

## **PROJECT TITLE:        SMART HEALTH TIPS**

### **ABSTRACT:**

Health Care Application is an idea to provide a use of mobile application to ease the medical assistance by providing efficient and effective responses to users. User of Health Care Application can be Doctor, Patient, fitness advisor and medicine. Since the use of smart phones has considerably grown, the model 'Health Care Application' will give user the access to all the facilities anytime and from anywhere. In this modern and digital world, it is very important to solve the problem through digital and faster way, so the need during emergency must be fulfilled in user-friendly way. This Smart Health Tips Application is completely work in an offline mode. The world we are living is a fast-paced environment. People want to have access to almost everything at their fingertips. Applications created are based on these concepts of portability. You can also transform your physique into your Dream Physique by joining on this transform course. With this app you can also apply for that course. Smart Health tips app will also provides you the various tips regarding the various following catogories, Exercise Tips / Apply the Transform course, Skin care Tips, Tips to Become Height, Hair care Tips, Meditation Tips and Diet Chart Tips.

## SCREENSHOT LAYOUT:

### LOGIN ACTIVITY

2:47 PM 0.1KB/s 43% 41%

Smart Health Tips



SMART HEALTH TIPS

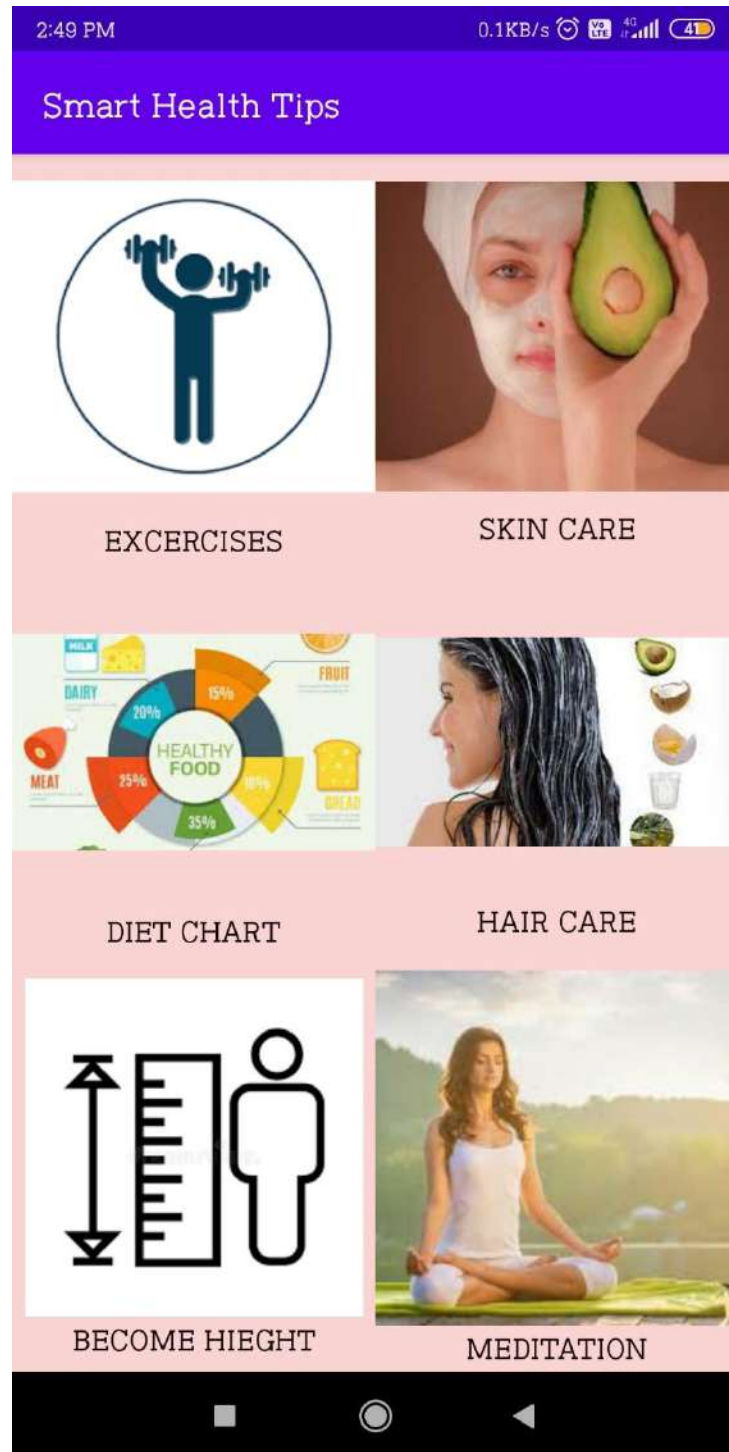
(Stay fit stay Healthy)

