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Patent Search

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**Abstract:**

SYSTEM AND METHOD FOR HEALTH AND FITNESS TRACKING ABSTRACT A system (100) for health and fitness tracking is disclosed. The system (100) enables a user re health hazard predictor application (104) to provide data associated with a food intake and a sleep pattern. Further, based on the data, the system (100) generates a i associated with a health of the user so that the user can keep track of the health and fitness and improves the health and fitness accordingly. The report comprises p particulars selected from a nutrition graph, findings, risks, suggestions, a vitamin meter, a mineral meter, or a combination thereof. Claims: 10, Figures: 15 Figure 1A i

[Complete Specification](#)

Description:BACKGROUND  
Field of Invention  
[001] Embodiments of the present invention generally relate to health fitness and particularly to a system and method for health and fitness tracking.  
Description of Related Art  
[002] It's no secret that diet and sleep are vital for health, but the intricate and important interactions between them are generally disregarded. Diet and nutritio affect the quality of sleep, and particular meals and drinks might make it easier or more difficult to obtain enough sleep. Simultaneously, obtaining adequate sleep for maintaining healthier body weight and can help those who are attempting to lose weight. Recognizing the links between sleep and nutrition opens up possibiliti optimizing both to eat wiser, sleep better, and live a healthier life. As a general rule, a balanced diet rich in vegetables and fruits can supply the needed daily intake vitamins and minerals, aiding in improved sleep and supporting a healthy weight.  
[003] Moreover, in today's fast-paced lives, many people skip meals, wake up and sleep at unnatural times, skip exercises, and so forth. By doing so, people are g more prone to disease at an early age. Additionally, people are more dependent on fast food and carbonated drinks. All these contain preservatives, these chemica activated preservatives are not healthy for the human stomach and lead to disorders such as fatty liver, obesity, hyperacidity, and so forth.  
[004] To combat this problem, many smart wearable devices are commercially available that can track food and water intake for an individual. However, these sc sometimes can not be executed due to budget factors as such kind of the smart wearable devices are expensive, additionally, they must be charged regularly to kee of food and water intake. Accurarcy in those smart wearable devices is also a deciding factor as to achieve more accurarcy in tracking the user has to purchase a high

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