File Structure :-

HealthTrackerApp/

│

├── src/

│ ├── HealthRecord.java (Base class)

│ ├── ActivityRecord.java (Derived class 1)

│ ├── DietRecord.java (Derived class 2)

│ └── HealthTrackerApp.java (Main class)

│

└── README.md

Sample Output:-

=== Health Tracker Records ===

Activity Record:

Date: 2025-10-27

Steps: 8500 steps

Status: Great job!

Diet Record:

Date: 2025-10-27

Calories: 1800 kcal

Status: Within healthy range