9876543210

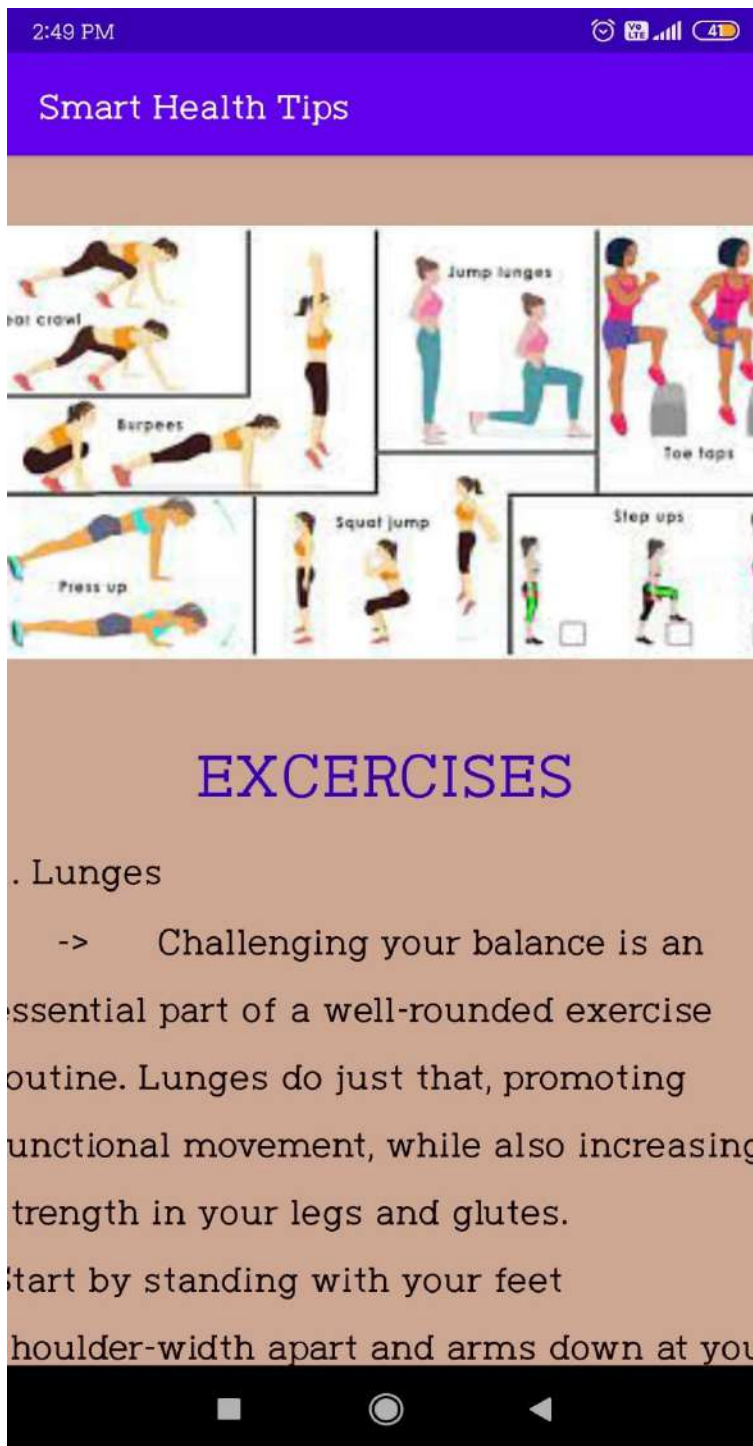
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LOGIN

