

## **PERSONAL HEALTH TRACKER**

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### **ABSTRACT**

*In this Review, we speak the fundamental idea of handy and compact healthcare tool for recording of body fitness. First, we describe rising multifunctional materials important to the arrival of next-technology implantable and wearable photonic healthcare devices and speak the route for his or her scientific translation. Then, we have a look at implantable photonic healthcare gadgets in terms of their properties and measuring capabilities. We next describe exemplary cases of noninvasive, wearable photonic healthcare devices across one-of-a-kind anatomical applications. Finally, we discuss the future research guidelines for the sphere, specially.*

**KEYWORDS:** *Healthcare, Monitoring, Pulse Rate, Temperature Sensor, Global System for Mobile Communication (GSM), Global Positioning System (GPS), Arduino*

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