compare the foods you eat with your friends.

*Care yourself*

Start Now »

Personal Statistics

This donut visualization gives you a brief overview of the amount of calories you intake for each day. Each of the 30 individual segments gets it's size from the amount of calories you consumed that day. This overview may help you understand where you are slacking or going a little over the top in terms of calories. Click on a segment to get a more detailed look of the day of the calories you are intaking by eating and burning by exercising. The chart to the right of the donut compares your goals to your actual consumption, showing how you did for that day. It also gives the exact number of calories above the chart.

  Select A User :            Anirudh Anran Anne Brittany Bernd Claud Eliott Heamin HyeSoo Jim James Jordan Jili Kyeore Klarke Ling Lynn Qi Ricardo Sam Sukreet Xing

Friends' Status »

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**Goals: BMI**

The goals of the users are based of the BMI (Body Mass Index) standard. The BMI standard takes in the height and weight of the user and produces a number. The number will tell you where you stand based on the following:

-Underweight: < 18.5

-Normal Weight: 18.5-24.9

-Overweight: 25-29.9

-Obese: 30 or greater

Based off of these numbers, we can calculate the number of calories that the person will need to typically consume in a day to get into the category they desire.

Friends' Status

This visual relation chart is meant for comparing the types of food you eat to the types of foods your friends eat. Hover over a certain food to see which of your friends has eaten that food in the past 30 days or hover over a friend's name to see which foods they have consumed in the past 30 days.

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**Reference**

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Image from https://www.facebook.com/

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