**Diet Planner!**

Overview:

Want to reduce weight, we are here !

Want to get into shape, we are here !

Want to gain some weight, also we are here !

With the motto of “Paving way to a healthy life” our product Diet Planner portrays a perfect blend of IBM WATSON APIs and python programming combined with IoT technology for health management, totally customised for each user.

The system takes as input the current health details of the user, asks him to set a goal and plays the role of a perfect trainer to help them achieve the goal.

The user can talk to the Diet Planner …..

It actually asks the user what his/her diet for the day was .. finds the percentage of accomplishment of the prescribed plan according to the initially generated report, calculates the calorie intake of that day and customises the plan for the next day accordingly.

Features:-

1: The login form for the user where he enters his/her current status

2: Enter the goal .. (weight loss/ weight gain etc)

3: Calorie generation internally.

4: Capture of daily intake of calories. Using Watson Speech to text.

5: Cross check with internal saved calorie amount for that day.

6: Suggestions for next day (Using Watson text to speech)

All this will be implemented using python logic.

APIs used:

Watson developer cloud.

1: Watson text to speech

2: Watson speech to text.

Challenges faced:

The Watson APIs don’t generate responses up to the mark. This was the most major challenge faced.

The results generated were hence most of the times not accurate.

Second was absence of proper guidance material for integrating and running the APIs

Future Scope:

We can integrate IoT API into it to calculate the calorie burnout.