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# **BrahmaX 1.0**

The Creation of Tomorrow

**BrahmaX 1.0**

[www.codecrax.com](http://www.codecrax.com)



## Profile Overview

- **Theme :-** Healthcare
- **Problem Statement Title :-** ENHANCING GYM AWARENESS AND PERSONALIZED NUTRITION PLANNING USING AI-POWERED SOLUTION
- **Team ID :-** (As per Unstop registration)
- **Team Name :-** 404 NINJAS





# AI-Driven Fitness & Nutrition Revolution

## **Proposed Solution (Describe your Idea/Solution/Prototype)**

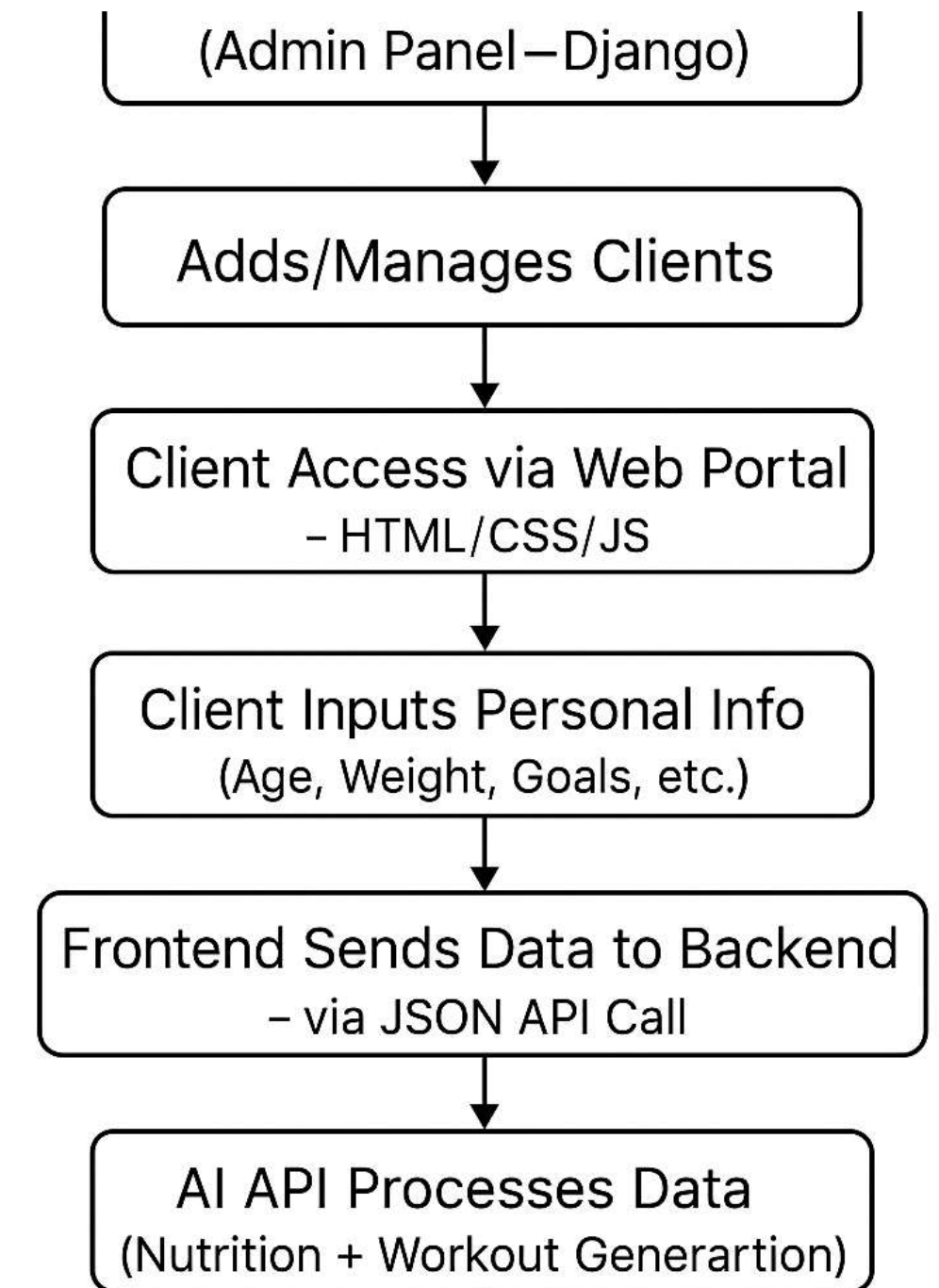
- Solution Overview: An Ai-powered web-based platform that integrates with current wellness management systems to create customized exercise and nutrition plans.
- Problem-Solving: Uses AI models via API to produce a 6-day training schedule and comprehensive nutrition plan based on user input(age, weight, goals, etc.).
- Innovation: Unlike generic, one-size-fit-all apps, it uses AI in conjunction with real-time user data and wellness software to provide adaptive, customized fitness advice.



