1. Introduction

HealthTrack is a mobile and web application designed to help users monitor their daily health metrics such as steps taken, heart rate, sleep quality, and dietary habits.

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2. Functional Requirements

- **2.1** Users must be able to register and login securely using email or social media accounts.
- **2.2** The app shall track steps, calories, and sleep data automatically using device sensors or third-party APIs.
- **2.3** Users should be able to manually enter weight, blood pressure, and glucose levels.
- **2.4** Data should be presented in the form of interactive charts and progress graphs.
- **2.5** Users can set health goals and receive daily reminders and motivational tips.

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3. Non-Functional Requirements

- **3.1** The system should respond to any user request within 2 seconds.
- **3.2** The app shall be available 99.9% of the time.
- **3.3** All user data must be stored securely and comply with GDPR standards.
- **3.4** The application should be scalable to support up to 1 million users.

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4. Technical Requirements

- **4.1** The mobile app will be built using Flutter.
- **4.2** Backend will use Node.js with MongoDB for data storage.
- **4.3** Cloud deployment will be handled using AWS (EC2, S3, RDS).

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5. Reporting

- **5.1** Users can export their health history as PDF or CSV files.
- **5.2** The system should generate weekly health reports with analysis and tips.

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6. Security

- **6.1** All API calls must be authenticated using JWT tokens.
- **6.2** Users should be able to delete or anonymize their data.