

PEAKMODE: Energy Unlocked

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

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PEAKMODE
ENERGY UNLOCKED



Project Overview & Inspiration

Overview 🌟

AI 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**
AI nutrition chatbot/course
- 3** — **Weeks 5-6**
Daily supplement alerts setup
- 4** — **Weeks 7-8**
Final prototype adjustments



Expected Results & Evaluation

Interactive Visual Supplement
Stack

Easy-to-use daily tracking
alerts

AI-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 AI/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

AI Approach & Technology

- 1 Data Collection
User profile inputs (age, weight, goals, etc.).
- 2 AI Search & Matching
NLP & deep learning to find ideal supplements.
- 3 Personalized Recommendations
Machine learning-driven insights.
- 4 Education & Alerts
Smart explanations & reminders.

