Livtrax

MVP (Minimum Viable Product)

1. Problem Statement

Users track a lot of health data (steps, sleep, heart rate, stress, etc.) but don’t get simple, actionable predictions about their short-term health risks. They want a basic health score and early warning signs without needing a doctor visit every time.

1. Target Users

 Young professionals (22–35) using wearables or tracking lifestyle manually.

 Health-conscious people who want predictive insights, not just past stats.

1. Core Value Proposition

MVP provides a simple **Health Score (0–100)** calculated from existing daily data, and predicts risk of common lifestyle-related issues (sleep disorder, high stress, obesity-related problems) in the next 30 days — with basic prevention tips.

1. Minimum Features

 Input dataset (either CSV upload or manual entry for few fields).

 Generate a **Health Score** based on columns like Sleep, Stress, Activity, BMI, Heart Rate, BP.

 Predict **risk for next 30 days** for at least 1–2 conditions (e.g., Sleep Disorder, Hypertension).

 Show **basic lifestyle tips** (e.g., sleep hygiene, stress reduction, activity targets).

 Simple dashboard/visualization (score + risk level).

1. Exclusions

 Advanced AI personalization.

 Integration with multiple wearable APIs.

 Doctor/coach consultation.

 Long-term prediction (beyond 30 days).

 Community or gamification features.

1. Success Criteria

 At least 20–30 test users try the MVP.

 ≥70% of them understand their health score and risk report.

 At least half users find the lifestyle tips “relevant” in feedback surveys.