Health Tracking software

Problem Statement

* In this hectic era people tend to lose track of their health. They neglect their own needs. Rather than getting a balanced diet they tend to eat junk food.
* These eating habits play a major role in deficiency of various vitamins and nutrients.
* This deficiency can lead to many hazardous diseases which can affect every aspect of our life.

Solution Domain

* This software will help you in keeping track of your health.
* It will track the kind of diet you intake and the kind of health issues you have and on that basis it will give a proper diet chart.
* If will also give warning if the user is not taking certain nutrient adequately.