International Research Journal on Advanced Engineering Hub (IRJAEH)
e ISSN: 2584-2137
Vol. 04 Issue: 02 February 2026
Page No: 582-587
https://irjaeh.com
https://doi.org/10.47392/IRJAEH.2026.0079

Smart Wellness Tracker – AI Web Based Health Monitoring and Record Analytics System Using Linear Regression

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Abstract
Health monitoring plays a vital role in maintaining a healthy lifestyle, especially in today's busy and technology-driven world. Many individuals find it difficult to regularly track their health parameters and understand long-term health patterns. Traditional methods of manual record keeping are inefficient, time-consuming, and do not provide predictive insights. With the advancement of artificial intelligence and web technologies, automated health monitoring systems offer an effective solution to these challenges.
Keywords: *Smart Wellness Tracker, Health Monitoring, Artificial Intelligence, Linear Regression, Web Application, Health Analytics.*

1. Introduction
Health and wellness management has become increasingly important due to changing lifestyles, high stress levels, and reduced physical activity. Regular monitoring of health parameters enables individuals to identify potential health issues at an early stage and take necessary preventive measures. However, many people fail to maintain proper health records because of limited time, lack of awareness, or the absence of suitable monitoring tools [1]. Traditional health monitoring methods mainly depend on manual record keeping or periodic medical check-ups. These approaches do not support continuous health tracking and fail to provide predictive insights about future health conditions. With the rapid advancement of artificial intelligence and web-based technologies, smart health monitoring systems can automate both data collection and analysis [2]. Machine learning algorithms analyze historical health data to identify patterns and predict future health outcomes. This makes health monitoring more efficient, accurate, and proactive. The Smart Wellness Tracker is developed to offer a user-friendly platform for real-time health monitoring. By applying the Linear Regression algorithm, the system predicts future health trends based on past records. This helps users make informed decisions, adopt healthier habits, and improve overall well-being [3].

2. Related Work
Previous research has explored the use of artificial intelligence in healthcare for disease prediction, fitness tracking, and patient monitoring. Many systems focus on complex deep learning models, which require large datasets and high computational resources. While these models often achieve high accuracy, their complexity makes them difficult to deploy in real-time or resource-limited environments such as small clinics or personal wellness applications. Several AI-based healthcare systems have been developed to monitor patient health using wearable devices and mobile applications. These systems collect continuous data such as heart rate, activity levels, and sleep patterns [4]. However, most existing solutions primarily provide descriptive analysis and lack simple predictive mechanisms that can be easily understood by general users. As a result, users may find it difficult to interpret the outcomes and take meaningful preventive actions.

2.1. Web-Based Health Applications
Several web-based health applications allow users to store and view health data. However, most of these systems only provide static reports and lack predictive analytics. They do not offer simple and

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clear trend analysis for common users. As a result, users are limited to viewing past records without gaining insights into future health conditions or potential risks [5]. Many existing platforms focus mainly on data storage and basic visualization, such as tables or summary charts. While these features help users keep track of their health history, they fail to explain how health parameters change over time. Without predictive analysis, users cannot easily understand long- term patterns or make informed decisions to improve their lifestyle and well-being.

2.2. Machine Learning for Health Prediction

The proposed system collects essential health parameters such as weight, body mass index (BMI), daily step count, and physical activity levels from users over time. This data is stored securely and processed to remove inconsistencies before analysis. By using historical health records, the Linear Regression model learns existing trends and establishes relationships between different health indicators. One of the major benefits of using Linear Regression in the system is its transparency and ease of interpretation. The model clearly shows how different health parameters, such as weight, activity level, or calorie intake, influence future health outcomes. This helps users understand the direct impact of their lifestyle choices on their overall health [6]. Another advantage of Linear Regression is its simplicity when compared to complex deep learning models. The predictions generated are straightforward and easy to explain.

