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BrahmaX 1.0

The Creation of Tomorrow

CodeCrafters

BrahmaX 1.0

Profile Overview

- **Theme** - Healthcare
- **Problem Statement Title**- (Enhancing Gym Awareness and Personalised Nutrition Planning Using AI-Powered Solutions)
- **Team ID** - ……
- **Team Name -** CodeCrafters

CodeCrafters

IDEA TITLE

Proposed Solution: Develop an AI - driven platform that syncs with gym systems and wearables

Solution Overview: Tracks performance, suggests personalised nutrition and workouts.

Problem Solving: Uses ML to analyse data and improve individual fitness outcomes.

Innovation: Integration of real-time wearables with adaptive AI models for custom plans.

Technical Approach

- Technologies Used: Python, TensorFlow, React, Firebase, wearable APIs.
- Methodology: Collect data, preprocess, train models, deploy app with feedback loop.
- Process Flow: User data > AI engine > recommendations > user feedback > model tuning.

FEASIBILITY AND VIABILITY

- Feasibility: Tech stack is accessible and integrations with APIs are possible.
- Challenges & Risks: Wearable compatibility, data privacy concerns.
- Mitigation Strategies: Use standard APIs, encrypt sensitive data, comply with GDPR.

IMPACT AND BENEFITS

- Target Audience Impact: Gym members, trainers, athletes and health-conscious users.
- Key Benefits: Personalised health, reduced trainer dependency, data-driven planning.
- Long-Term Value: Expandable to clinics, sports teams, and health center.

REFERENCES

- https://www.tensorflow.org/
- https://developer.fitbit.com/
- https://www.who.int/news-room/fact-sheets/detail/physical-activity