

## INDIVIDUAL PROGRESS REPORT

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| <b>Project Title</b>   | <b>IoT-based Health Monitoring System by Food Intake</b> |
| <b>Week No.</b>        | <b>Week 3</b>  |
| <b>Inclusive Dates</b> | <b>June 19, 2023 - June 24, 2023</b>                     |

### Task #1 Revising of RRL

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| Activity and Progress       | The process of revising the RRL involves thoroughly examining and refining the existing literature sources, integrating any new information or discoveries that are relevant. Progress can be measured by the number of literature sources reviewed and the extent of changes made to the RRL section.  |
| Outputs and Deliverables    | The outcomes of the revision include an enhanced and updated RRL section that accurately represents the most recent and pertinent literature in the field. The deliverables consist of a revised RRL document or an updated section within a larger research report or thesis.  |
| Outcomes and Lesson Learned | The results of the revising activity encompass a more comprehensive and current understanding of the existing literature in the research area, which strengthens the credibility and validity of the research findings. The lesson learned emphasizes the significance of regularly updating and refining the literature review to ensure the incorporation of recent advancements and maintain the relevance of the research work. |

## **Task #2 Chapter 1 Initial**

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| Activity and Progress       | The task of initiating Chapter 1 involves the initial creation of the first chapter in a research report or thesis. This includes activities such as outlining the chapter's structure, conducting preliminary research, and drafting the content. Progress can be measured by the completion of the chapter outline, the extent of preliminary research conducted, and the development of an initial draft. |
| Outputs and Deliverables    | The outcomes of the Chapter 1 Initial task encompass a well-organized chapter outline that provides a clear roadmap for the subsequent chapters, preliminary research materials and references, and a draft version of the first chapter. The deliverables consist of a finalized chapter outline, well-arranged research materials, and an initial draft of Chapter 1.                                      |
| Outcomes and Lesson Learned | The results of this task provide a strong basis for the research report or thesis, as Chapter 1 plays a critical role in introducing the research topic, objectives, and significance. The lesson learned highlights the necessity of thorough planning and preliminary research to establish a solid beginning to the research project.   |

### **Task #3 Chapter 1**

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| Activity and Progress       | The activity associated with Chapter 1 involves the process of writing and structuring the chapter. Progress can be measured by achieving specific milestones, such as completing the introduction, defining the research problem, and establishing the research objectives.   |
| Outputs and Deliverables    | The outcomes of Chapter 1 encompass a well-crafted and logically structured introductory chapter that effectively establishes the foundation for the entire research work. The deliverables are the finished Chapter 1 document or a section within a larger research report or thesis.  |
| Outcomes and Lesson Learned | The results of Chapter 1 contribute to a clear understanding of the research topic, its context, and its significance. The chapter establishes a solid foundation for the subsequent chapters and provides a roadmap for the research study. The lesson learned underscores the importance of dedicating ample time and effort to create a comprehensive and engaging Chapter 1, as it shapes the reader's initial impression and sets the tone for the entire research project. |

## **Task #4 Chapter 2**

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| Activity and Progress       | The activity in Chapter 2 entails conducting a literature review, including searching for relevant sources, reading and analyzing the literature, and synthesizing the information. Progress can be assessed by the number of sources reviewed, the depth of analysis conducted, and the completion of the literature review section.  |
| Outputs and Deliverables    | The outputs of Chapter 2 consist of a well-organized and thorough literature review that synthesizes existing knowledge and research findings in the field. The deliverables are the finalized Chapter 2 document or a section within a larger research report or thesis.  |
| Outcomes and Lesson Learned | The results of Chapter 2 lead to a deeper comprehension of the existing knowledge and research gaps in the research field. The literature review helps identify important themes, theories, and methodologies that are relevant to the research topic. The key takeaway underscores the importance of critically assessing and integrating relevant literature to establish a strong theoretical framework for the research study. |

*Carlo G.*

**Name** : **Carlos Miguel T. Gacuan**

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Printed Name and Signature

**Date Submitted** : **June 24, 2023**

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