3. Problem Statement

Despite the availability of health applications, many existing systems suffer from several limitations that reduce their overall effectiveness. Most applications do not support continuous health data tracking, which prevents accurate long- term analysis of a user's health condition. Without regular data collection, it becomes difficult to identify gradual changes or detect early warning signs related to health issues. Another major drawback of current systems is the absence of reliable prediction mechanisms for future health trends. Many applications only display historical data and rely on users to manually interpret health reports [7]. This manual interpretation can be time- consuming and confusing, especially for non-technical users, leading to poor understanding and limited preventive action.

4. Proposed System

The Smart Wellness Tracker focuses on continuous monitoring of essential health parameters such as weight, Body Mass Index (BMI), daily physical activity levels, and calorie intake [8]. By regularly updating this information, the system builds a comprehensive health profile for each user. This continuous data collection helps in identifying gradual changes in health conditions and improves the accuracy of future predictions.

4.1. Objectives of the Proposed System

- To provide real-time health monitoring
- To store and manage user health records efficiently
- To predict future health trends using Linear Regression
- To display health analytics using graphs and charts
- To improve user awareness and preventive healthcare

4.2. User Registration and Login Module

The authentication module uses secure login mechanisms to verify user identity before granting access to the system. By implementing features such as unique usernames, strong passwords, and encrypted credential storage, the system ensures that only authorized users can view or modify their health information. This approach helps maintain data confidentiality and protects sensitive user details. In addition, session management techniques are used to control user access after successful login. These mechanisms help prevent unauthorized access in case a user leaves the system unattended [9].

4.3. Health Data Collection Module

The system provides an easy-to-use interface that allows users to input their health parameters accurately. Input validation techniques are applied to ensure that the entered values fall within acceptable ranges, reducing errors and improving data reliability. This validation process helps maintain the quality of the stored health data.

4.4. Data Storage Module

The secure database ensures the confidentiality and

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integrity of all user health records. Proper access control mechanisms are implemented so that only authorized users can view or update their data. By organizing information efficiently, the system allows quick retrieval of records.

4.5. Prediction Module (Linear Regression)

This module applies the Linear Regression algorithm to analyze historical health data collected from users. By studying past health records, the model identifies relationships between various health parameters such as weight, BMI, and heart rate, and uses these relationships to estimate future values.

Methodology

- The user registers and logs into the system using secure authentication.
- The system verifies user credentials to ensure data privacy and security.
- Users enter their health parameters through an easy-to-use web interface.
- The system validates the entered health data for accuracy and consistency.
- Validated health data is securely stored in the database.
- Historical health records are retrieved for analysis when required.
- The Linear Regression algorithm processes the historical data.
- The system predicts future health trends based on past records (Figure 1).

