



Project

Calorie burn prediction using ML.

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Prediction of calories

- Introduction

Our project will help in prediction of calories using concept of Machine learning.



Working of model.

- There will be some input parameter that model will ask to put in it like- Age, Gender, Height, Time of exercise etc.
- Using these parameter the model will give you the predicted value of the calories burned during your workout.



Reason why people will need this model.

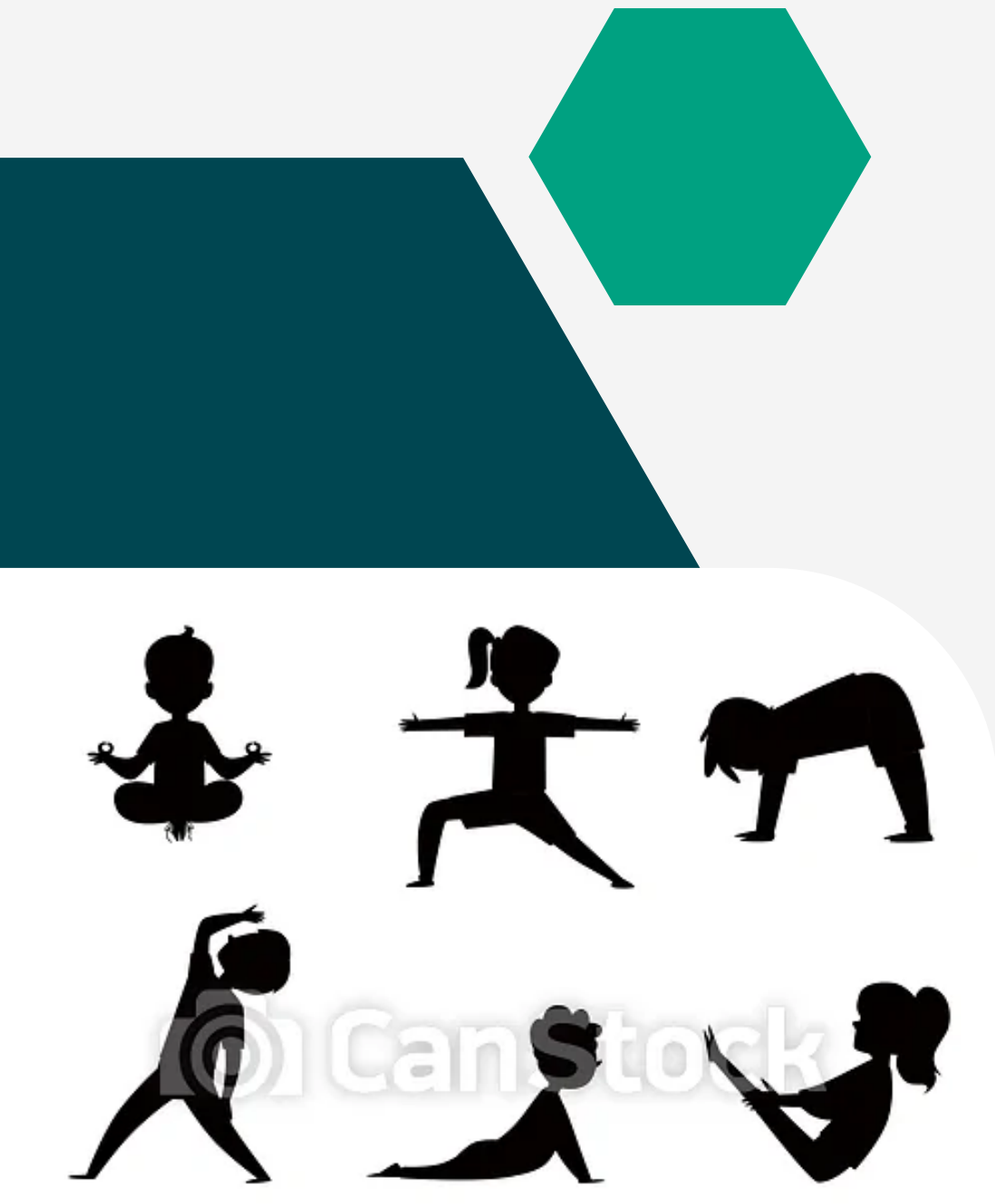
By using this after the workout people can know how much calories they have burned and according to that they can plan thier further intake of calories to reach the fitness goal.



