

Team-HackOverflow

- Deepak Jain | 2022 | BITS Pilani
- Kirti Sharma | 2021 | BITS Pilani

Team HackOverflow ▶▶▶

Team Leader:-**Deepak Jain**

M.Sc Physics || B.E. Electrical and Electronics Engineering
| BITS Pilani

SWE Intern 2020 | Knowulture Health Solutions India Pvt
Ltd.

Web Developer Intern 2019 | helloVoRld || App Developer
Intern 2019 | NTCL Mumbai

3rd position in BITS| Microsoft Codefundo++ || 4th
position in India | iSafe Hackathon

National Finalist | GGITC 2019 by Schneider Electric

Profile Links- [LinkedIn](#) || [Github](#)

Team Member:-**Kirti Sharma**

B.E. Manufacturing Engineering | BITS Pilani

SWE Intern 2020 | Knowulture Health Solutions India
Pvt Ltd.

National Finalist | GGITC 2019 by Schneider Electric

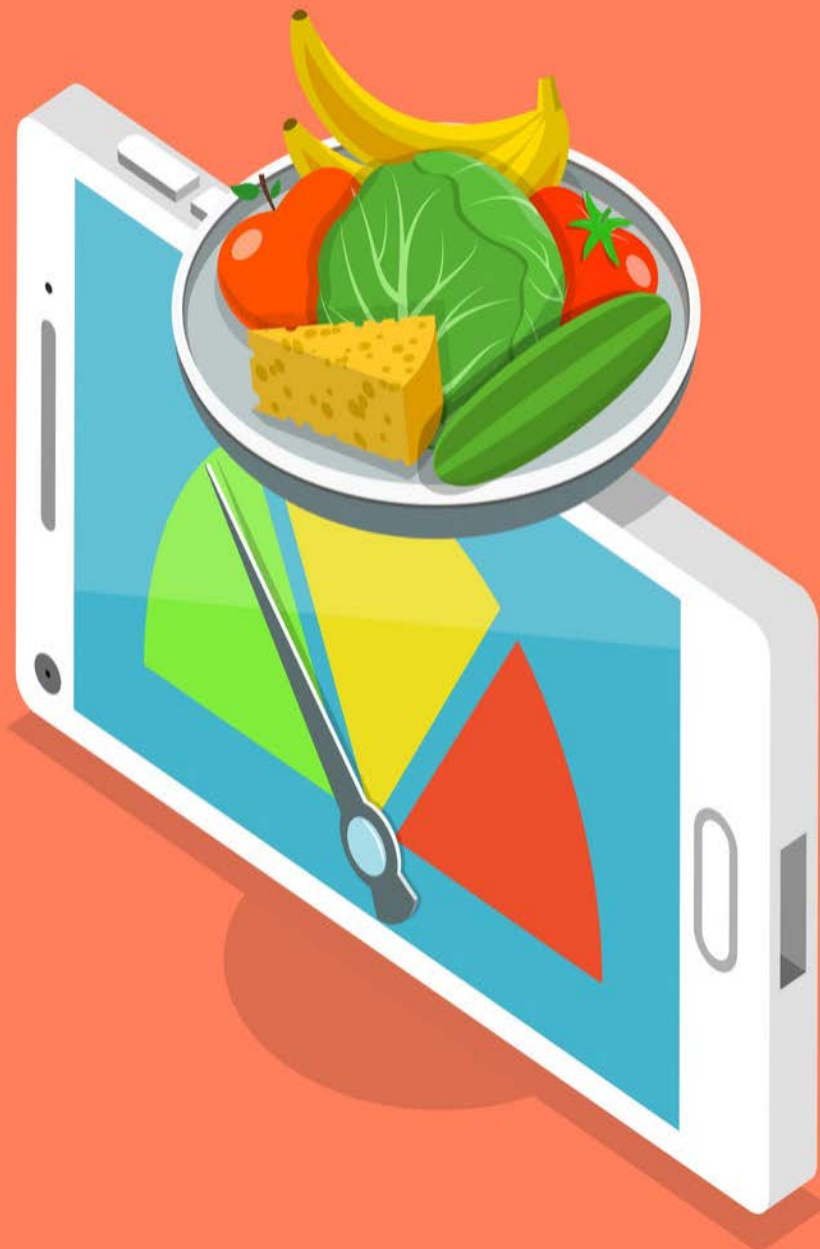
Web Development Intern 2018 | IRCS, Mumbai

Football Gold Medalist | BOSM 2017

Profile Links- [LinkedIn](#) || [Github](#)



TEAM MEMBERS



CALORIE INTAKE RECOMMENDATION & TRACKING

With a mission to make a product that monitor daily calorie intake and achieve fitness goals through incentivization and gamification we introduce you with the smartest health analyst **U-Fit**. With U-Fit a user can scan the nutrition value of eatable or can choose a meal from predefined list. Then our system will store the value and give recommendation to achieve the user goal.

