Bio data of a Person

Note { Age
Gender
Height
Weight
BP & Spo2
Medical Report
(optional)

Get their daily routine (work & lifestyle)

Prepare Week Health Sheet (Food, Diet, Exercise)

Share Diet and Exercise to follow for Daily basis by early moring

Ask for plan acheivement via Notification by every night

Plan followed

Ignored → Save as Avg day

Yes

Ask for any health issue on a day

Track all daily health activity

If any health suspecious

Recommend for doctor consultation