

Health Tracker Project

This is a Python-based health monitoring application. It allows users to track heart rate, BMI, calories, steps, and health status. It helps users maintain healthy habits and view their progress

Features

Track water intake

Track sleep cycle

Track Blood Pressure

Track heart rate

Calculate BMI

Display health status based on heart rate/BMI

Save user data (if you implemented)

► How to Run

1. Install Python on your system.
2. Download/clone this project folder.
3. Open the file in any editor (VS Code, PyCharm, etc.).
4. Run the program

Developed By

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