Here's how U-Fit functions



What U-FIT demands from the USER

- Enter all the necessary data relating his/her health profile.
- Update what all has been consumed by the user during the three meal times.

What the USER get in return from the side of U-FIT

- The fitness overview of the user through criteria like BMI.
- The details of nutrient intake during the meals user had had.
- If the calorie count exceed the optimum level, U-FIT will suggest you some exercise to burn extra calories


FOOD LOG

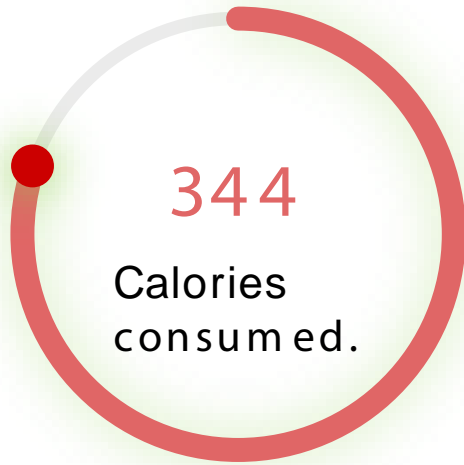


As U-FIT promises to be your personal health analyst, it keeps the track of what all you consume in a day and provides you the update of your nutrients

LUNCH

▲ **340 Calories**

Get the detailed insights 



Lunch

Bread with Chicken
