

NUTRITION ASSISTANT APPLICATION - WEB APP

IBM-Project-13254-1659515205

Team ID : PNT2022TMID12518

SUBMITTED BY

KANISKA VARSINI P D 718019Z222

DEEPIKA S 718019Z209

G SOLAI SNEHA 718019Z212

PRANITHA V S 718019Z233

In partial fulfilment for the award of the degree

of

BACHELOR OF ENGINEERING

in

COMPUTER SCIENCE AND ENGINEERING

PSG COLLEGE OF TECHNOLOGY

COIMBATORE - 641004

INDEX

1. **INTRODUCTION**
 - 1.1 Project Overview
 - 1.2 Purpose
2. **LITERATURE SURVEY**
 - 2.1 Existing problem
 - 2.2 References
 - 2.3 Problem Statement Definition
3. **IDEATION & PROPOSED SOLUTION**
 - 3.1 Empathy Map Canvas
 - 3.2 Ideation & Brainstorming
 - 3.3 Proposed Solution
 - 3.4 Problem Solution fit
4. **REQUIREMENT ANALYSIS**
 - 4.1 Functional requirement
 - 4.2 Non-Functional requirements
5. **PROJECT DESIGN**
 - 5.1 Data Flow Diagrams
 - 5.2 Solution & Technical Architecture
 - 5.3 User Stories
6. **PROJECT PLANNING & SCHEDULING**
 - 6.1 Sprint Planning & Estimation

6.2 Sprint Delivery Schedule

6.3 Reports from JIRA

7. CODING & SOLUTIONING (Explain the features added in the project along with code)

7.1 Feature 1

7.2 Feature 2

7.3 Database Schema (if Applicable)

8. TESTING

8.1 Test Cases

8.2 User Acceptance Testing

9. RESULTS

9.1 Performance Metrics

10. ADVANTAGES & DISADVANTAGES

11. CONCLUSION

12. FUTURE SCOPE

13. APPENDIX

Source Code

GitHub & Project Demo Link

1.INTRODUCTION

Due to the ignorance of healthy food habits, obesity rates are increasing at an alarming speed, and this is reflective of the risks to people's health. People need to control their daily calorie intake by eating healthier foods, which is the most basic method to avoid obesity. However, although food packaging comes with nutrition (and calorie) labels, it's still not very convenient for people to refer to App-based nutrient dashboard systems which can analyze real-time images of a meal and analyze it for nutritional content which can be very handy and improves the dietary habits, and therefore, helps in maintaining a healthy lifestyle.

This project aims at building a web App that automatically estimates food attributes such as ingredients and nutritional value by classifying the input image of food. Our method employs **Clarifai's AI-Driven Food Detection Model** for accurate food identification and Food API's to give the nutritional value of the identified food.

Purpose:

To keep track of daily intake

To monitor calories intake

To provide facility to upload meal image

To get nutritional value of the uploaded image

To keep track of BMI

2 . LITERATURE SURVEY

2.1 Monitoring Eating Behaviours for a Nutritionist E-Assistant Using Crowdsourcing

In this paper, author has created a digital assistant system Lucy to keep track of eating behaviour. It helps the users to lose excess weight. This study was conducted in nutrition clinic by using six different approaches to calculate nutritional content and calorie intake from the meal photos. These approaches provided various advantages like latency, accuracy and cognitive load. In this paper they have also devised a variant A5 for Lucy which had very high latency and high accuracy with minimal raters.

2 . 2. Plan-Cook-Eat: A Meal Planner App with Optimal Macronutrient Distribution of Calories Based on Personal Total Daily Energy Expenditure

As per this paper, balanced diet is obtained by consuming nutrition dense foods with required macronutrient dispersal and perfect quantity of calories proportionate to personal energy expenditure. This paper focuses on developing a meal planner app named “Plan-Cook-Eat” that provides a diet plan based on the user’s requirement. It used mixed-method approach which had a set of six nutritionists-dietitians and twenty four regular users to test the app and evaluate its performance.

2.3 Evaluation of an Interactive Web-based Application to Promote Healthy Behaviour in Order to Maintain a Healthy Weight – Preliminary Findings

The general population are not aware of the need of an successful interactive web application. The paper tries to provide an insight into it and evaluate the working of Healthy Weight Assistant (HWA) and to optimize this application. The evaluation is done by taking into consideration of the four factors questionnaires, log file analysis, usability tests and qualitative analysis. The motivation to use this application can be generated by setting up reminders, reforming motivations and goals or by adding “my goals” tab. As a result we can realise the improvement with maximum effort and minimal change of HWA.

