**HEALTH RECORDS**

In order to have a normal day, health is a must have thing. Without good health you’ll just have a terrible and painful day or life. Health is a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity.

My aim of this project is to enable each personnel to have awareness of his/her state of health.

This project will enable each person and encourage them to do some physical, mental, social or emotional health training. People are suffering from health issues for lack of knowledge and that’s where we do get the famous quote my people perish because of lack of knowledge.

Some of the personal health records will include;

Having a voice assistant from the phone or web to have a convo with you. The assistant would be able to detect example;

1. if you have a blood pressure
2. stress
3. the level of your blood sugar

etc.

in my project I plan to make some few health recording apps or webpage and some detecting devices that will be to keep the records and take new record. The record that’ll be taken include;

* distance walked in a day
* sleep
* nutrition
* body measurements
* heart beat rates etc

in order to do that one needs to have the knowledge of doing it as it’ll include the app having a database for storing the records and generate them if needed in nearer future.

Also the internet is needed for uploading the data to the database server and if offline the data is temporarily stored in the app but once the device is connected to the internet the data is uploaded automatically.

The voice assistant will be friendly and interactive to their so that he/she will feel free to interact with it.

The other point is to deal with depression and stress. People are suffering from depression but they can’t share what they are going through because maybe they are ashamed or they don’t want to share.

The voice assistant will be discrete and will be able to keep one’s data private by having a conversation with the user freely.

As I finish health is wealth and wealth without health is a misery👍