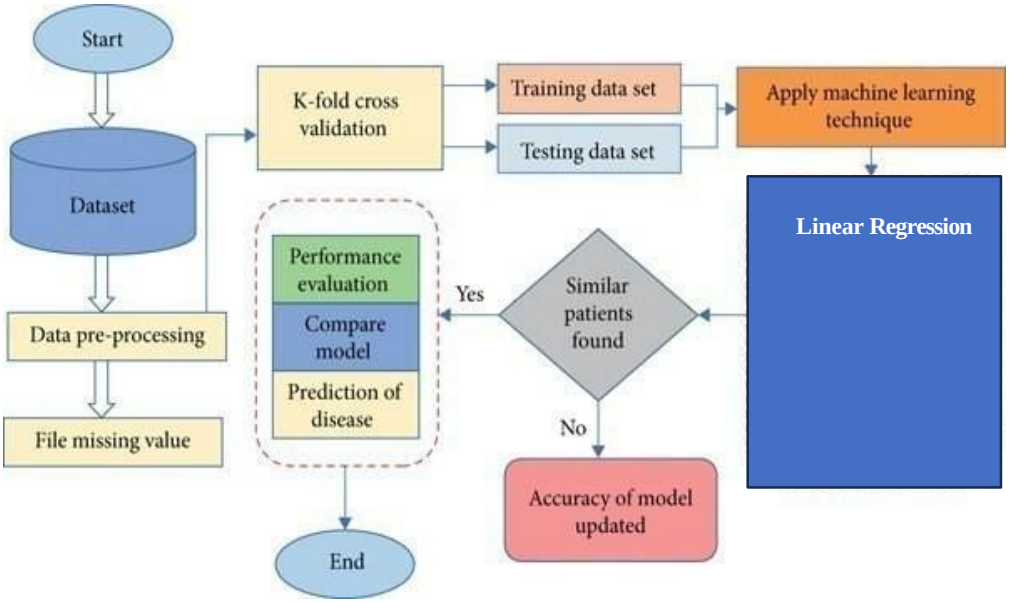

Figure 1 Methodology

4.6. Visualization and Analytics Module

The system presents health data and prediction results through clear and interactive graphs and charts, making information easy to understand for all users. Visual tools such as line graphs, bar charts, and trend curves help users view their health records in an organized and visually appealing way. These graphs provide a clear overview of both current health status and predicted future trends. By using visual representations, users can quickly observe changes in health parameters such as weight, blood pressure, or activity levels over time. Trend charts highlight patterns and variations, allowing users to identify improvements or potential health risks at an early stage. This visual approach supports better awareness and timely decision-making.

4.7. Web Interface Module

The web interface provides an interactive dashboard that allows users to easily view and manage their health information in a clear and organized manner. All collected health records are displayed systematically, enabling users to monitor parameters

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such as weight, activity levels, and other important health indicators over time. This structured presentation helps users understand their health data at a glance. The dashboard supports smooth navigation and quick access to different features, making health tracking simple and efficient. Users can review past records, observe trends, and stay informed about their health progress without confusion. The interactive elements enhance user engagement and improve the overall experience (Figure 2).

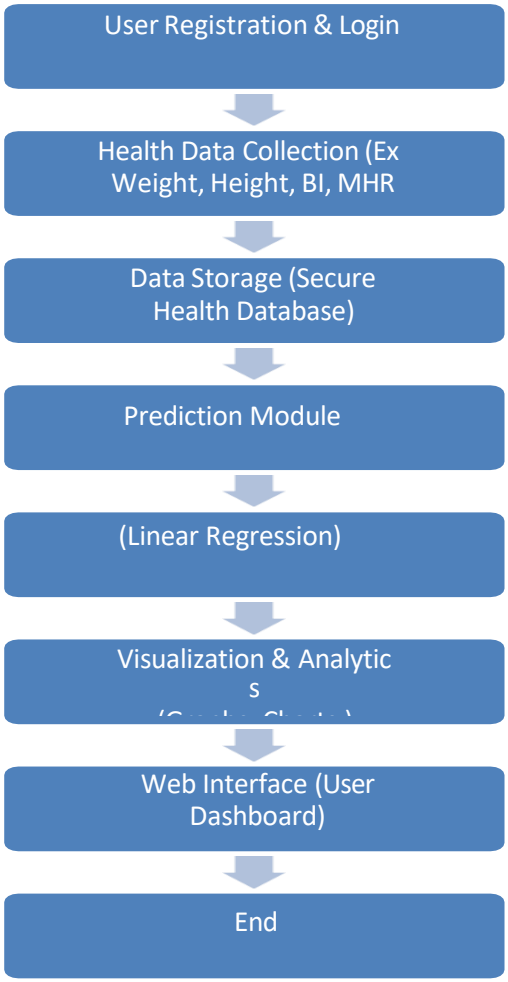

Figure 2 Architecture of a Health Prediction and Analytics System

5. Result and Discussion

The system performance is evaluated based on the following parameters:

Response Time: The web application processes data quickly, ensuring minimal delay between user input and result display, which improves system efficiency and provides a smooth and responsive user experience.

Data Visualization: Graphs clearly represent health trends, allowing users to easily interpret patterns, compare historical and predicted values, and understand changes in their health over time without technical difficulty.

User Experience: The simple and intuitive interface improves usability by enabling users to easily navigate the system, enter health data, and view results without requiring technical knowledge or training.