2.4 A Healthy Nutrition Expert System for Children

In this paper, the main objective is to provide its users with nutrition expertise. It processes healthy meals for children of different ages according to different criteria including their growth stage, gender, and their health status. This paper provides a bilingual interface (English and Arabic) for more populations to the presented system to serve different levels of families including education level and financial level. The accuracy of the system

is measured by reviewing the output with experts in the nutrition field who approved the generated nutrition schedule.

2.5 The “Healthy Meals” web app for the assessment of nutritional content and food allergens in restaurant meals: Development, evaluation and validation

The assessment of the nutritional contents of meals and the identification of food allergens is necessary to guarantee the availability of healthier meals and allergen-free dishes to consumers. Such information cannot be easily obtained from menu cards or other informational posters. Authors have explored use of eHealth technology in the form of a web app which represents a potential strategy for food composition analysis and allergen identification due to its feasibility, accessibility, customization and engagement. Authors have developed a web app named "Healthy Meals". The first step is assessing the nutritional content of dishes and then detecting the presence of the recognized food allergens in restaurant meals. A web app interface and features have been developed. The prototype has been developed in Spanish language. The functionalities have been verified by researchers and developers. The web applications has been evaluated for the assessment of usability, quality and validation.

2.6 Development of a Smartphone Application for Dietary Self-Monitoring

Dietary assessment and monitoring are essential steps to measure dietary intake and provide tailored advice that can improve dietary management and health. Authors have studied Fogg's behaviour model and reported that motivation, ability and triggers must occur at the same moment for effective behaviour change and mobile apps may enhance these underlying factors. Authors have proposed mobile app as it has several features such as feedback mechanisms, goal setting, peer motivation, and health-related news updates. Authors have also included advice from health professionals and incorporation

of cooking methods assisting users to improve their ability to change behaviours. Mobile apps are found to be very effective in giving prompt message at appropriate timing. The developed app has been evaluated and found to have all the proposed features implemented correctly.

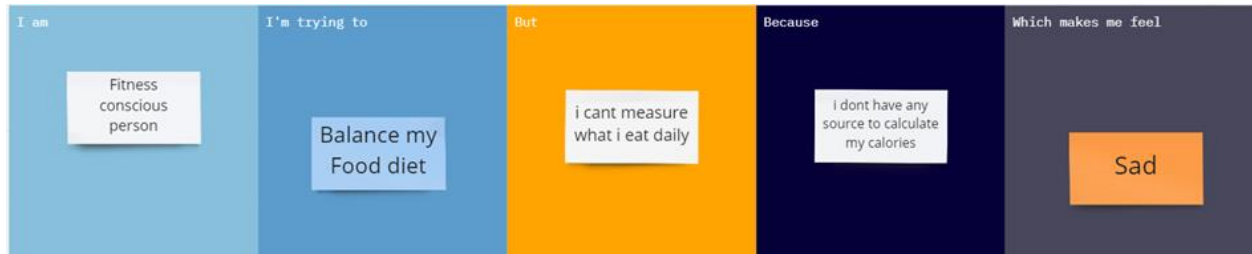
2. 7 References:

1. <https://ieeexplore.ieee.org/document/8320221>
2. <https://ieeexplore.ieee.org/document/9073490>
3. <https://ieeexplore.ieee.org/document/4782671>
4. <https://ieeexplore.ieee.org/document/7391367>
5. Floriana Mandracchia¹, Lucia Tarro, Elisabet Llauradó¹, Rosa M. Valls¹ and Rosa Solà, “Digital Health”, Volume 8: 1–12, 2022,
6. Ahn JS, Kim DW, Kim J, Park H, Lee JE. Development of a Smartphone Application for Dietary Self-Monitoring. Front Nutr. 2019 Sep 23;6:149. doi: 10.3389/fnut.2019.00149. PMID: 31608283; PMCID: PMC6768016.

2 .8 Problem Statement

People need to control their daily calorie intake by eating healthier foods, which is the most basic method to avoid obesity. However, although food packaging comes with nutrition (and calorie) labels, it is still not very convenient for people to refer.






3. IDEATION & PROPOSED SOLUTION

3.1 Empathy Map Canvas



3.2 Ideation & Brainstorming

Template



Brainstorm & idea prioritization

Use this template in your own brainstorming sessions so your team can unleash their imagination and start shaping concepts even if you're not sitting in the same room.

🕒 10 minutes to prepare
🕒 1 hour to collaborate
👤 2-8 people recommended

[Share template feedback](#)

➔

Before you collaborate

A little bit of preparation goes a long way with this session. Here's what you need to do to get going.

🕒 10 minutes

A

Team gathering

Define who should participate in the session and send an invite. Share relevant information or pre-work ahead.

B

Set the goal

Think about the problem you'll be focusing on solving in the brainstorming session.

C

Learn how to use the facilitation tools

Use the Facilitation Superpowers to run a happy and productive session.

