**Mini Project**

**Bsc (Computer Science)**

The purpose of this project work is to acquire practical knowledge on the implementation of programming concepts.

**Specifications of Project Report**

**Length**:

The length of the report should be between 40 - 50 pages, including: the cover page, summary, table of contents, list of figures, list of tables, and acknowledgement.

**Script and Page Format**:

The report should be typed using a Word Processor on standard A4 (210 mm x 297 mm) paper size. A conventional font (Arial), size 12. Heading (Arial) 14, size and line spacing of 1.5 mm should be used.

**Margins:**

Left-hand margins should have a width of not less than 38 mm. The right hand, the top, and the bottom should be 25 mm. Each page must be typed in one side, leaving a wide margin.

**Pagination:**

Positioning of page numbers should be on top right hand side. Pages starting from the summary until the last list of tables should be numbered using Latin numbers (I, II, III, IV, …). Pages starting from the Introduction until the appendices should be numbered using numbers (1,2,3,…). Pages with figures and tables or illustrations must be also numbered.

**Number of copies:** Two copies (Soft) should be submitted – Self copy, College copy (Group).

**Project Report Format Includes**

1. Cover page
2. Certificate page
3. Acknowledgment
4. Content/ Index

**Abstract**

Diet is the total sum of food and water consumed by a person. Diet often implies the use of specific intake of nutrition for weight-management; to lose ,gain or maintain the right weight. We consume various types of foods with different amount of calories , fat , carb , carbohydrates in them. It is hard for one to know their daily intake with lack of knowledge about their nutrition intake. The one stop to tackle this problem is “TRACK-ULA” a web application to achieve their right diet goal. The application is developed using HTML, CSS and JAVA SCRIPT. Track-Ula has 5 main features : Personal Details , Food Bank , Body Mass Index(BMI) calculator , Basal Metabolic Rate (BMR) calculator , Calorie Counter :- (i) Food Calorie Counter (ii) Water Intake (iii) Calories Burnt .

**Introduction**

Fitness world is currently witnessing a drastic shift from the traditional health tracking systems to electronic tracking systems. Devices are made handy to keep a track of our health. We are surrounded by affordable gadgets which help us maintain our fitness goals. Tracking our foot step is easier, blood pressure, diabetes etc. checks can be done at our comfort compared to the past where one had to visit the clinics to get them done. It's easier for one to trust an application to record and calculate their fitness journey at their finger tip. One such application . Helping fitness freaks or people starting a fitness journey to count their calories and know the size of the protein they consume and thus take right action on their diet.

**Study of Existing System (If any)**

HealthifyMe , India digital health wellness company . This company scales across its customers through their app readily available on playstore, apple app Founded by Tushar Vashisht, Mathew Cherian ,Sachin Shenoy. Main features : Calorie and Activity Tracker, Al Nutritionist, Connect with Professionals , Weekly calorie insights and analysis , Informative Articles, Healthy Recipes ,Live workout, most of these features can be activated by an upgrade in the plan.

Once the app is downloaded from the internet the consumer needs to sign in by providing basic details for login . After setting up a personal account; the user needs to truthfully provide information like: weight , height, daily activity ,gender, existing disease(Diabetes, Thyroid , PCOD , PCOS etc). Moving further a goal on ideal weight needs to be set. Based on which a calorie budget is calculated.

Calorie Counting : This feature is the main and only free feature in the app. Under this page the user can count calories , monitor water consumption ,trace steps , burnt calories , track sleep.

With varied plans available the user can choose the best plan for them and carry on further.

Personalized diet plan: Based on calorie budget calculated the app personalises a diet and workout plan ideal for the users lifestyle. Along with this professional coaches help to personalise diet plans via online interaction.

Live workout sessions: Users can book live workout sessions in available slots according to their comfort.

