ABSTRACT

FiTrack is an innovative application designed to help users in their wellness journey by providing personalized and holistic health monitoring. It seamlessly integrates a variety of features to assist users in achieving their fitness goals and maintaining a healthy lifestyle. In today's busy lifestyle, it can be challenging to monitor one's health and fitness regularly, which can lead to a careless and dangerous approach to one's well-being. FiTrack is a digital app that tracks sleep cycles, activities like steps taken, distance covered, calories burned, and vitals such as heart rate, blood pressure, and respiratory rate. FiTrack is more than just a fitness app; it is a comprehensive tool designed to empower users with the knowledge and insights necessary to make informed decisions about their health and well-being.