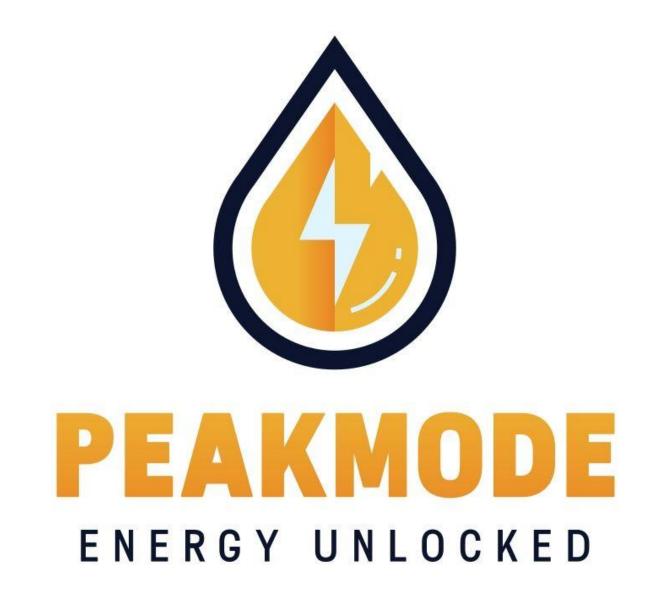
PEAKMODE: Energy Unlocked

Optimize wellness with PeakMode. Track supplements; learn about health. Get personalized AI recommendations. Discover the future of personal health and wellness.

By Omar Waseem - omw11 & Felipe Da Silva - fpd15





Project Overview & Inspiration

Overview 🌟

Al app tracks supplements to boost health.

Personalized supplement stack visualizations.

Integrates educational content on nutrition & fitness.

Inspiration 💭

Passion for health optimization & fitness.

Simplify health routines & improve daily wellness.

Timeline & Statistical Justification

1 Weeks 1-2

App layout & user info form

2 Weeks 3-4

Al nutrition chatbot/course

3 Weeks 5-6

Daily supplement alerts setup

Weeks 7-8

Final prototype adjustments



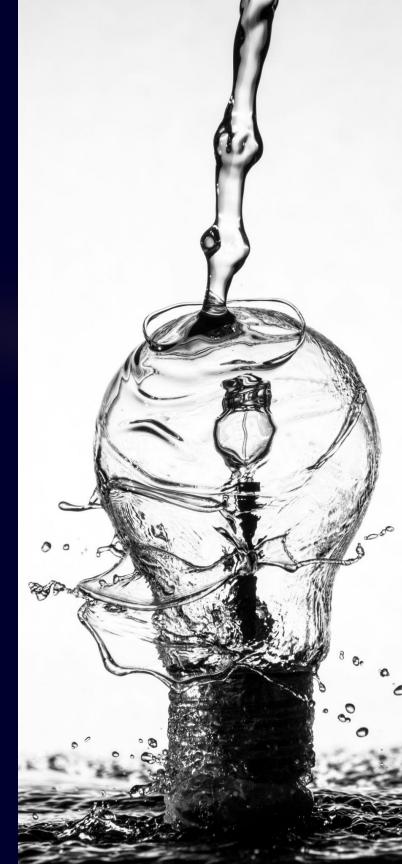
Expected Results & Evaluation

Interactive Visual Supplement Stack

Easy-to-use daily tracking alerts

Al-powered Amazon supplement recommendations.

User feedback & satisfaction survey. Accuracy of personalized suggestions. User engagement and habit-forming success rate.





Team Roles

Omar Waseem

Principal Designer/Principal Implementer

- Summarizing project results with justification in terms of prior work and current contributions to Al/ML
- Specification of original design for coding and reduction to practice, and subsequent refinement/modification as needed

Felipe Da Silva

Lead designer/Report Writer

- implementing parts of prototype as needed and experience suggests
- Writer of polished version of final project report summarizing the accomplishments or limitations of the prototype development and its evaluation



Al Approach & Technology

- Data Collection
 User profile inputs (age, weight, goals, etc.).
- 2 Al Search & Matching
 NLP & deep learning to find ideal supplements.
- Personalized Recommendations

 Machine learning-driven insights.
- 4 Education & Alerts
 Smart explanations & reminders.