Scalability: The system supports multiple users by efficiently managing concurrent requests and data storage, ensuring consistent performance even as the number of users and health records increases over time. The results show that the system efficiently predicts health trends and provides meaningful insights (Figures 3-7).

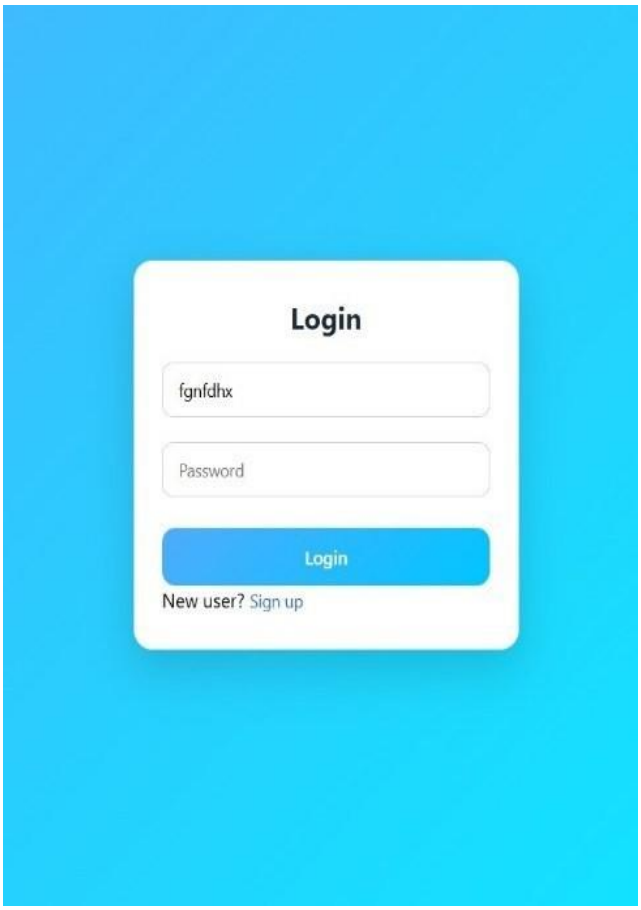

Figure 3 User Login Interface

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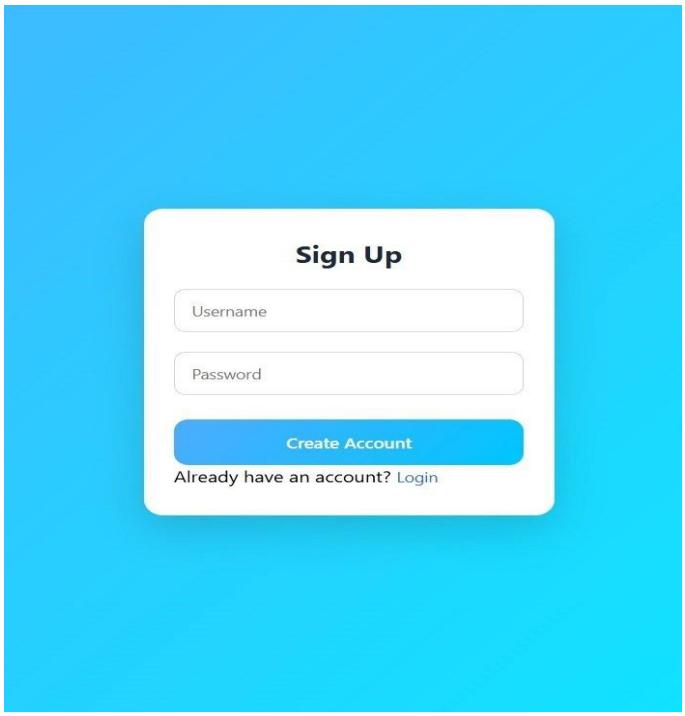

