PEAKMODE: Energy Unlocked
Section: 01:198:440:05 – Introduction to Artificial Intelligence

Participants
• Omar Waseem (omw11)
• Felipe Da Silva (fpd15)

Roles of Participants
• Omar Waseem: Principal Designer and Implementer – led the app architecture, AI logic design, and final prototype refinement.

• Felipe Da Silva: Lead Designer and Report Writer – supported development, crafted the final report, and contributed to UI/UX feedback and educational content.

Project Topic
An AI-driven wellness app that helps users track supplements, visualize personalized supplement stacks, and receive health education.

Objectives/Goals & Motivation
To optimize daily wellness by combining supplement tracking with AI-powered personalized recommendations and educational content. Motivated by personal interests in health and the need for streamlined health optimization tools.

Expected Results
• A prototype featuring interactive supplement stack visualization
• Daily tracking alerts and AI-curated supplement suggestions from platforms like Amazon
• Enhanced user engagement and health behavior improvement

Progress So Far (as of April 28)
• Completed app layout and user input form
• Integrated AI nutrition chatbot and content modules
• Implemented daily reminder logic and supplement visualization features

Evaluation Method
• User satisfaction and engagement survey
• Tracking accuracy of AI supplement matches
• Assessment of educational value and habit-forming impact via test user feedback