Health Tracking System

**Abstract**

This project develops a health tracking app to enhance user well-being by assessing fitness levels, providing health observations, and sending checkup reminders. The app analyzes physical activity, vital signs, and body metrics to offer personalized insights and ensure timely health management.

**DFD – 0 :**

**Login**

**Health Tracking System**

**User**

**Health Observation**

**DFD – 1 :**

**Checking Remainder**

**Checkup Report**

**Health Observation**

**Health Tracking System**

**Notification**

**Rating**

**login**

**User**