Figure 4 User Registration Interface

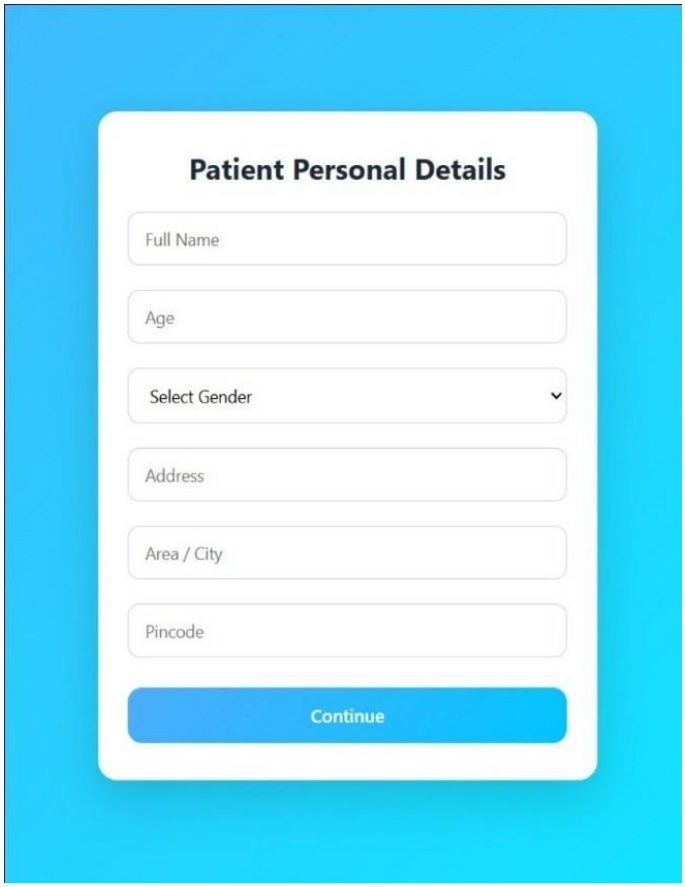

Figure 5 Patient Personal Details Entry Screen

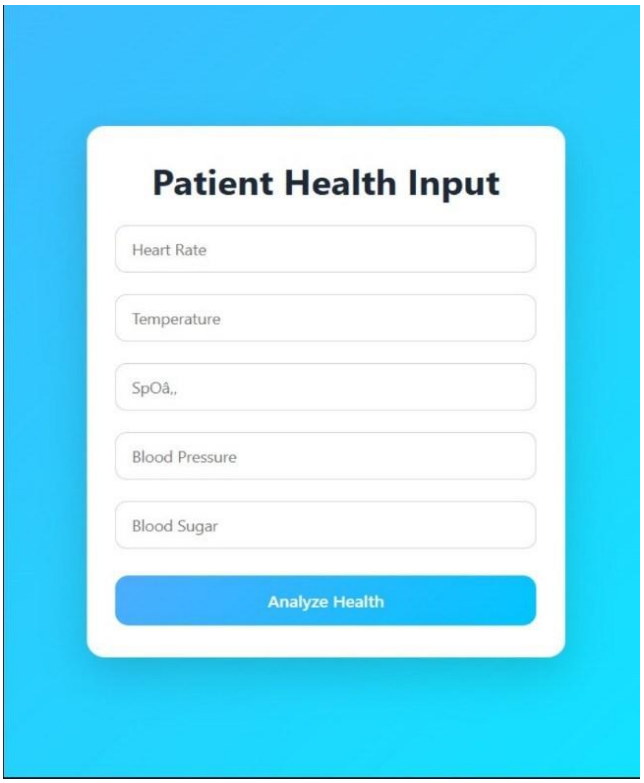

Figure 6 Health Parameter Input Screen

Figure 7 Health Risk Analysis Result Dashboard

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Conclusion

The Smart Wellness Tracker successfully demonstrates the use of artificial intelligence and web technologies for health monitoring and analytics. By integrating Linear Regression, the system predicts future health trends based on historical data. The graphical representation of health parameters helps users understand their wellness condition clearly. The proposed system reduces manual effort, improves health awareness, and supports preventive healthcare. Its user- friendly web interface makes it accessible to people of all age groups. Overall, the project highlights the effectiveness of AI- based health analytics in improving personal wellness management.

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