

Start coding or [generate](#) with AI.



1. The type of Machine learning that interests me the most is reinforcement learning. I think it stands out to me because it really feels the most natural. It's the way I think we all learn, whether on purpose or inadvertently. I try something, I see what happens, then I adjust. It reminds me a lot of health and fitness. I test out a diet or a fast or a supplement or workout routine, and then based on how my body reacts, I either keep it going or change it up. The back and forth trial and error is basically reinforcement learning and I connect with it most because I feel like I already relate to it.

2. The most challenging part of the ML workflow for me was definitely the evaluation step. I get the idea of training a model and giving it data, but once I get results, knowing how to really measure and understand if it is good enough is kinda rough for me. Precision, Recall, Accuracy the words but connecting them to what it means in contrast to what thus far isn't easy, without examples. It will get easier. I have zero background in AI or computers but will adapt quickly.

3. In my field of interest, which is health and fitness, I can see Machine learning being applied in all sorts of ways. For example, it could track someone's nutrition, workouts, and even sleep.. which I personally need more of. It might even predict where they might be lacking or what could help them reach their goals faster. A model could suggest the right supplement routine or even warn us if certain habits may in fact be counterproductive and even harmful towards health. This could be big, helping us maybe before health problems even show up.

4. One question I would like to explore further about Machine Learning is how deep it can really go in personal health. Could it be smart enough to combine all the small things like stress, gut health, fasting, and diet, and give advice almost as if we had a personal coach??? I would like to know how close Machine Learning can get to really understanding people on an individual level, especially when it comes to health and fitness... which is a big part of my life

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