Benefits

Easy to track their progress.

Nearly accurate prediction.



| | CALORIES APROX. | TREADMILL (JOG) | BARBELL SQUATS | PULL UPS |
|----|-----------------|-----------------|--|---|
| < | 138 | | 200 calories per 15 minute set | 60 calories per 15 minute set |
| r | 229 | | 112 calories per 15 minute set | 50 calories per 15 minute set |
| n) | 445 | 1 hr 22 | LYING LEG CURL 40 calories per 15 minute set | CHEST PRESS 45 calories per 15 minute set |
| | 449 | 1 hr 23 mi | LEG EXTENSION | PREACHER CURLS |
| | 229 | | | |

Goals and Strategy

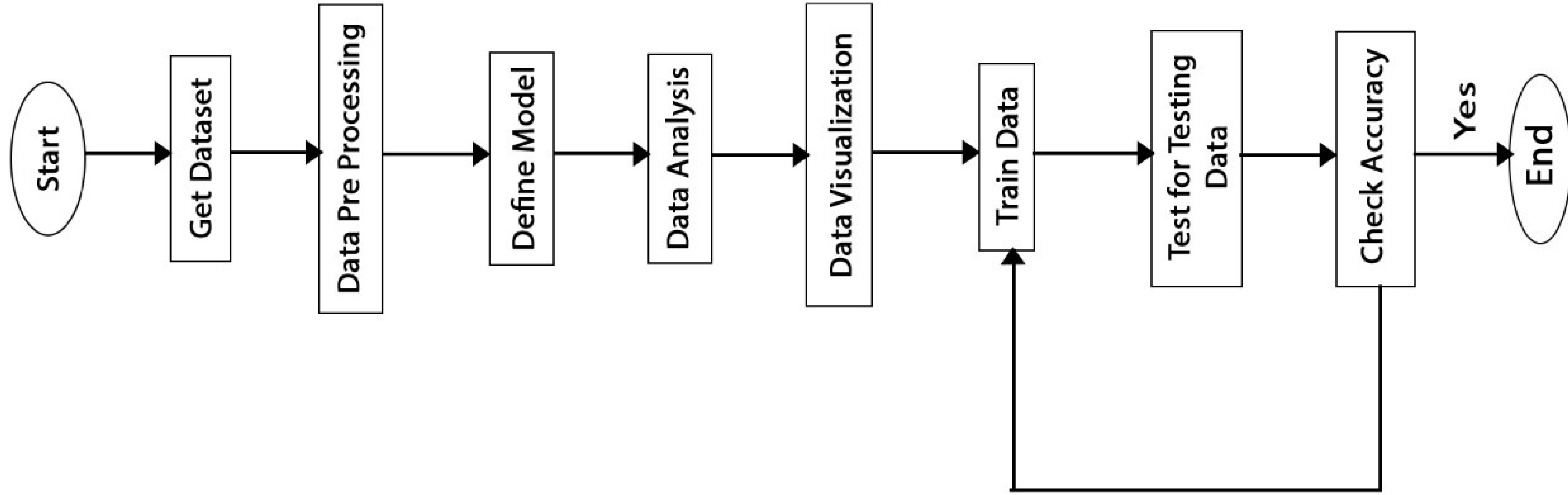
Making a successful calorie prediction model.

- We will make a successful model that will predict the exact burned calories.
- Every user will be able to use it easily.

Using Different technologies.