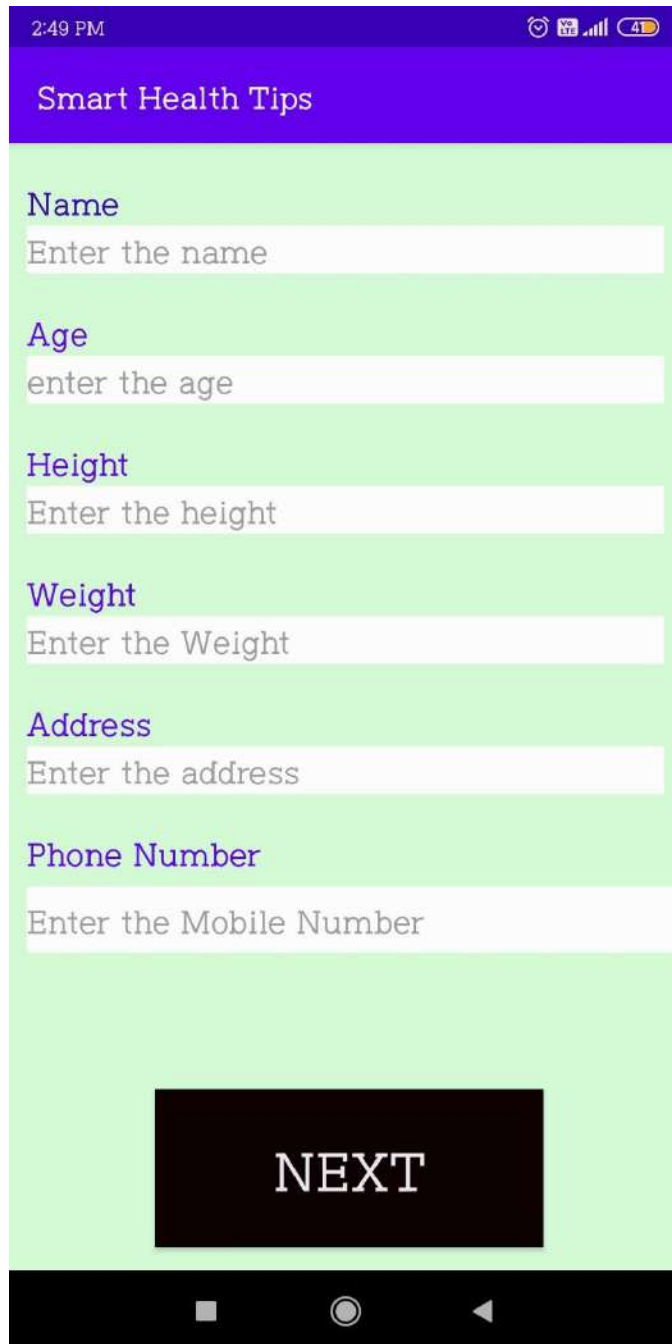
## MENU ACTIVITY



## EXERCISE ACTIVITY



## TRANSFORM ACTIVITY



A screenshot of a mobile application titled "Smart Health Tips". The app has a purple header bar with the title in white. Below the header, the background is light green. There are six input fields, each with a label in purple text above it: "Name", "Age", "Height", "Weight", "Address", and "Phone Number". Each input field contains a light gray placeholder text: "Enter the name", "enter the age", "Enter the height", "Enter the Weight", "Enter the address", and "Enter the Mobile Number". At the bottom of the form area is a large black button with the word "NEXT" in white capital letters. The very bottom of the screen shows a black Android navigation bar with three icons: a square, a circle, and a triangle.

2:49 PM

Smart Health Tips

Name

Enter the name

Age

enter the age

Height

Enter the height

Weight

Enter the Weight

Address

Enter the address

Phone Number

Enter the Mobile Number

NEXT

## PAYMENT ACTIVITY

2:49 PM VoLTE 41

Smart Health Tips

# PAYMENT

Card Number

Enter the City

☐ Debit Card

☐ Credit Card

Expiry Date

Enter the Expiry date

CCV

Enter the CCV Number

PAY

Address information

Address

Enter the address

City

## SKIN CARE AVTIVITY

2:50 PM

Smart Health Tips

SKIN CARE TIPS

1. Protect yourself from the sun One of the most important ways to take care of your skin is to protect it from the sun. A lifetime of sun exposure can cause wrinkles, age spots and other skin problems – as well as increase the risk

## DIET CHART ACTIVITY

2:50 PM

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### DIET TIPS

9 weight loss tips Here are 9 more tips to lose weight faster: Eat a high protein breakfast. Eating a high protein breakfast could help reduce cravings and calorie intake throughout the day (16Trusted Source, 17Trusted Source). Avoid sugary drinks and fruit juice. Empty calories from sugar aren't useful

## HAIR CARE ACTIVITY

2:50 PM

Smart Health Tips



### HAIR CARE TIPS

#### Hair Care Dos

1. Wash Your Hair Regularly

Washing your hair regularly ensures that your scalp and hair is free of dirt and excess oil. However, the right frequency depends on your hair type and personal preferences. If you have

## TO BECOME HEIGHT ACTIVITY

2:50 PM

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Smart Health Tips



TIPS TO BECOME HEIGHT

1. Eat a balanced diet During your growing years, it's crucial that you get all of the nutrients your body needs. Your diet should include: fresh fruits fresh vegetables whole grains proteins dairy You should limit or avoid foods containing: sugar trans fats saturated



## MEDITATION ACTIVITY



The image shows a smartphone screen displaying a meditation app. At the top, the status bar shows the time as 2:50 PM, along with icons for alarm, Wi-Fi, cellular signal, and battery level at 41%. Below the status bar is a purple header with the text "Smart Health Tips". The main content area features a silhouette of a person in a meditative lotus position against a sunset background. Below this, the text "MEDITATION TIPS" is displayed in white. The main text reads: "Meditation is a great way to boost your health, improve your mood, and feel more connected to those around you. But it can be difficult to figure out how to get started." At the bottom, the text "There are a few common excuses" is visible. The bottom of the screen shows the standard Android navigation bar with back, home, and recent apps buttons.

2:50 PM

Smart Health Tips

MEDITATION TIPS

Meditation is a great way to boost your health, improve your mood, and feel more connected to those around you. But it can be difficult to figure out how to get started.

There are a few common excuses

