

**System Request Statement / Planning Phase (Homework No.1A)**

Melek

ADA University

INFT 2303: Systems Analysis and Design

CRN:

Instructor: Dr. Araz Yusubov

Deadline: 13.02.2024

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| GitHub Repository: | <https://github.com/melekhajili/Smart-Health-Tracker> |
| February 13, 2024 | Final Version, “Enhanced dietary tracking features and integrated a new machine learning model for personalized health insights”. |

## **Project Sponsor:**

**Melek, on behalf of HealthTech Innovations**

I suggest this project to create an information system that enables people to make knowledgeable decisions about their lifestyle and health since I'm interested in using technology to enhance everyday health and wellbeing. I am the leader of a community-based project called HealthTech Innovations, which seeks to combine cutting-edge technology with wellness and health practices.

## **Business Need:**

Life today moves fast, and it's not always easy to stay on top of our health. We're sitting more, eating in a hurry, and sometimes, despite having loads of health tips at our fingertips, sticking to healthy habits every day feels like a challenge. That's where this idea for a Smart Health Tracker comes in. Imagine having a health sidekick, customized just for you, making health and wellness tracking as personal as your favorite music mix or your go-to shows on Netflix. It's there to offer the right push, the best advice, and the motivation you need exactly when you need it, simplifying healthy living into something as effortless as picking a song or a show to watch. This whole idea got a boost from some recent studies showing that when health tracking gets personal, it really can make a big difference in how we feel and live our lives (Journal of Health Innovation, 2023).

## **Business Requirements:**

**The Smart Health Tracker will offer:**

- Personalized dietary and exercise tracking based on user input and preferences.

- Integration with wearable devices to monitor vital signs and activity levels.

- A feature to set and track personal health goals, with notifications to encourage consistency.

- Access to a library of health resources tailored to the user's health profile and goals.

## **Business Value:**

**The project aims to deliver:**

* **Real Results:** Better health, lower healthcare costs, and easier access to health pros and advice through the platform.
* **Feel-Good Gains:** More awareness and control over your health, plus a sense of belonging in a community focused on healthy living.

By projecting a 15% improvement in regular physical activity among users within the first year, we anticipate correlating this with a 10% reduction in reported lifestyle-related health issues among the active user base, based on similar digital health interventions (Digital Health Trends, 2024).

## **Special Issues or Constraints:**

**Challenges to address include:**

- Ensuring the highest standards of privacy and security for users' health data.

- Creating an engaging user experience that motivates continued use and health improvement.

- Developing partnerships with healthcare providers to enrich the platform's offerings and credibility.

**References:**  
  
 Journal of Health Innovation. (2023). *The impact of personalized health tracking on individual outcomes*. Retrieved from <https://www.journalofhealthinnovation.com/the-impact-of-personalized-health-tracking>

Digital Health Trends. (2024). *Analyzing the benefits of digital health interventions on physical activity and lifestyle-related health issues*. Retrieved from <https://www.digitalhealthtrends.com/analyzing-benefits-of-digital-health>