## Technical Approach

- Technologies Used:
  - Frontend: HTML, CSS, Javascript
  - Backend: Python(Django)
  - AI API: OpenAI(for personalized plans.)
- Methodology:
  - Collect user input (goals, stats) via UI
  - Send data to backend
  - Generate AI plan
  - Display on user dashboard (web UI)
  - Facility owner can control access via Django

### Process Flow:





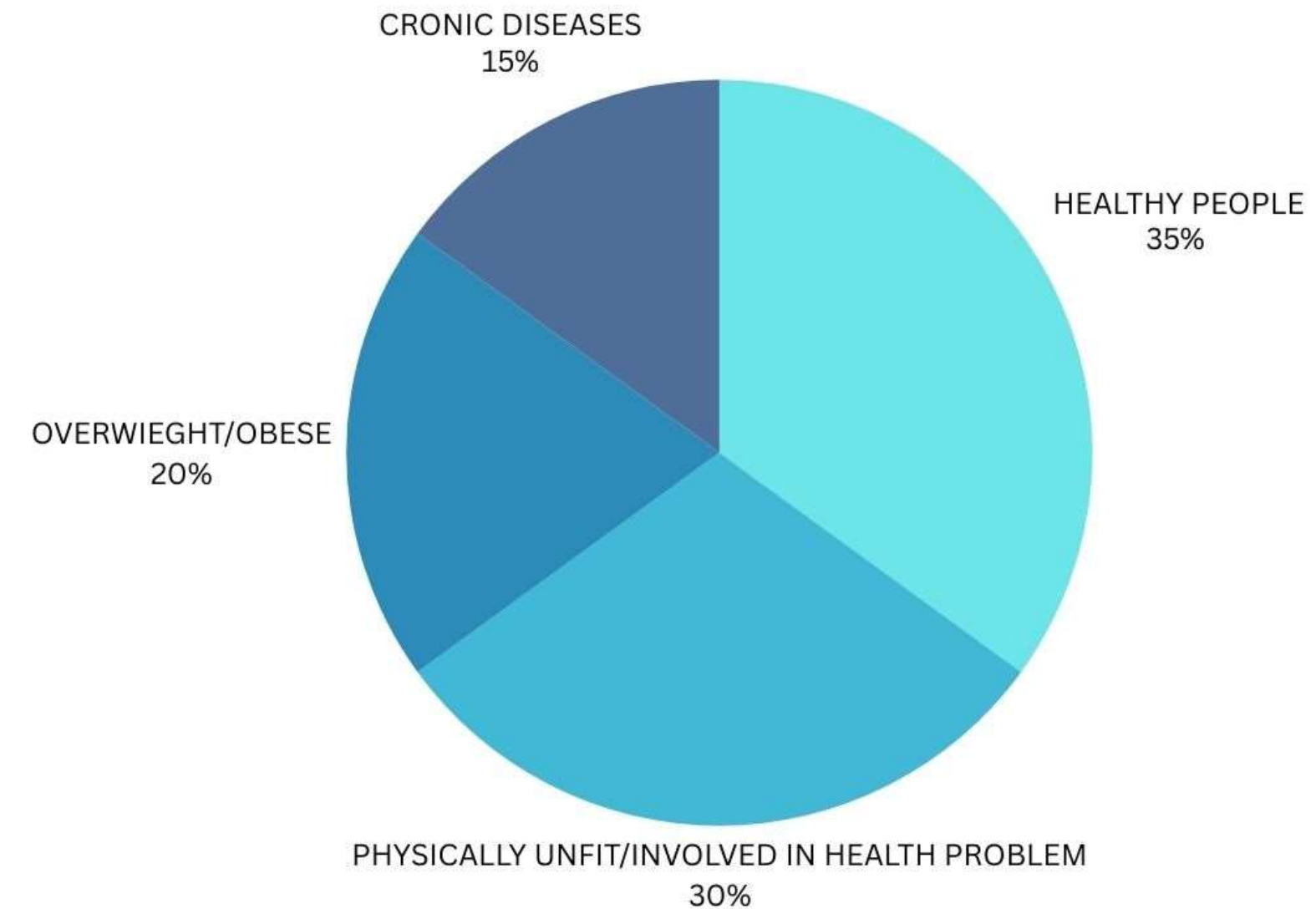
# **FEASIBILITY AND VIABILITY**

- Feasibility:
  - Technically feasible using existing tools (Django)
  - We can leverage this in all well-being and wellness spots.
- Challenges & Risks:
  - AI may generate inaccurate plans.
  - User data privacy concerns.
  - Internet downtime may hinder access.
- Mitigation Strategies:
  - Human moderation for AI output.
  - Secure authentication & encrypted storage.



# IMPACT AND BENEFITS

- Target Audience Impact:
  - User get personalized wellness and nutrition plan.
  - Facility owners offer enhanced value and retention.
- Key Benefits:
  - Amplify your healthier lifestyles.
  - Value driven fitness planning.
- Long-Term Value:
  - We can leverage this in all well-being and wellness spots.
  - Future-ready with AI and user data insights.





## REFERENCES

- WHO articles
- [Tailwind CSS – Utility-First Framework](#)
- [Django Documentation \(If using Django backend\)](#)