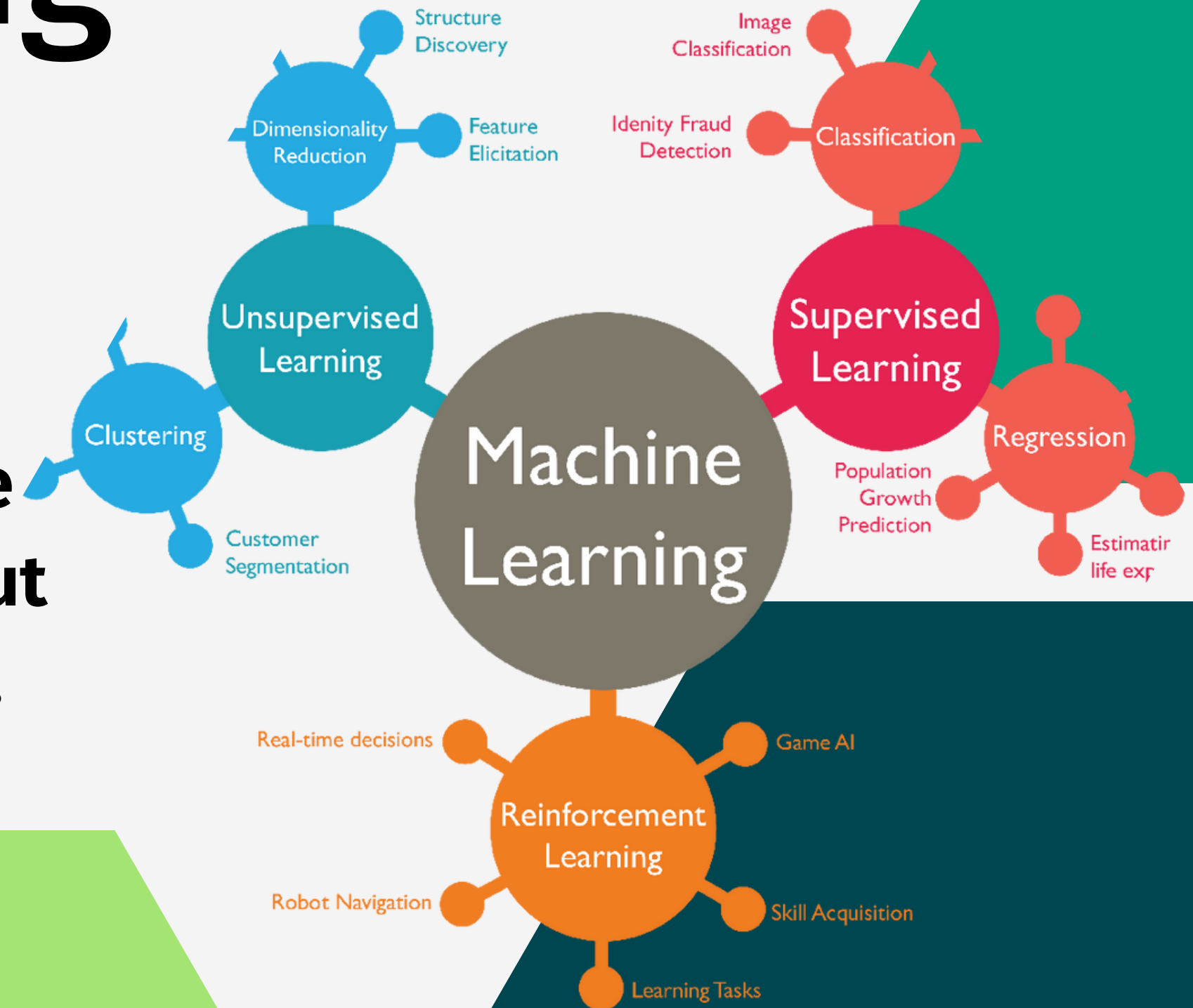
- Machine learning.
- using ML we will be making an app or a website.

Flow Chart



Machine learning

Machine learning (ML) is a type of artificial intelligence (AI) that allows software applications to become more accurate at predicting outcomes without being explicitly programmed to do so.



[Back to Agenda Page](#)

The background features a dark teal color with a complex pattern of overlapping, parallel lines that create a sense of depth and perspective. Scattered across this background are several circles of varying sizes. Each circle has a color gradient, transitioning from a warm orange or red at the top to a cool purple or blue at the bottom. The circles are positioned in the corners and along the edges, framing the central text.

Thank You