

Health Ranking System – Health Score

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Maintaining a healthy lifestyle and physical activity represents a difficult challenge on a global scale. Traditional fitness applications such as MyFitnessPal, Strava, and Nike Training Club have proven the viability of digital health tracking; however, existing platforms have significant shortcomings. The project represents an innovative web-based health ranking system that aims to solve significant problems in the fitness and nutrition sphere, such as: lack of motivation, difficulty maintaining consistency, and low long-term engagement indicators.

The project will utilize three core components: a global ranking system (similar to chess ratings), consistency multipliers (streaks and bonuses), and a quarterly reset mechanism (seasonal competition).

As a result of implementing the project, a scalable and standards-compliant web platform will be created with activity tracking, point accumulation and ranking system, while consistency multipliers (Day 30 → 2.5x; Day 365 → 5x) will increase user engagement. Through implementing these approaches, the project will significantly improve the quality and effectiveness of maintaining a healthy lifestyle, while quarterly rating resets and annual leaderboards will ensure long-term motivation.