gravy along with
lemons and peas



Breakfast

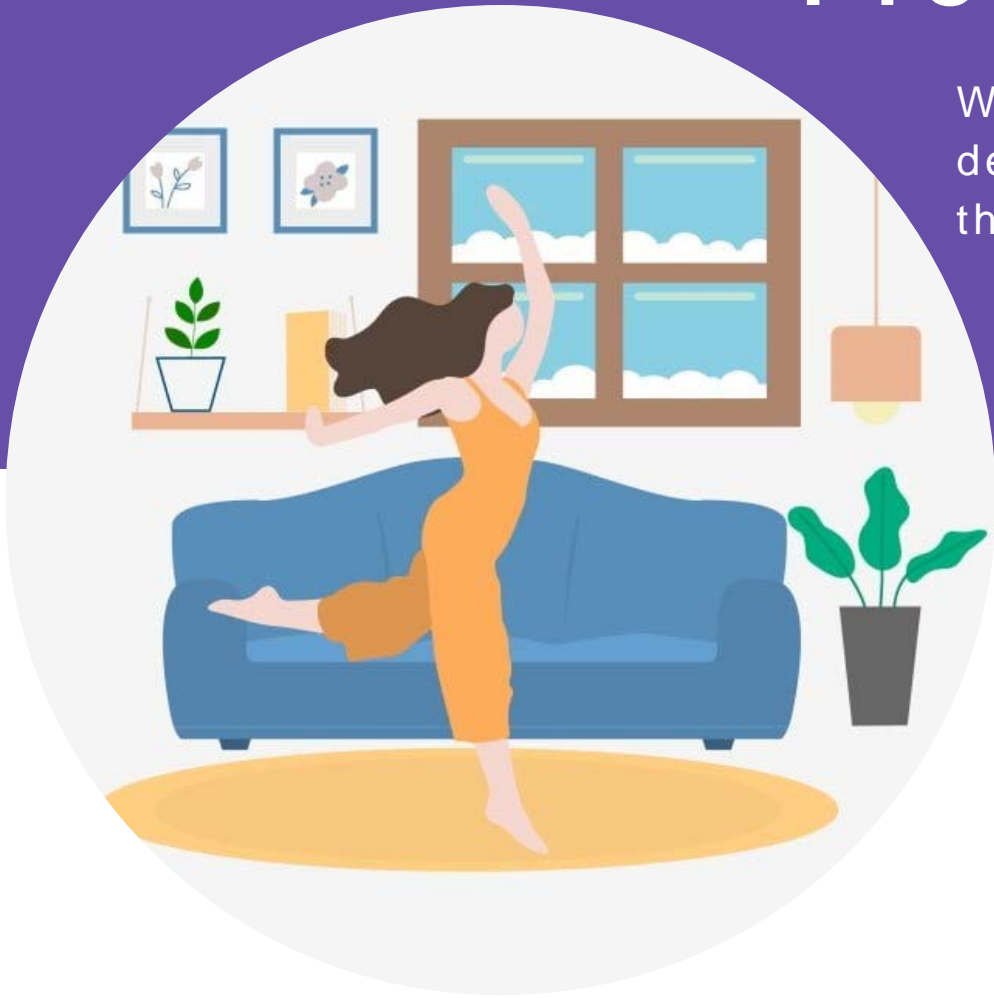
Dinner

CALORIE COUNTER

By asking the user, the meal he/she had in a day, the calorie counter of U-Fit keeps the record of the nutrient consumption

Providing a healthy routine

With all the data user provides to U-FIT, U-FIT determines the optimum amount of calorie intake that the user must have in a day.



Chances may be there that you can exceed the calorie count. No worries, U-FIT is trained with AI models to recommend the user with some easy exercises suiting his/her health profile to burn the gain of extra calories.

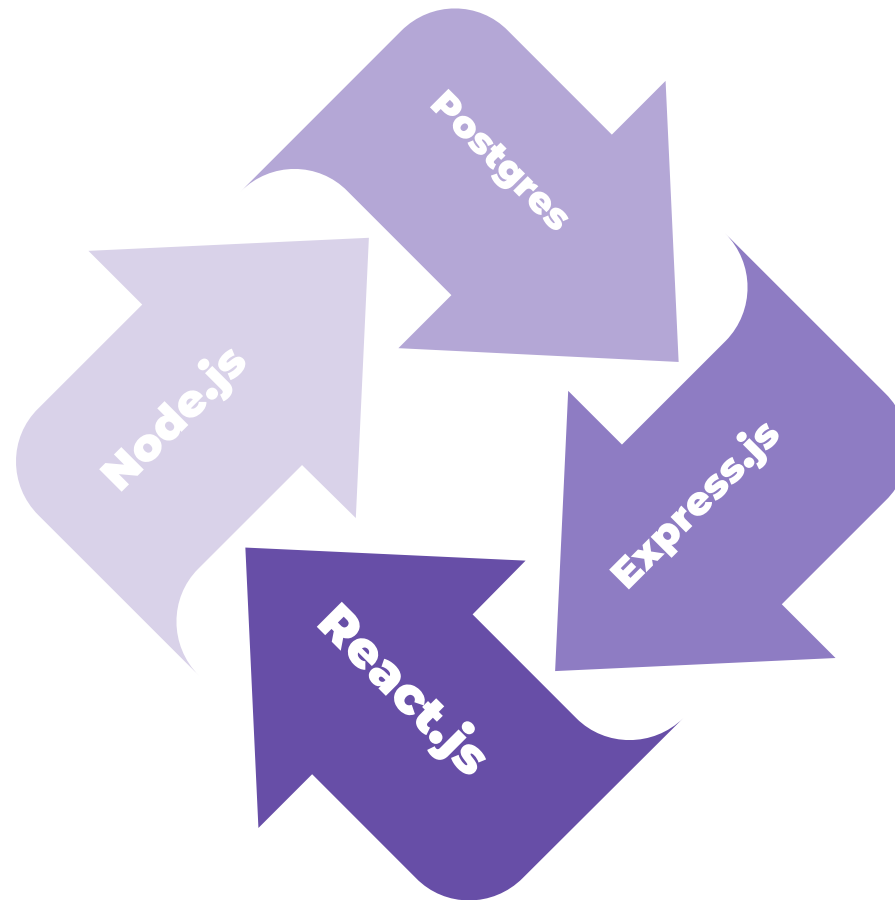
TECH STACK

Node.js

Node.js provides a JavaScript Environment which allows the user to run their code on the server (outside the browser).

