Health Tracker

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📖 **README** ✏

Health-Habits-Tracker

The Health Habits Tracker is simple Python application that helps tracks daily health related activities, focusing on fundamental wellness habits like water intake,sleep,duration,and mood .The primary goals is a to encourage users to

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🧑 **pragya25bcy10187-ops** Initial commit   e6c71fd · 53 mi

Preview Code Blame   2 lines (2 loc) · 360 Bytes   ⊛

Health-Habits-Tracker

The Health Habits Tracker is simple Python application that helps tracks daily health related activities, focusing on fundamental wellness habits like water intake,sleep,duration,and mood .The primary goals is a to encourage users to maintain healthier lifestyle routines by providing personalized feedback based on their daily inputs.

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⊹ README.md

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1   + # Health-Habits-Tracker

2   + The Health Habits Tracker is simple Python application that helps tracks daily health related activities, focusing on fundamental

     wellness habits like water intake,sleep,duration,and mood .The primary goals is a to encourage users to maintain healthier lifestyle

     routines by providing personalized feedback based on their daily inputs.

```python
def check_water(water):

    if water >=8:

        return"Great job! you drank enough water today."

    else:

        return"Try to drink at least 8 glasses of water."


def check_sleep(sleep):

    if sleep>=7:

        return"Nice! You got good sleep."

    else:

        return("Try to get at least 7hr of sleep")


def check_BMI(BMI):

    if 18.5<=BMI<=24.9:

        return"Normal, Health Risk is Minimal!"

    elif BMI<18.5:

        return"Underweight ,Health Risk is Minimal!"

    else:

        return"overweigh,Health Risk will increase"


def check_BloodPressure(BloodPressure):

    if BloodPressure<120:

        return"Normal"

    elif 120<= BloodPressure<80:
```

Code   Blame   88 lines (71 loc) · 2.36 KB

```python
21  def check_BloodPressure(BloodPressure):
22      if BloodPressure<120:
23          return"Normal"
24      elif 120<= BloodPressure<80:
25          return"Elevated"
26      else:
27          return"High"
28
29  def check_HeartRate(HeartRate):
30      if 60<=HeartRate<=100:
31          return"Normal"
32      elif HeartRate<60:
33          return"Athlete/could be low"
34      elif HeartRate>100:
35          return"Need attention if frequent"
36      else :
37          return"Critical"
38
39
40
41  def check_mood(mood):
42      if mood >=7:
43          return"you seem to be in good today!"
44      else:
45          return"take some time for self-care to boost yours mood."
46
```

Code Blame   88 lines (71 loc) · 2.36 KB

```python
41      def check_mood(mood):
41      def check_mood(mood):
42          if mood >=7:
43              return"you seem to be in good today!"
44          else:
45              return"take some time for self-care to boost yours mood."
46
47
48      import csv
49      from datetime import date
50
51
52      def save_data(data):
53          with open ('data.csv','a',newline ='')as file:
54              writer= csv.writer(file)
55              writer.writerow(data)
56
57      def main():
58          print("Welcome to Healthy Habits Tracker!")
59          water=int(input("Enter glasses of water you drank today:"))
60          sleep=float(input('Enter hours of sleep you got last night:'))
61          mood=int(input("Enter Rate your mood today(1-10):"))
62          BMI=float(input("Enter the BMI"))
63          BloodPressure=float(input("Enter the Blood Pressure"))
64          HeartRate=int(input("Enter the HeartRate "))
65
66          #check health_goals
```

```python
57   def main():
65
66       #check health_goals
67       water_feedback=check_water(water)
68       sleep_feedback=check_sleep(sleep)
69       mood_feedback=check_mood(mood)
70       BMI_feedback=check_BMI(BMI)
71       BloodPressure_feedback=check_BloodPressure(BloodPressure)
72       HeartRate_feedback=check_HeartRate(HeartRate)
73
74       #display feedback
75       print(water_feedback)
76       print(sleep_feedback)
77       print(mood_feedback)
78       print(BMI_feedback)
79       print(BloodPressure_feedback)
80       print(HeartRate_feedback)
81
82       #save data
83       today =date.today().isoformat()
84       save_data([today,water ,sleep,mood])
85
86   if __name__=="__main__":
87       main()
```

Home

Welcome to the Health-Habits-Tracker wiki!