**Graphical User Interface (GUI)**

**1. Login Screen**

* **Components**:
  + App logo at the top
  + A welcome message like: *"Welcome to HealthPal - Your Personal Health and wellness Tracker."*
  + Google Sign-In button
  + A simple background with soothing colors like light blue or green gradient

**2. Dashboard Screen**

* **Components**:
  + A navigation bar with tabs for dashboard, metrics, calorie tracker, and settings
  + A prominent summary card showing today’s key metrics:
    1. Steps taken
    2. Calories consumed
    3. Sleep hours
  + A section displaying health trends with interactive graphs (weight and heart rate trends)
  + A daily health tip card powered by the AI module

**3. Health Metrics Logging Screen**

* **Components**:
  + Input fields for metrics like:
    1. Weight
    2. Body Temperature
    3. Heart Rate
    4. Breathing Rate
    5. Blood Pressure
    6. Sleep Hours
    7. Daily Steps
  + "Save" button to send data to the backend
  + A clean and simple form layout with icons representing each metric

**4. Calorie Tracker Screen**

* **Components**:
  + A search bar at the top for users to input food items
  + A log meal button for selected food items to store calorie data in the backend
  + A pie chart showing the breakdown of calories consumed vs. goal

**5. Settings and Reports Screen**

* **Components**:
  + Options for:
    1. Exporting data ("Download Health Report")
    2. Setting goals for daily water intake, calories, or sleep hours
    3. Notification preferences for reminders
  + A settings icon for customization
  + A button to log out of the app

**Navigation Flow**

* **Primary Navigation**: Bottom navigation bar with icons and labels for easy switching between screens
* **Secondary Navigation**: Swipe gestures for scrolling through content