React.js

React is a JavaScript library that is used for building user interfaces. React is used for the development of single-page applications and mobile applications because of its ability to handle rapidly changing data.



Postgres

Postgres is a powerful, open source object-relational **database** system that uses and extends the SQL language combined with many features that safely store and scale the most complicated data workloads.

Express.js

Express is a Node.js Back-End framework. Express helps in designing great web applications and APIs. Express supports many middlewares which makes the code shorter and easier to write.

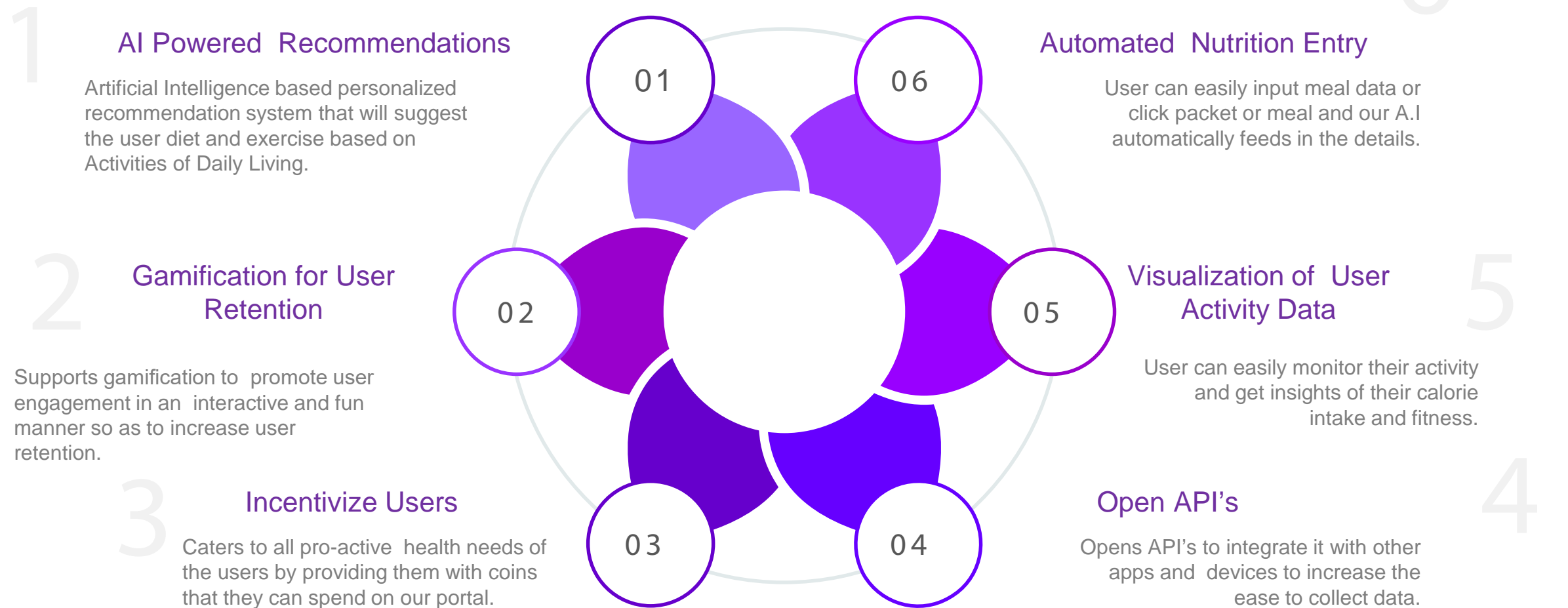
Let's talk about the Architecture



Here's the simplistic view of how things are coming into action.

- Having the database of Postgres the database will store all the valuable input of user's health personality and the food log as well.
- Further, there is a communication server of Node.js which connects the database to client. The separate server is preferred so that in the future, we can integrate the client without developing server.
- Moving forward, there is a client developed with React.js UI which provides minimalistic and interactive user interface for the person to easily give the data of his health profile and food log.

Here's what makes U-FIT stand extraordinary



Future Enhancements



Integration into wearables to track and monitor the exercise.

Augmented Reality exercise tutorials to aid visual learning of fitness activities.

Incorporation to voice assistants like alexa and google home for taking calorie inputs.

Link up with fitness trainers to get professional guidance.

THAT'S ALL FOLK'S

We are open to
questions now

