

Business Understanding

Health Click Away is a health and fitness app that lets users track their activities throughout the day and lets them focus on their diet and maintain a healthier lifestyle. The app has features to log the food intakes daily and gives an overall overview on the nutrition value of the foods along with the daily consumption limits. It also has features that let you have coaches who can help you and motivate you along the way. Some other features include tracking water levels throughout the day, tracking exercises done and having a community where people can interact with each other and share their favorite recipes and healthy substitutes.

Currently the app does not have a way of suggesting different restaurants based on the user's live location, taking the consumed food, calorie intake and time into account, which will greatly improve the app feedback with the user and help users even when they are away from home to maintain their diet plan.

The objective of the business here is to implement a solution using AI/ML and get suggestions and feedback from a trained model. The app should take into account when a user is away from home and hasn't had a certain meal and it's already past their usual time and suggest restaurants nearby with foods that will align with their current diet plan and mealtime along with the usual amount spent when eating out.

The success criteria here will be when the app is able to suggest restaurants to users as notifications when they are out of their homes and travelling.

Data Understanding

Some of the important tables include:

- hca_food_logs where the data of a users meals are stored when they record it.
- hca_users which stores a users details along with their body metrics and other personal data.
- hca_recipes which stores recipes shared by users and can be used in the food logs.
- hca_food_items which stores food items and can be used in the food logs.

These tables are all linked to each other by their ID's and are crucial for creating the data model. A dataset has to be prepared from these after stripping them off all the unnecessary data and cleaned and then split into training and test sets for using with the data model.