**Study of Proposed System**.

**BMI**

The number of calories from the food we eat every day are determine whether a diet that we do can lose weight or increase weight. Basically, to achieve a weight loss then one must adjust the diet and daily routine, so that the calories used by the body is more than the calories absorbed by the body. When the calories taken into the body is greater than the calories used by the body to eat excess calories will be stored by the body in the form of fat reserves, which will have an effect on a person's weight gain. BMI = BODY WEIGHT(in kg)/BODY HEIGHT(in m²). Generally, the result will be of little value for skinny people and has greater value for obese people. Classification of value can be seen in the following table:

|  |  |
| --- | --- |
| BMI | CLASSIFICATION |
| <14.9 | Severely Underweight |
| 15 – 18.4 | Underweight |
| 18.5-22.9 | Normal |
| 23 - 27.5 | Overweight |
| 27.6 – 40 | Obese |
| >40 | Severely Obese |

**BMR**

After calculating the BMI, then we know the condition of our body. Next stage is to calculate the daily calorie intake of our body by using the BMR. BMR is the amount of energy or calories needed by the body in a state of rest. So at the moment we do not indulge the body also requires a certain amount of energy or calories to use to keep our body function properly. The number of calories or energy is only able to run the organ - a vital organ in our body. The higher the person's body muscle mass, the higher the energy or calories your body needs to keep it in a stable condition. There are several formulas for calculate these BMR.

BMR calculations are different for each person depending on their physical activity. Therefore to get the more precise calculation, the results of BMR calculation using the table above should be multiplied by a factor of activities in accordance with daily activities - day, i.e:

• 1.2 for people who are inactive (little or no exercise at all)

• 1.375 for people with mild activity (light work or exercise 1-3 times a week)

• 1.55 for people with moderate activity (work is being or sports 3-5 times a week)

• 1.725 for active people (heavy work or exercise 6-7 times a week)

• 1.9 for people who are extra active (very hard work or jobs that require heavy physical labor)

**FOOD BANK**

How a dictionary is very helpful in improving our English vocabulary , fod bank plays the same role for someone who is following a diet in their weight management journey. This section includes common Indian food varieties from beverages to meat. Each food item with their quantity and calories based on the portion.

**CALORIE COUNTER**

The calorie counter feature of the website has three sub-features. Water Intake, food counter, calories burnt. The user can tab through food items available and select the quantity according to their consumption to add to their total calorie consumption. The calorie budget

1. System Requirements (Hardware and Software)
2. Website Navigation flow chart

Personal Details -> Calculate BMI -> Calculate BMR personalises right calorie intake per day -> Count calories by adding items as per intake (food,water,calories burnt) -> total calories consumed and burnt.

1. Design / Screenshots of the webpages
2. Coding of the webpages
3. Future Enhancement of the website
4. Conclusion
5. Bibliography / References

**Cover page:**

**A Project Report**

**On**

**“Project Title”**

Submitted by:

Name and Reg no

**Under the Guidance of:**

Prof. XXXX

Department of Computer Science

**Date / month / year**



**Department of Computer Science**

**St. Joseph’s College (Autonomous)**

**Bengaluru**

**Individual / Self copy**

**Certificate**



This to certify that XXXXX (Reg no ) have successfully completed the project titled “XXXXXXXXX” at St. Joseph’s College (Autonomous) under the supervision and guidance in the fulfilment of requirements of Fifth semester, Bachelor of Science (Computer Science) of Bengaluru City University, Bengaluru.

1. Prof .XXX
2. Prof. XX

Prof. Sandhya

Head of the Department Computer Science

Group copy

**Certificate**



This to certify that XXXXX (Reg no ) , XXXXX (Reg no ) , XXXXXX (Reg no ) , have successfully completed the project titled “XXXXXXXXX” at St. Joseph’s College (Autonomous) under the supervision and guidance in the fulfilment of requirements of Fifth semester, Bachelor of Science (Computer Science) of Bengaluru City University, Bengaluru.

1. Prof .XXX
2. Prof. XXX

Prof. Sandhya

Head of the Department Computer Science