[Open article](#) ➔

1


Define your problem statement

What problem are you trying to solve? Frame your problem as a How Might We statement. This will be the focus of your brainstorm.

🕒 5 minutes

🔍


How might we provide smart meal plans to our users?



Key rules of brainstorming

To run an smooth and productive session

➕ Stay in topic.	💡 Encourage wild ideas.
⏸️ Defer judgment.	👂 Listen to others.
🗣️ Go for volume.	🎨 If possible, be visual.



Need some inspiration?

See a related version of this template to kickstart your work.

[Open example](#) ➔

Brainstorm

10 minutes

TIP You can select a sticky note and hit the pencil (switch to sketch) icon to start drawing!

- **Follow the steps:** 1. Identify the problem 2. Analyze the problem 3. Develop a solution 4. Implement the solution
- **Remember the 5W's:** Who, What, When, Where, Why
- **Think of the steps:** 1. Identify the problem 2. Analyze the problem 3. Develop a solution 4. Implement the solution
- **Remember the 5W's:** Who, What, When, Where, Why

- **Transferring the information** from the original document into the electronic form requires a **conversion**
- **Transferring the information** from the original document into the electronic form requires a **conversion**
- **Transferring the information** from the original document into the electronic form requires a **conversion**
- **Transferring the information** from the original document into the electronic form requires a **conversion**

- The person needs a job, and needs to be able to do it
- The person needs to be able to do it
- The person needs to be able to do it
- The person needs to be able to do it

<p>The article concludes that the main task of the author is to show that the author is not the author.</p>	<p>The article is a very good example of the author's work.</p>
<p>The article is a very good example of the author's work.</p>	<p>The article is a very good example of the author's work.</p>

Group ideas

20 minutes

Early Detection:

Tip
Add customizable tags to sticky notes to make it easier to find, browse, organize, and categorize important ideas as themes within your mind.

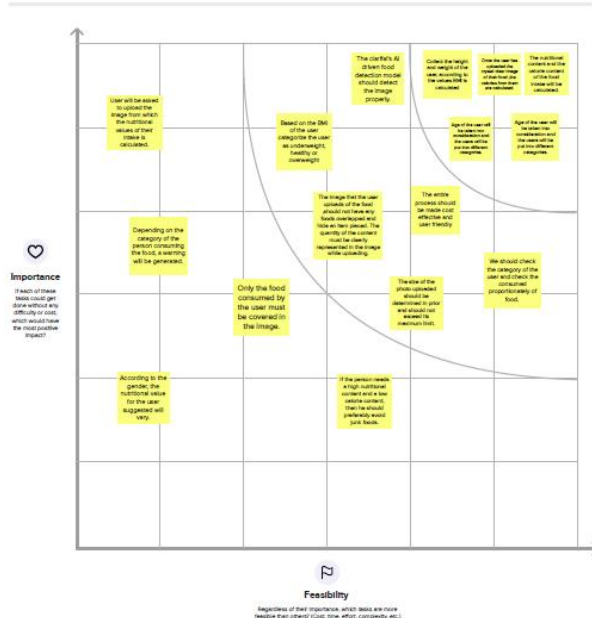


4

Prioritize

Your team should all be on the same page about what's important moving forward. Place your ideas on this grid to determine which ideas are important and which are feasible.

20 minutes



+

After you collaborate

You can export the mural as an image or pdf to share with members of your company who might find it helpful.

Quick add-ons

- Share the mural**
Share a view link to the mural with stakeholders to keep them in the loop about the outcomes of the session.
- Export the mural**
Export a copy of the mural as a PNG or PDF to attach to emails, include in slides, or save to your drive.

Keep moving forward

- Strategy Blueprint**
Define the components of a new idea or strategy.
[Open the template ->](#)
- Customer experience journey map**
Understand customer needs, motivations, and obstacles for an experience.
[Open the template ->](#)
- Strengths, weaknesses, opportunities & threats**
Identify strengths, weaknesses, opportunities, and threats (SWOT) to develop a plan.
[Open the template ->](#)

[Share template feedback](#)



3.3 Proposed Solution

S.No.	Parameter	Description
1.	Problem Statement (Problem to be solved)	Estimation of the food attributes such as ingredients and nutritional value of the consumer's food.
2.	Idea / Solution description	Develop an Application that automatically estimates the ingredients and nutritional value of food items, given the image of the item.
3.	Novelty / Uniqueness	As the proposed solution is to develop an application that can be easily accessed from anywhere, it is user friendly and also the estimate of food attributes are obtained instantly without any domain knowledge.
4.	Social Impact / Customer Satisfaction	As most of the customers are too keen on the calories taken and are very sensitive on their weight, this application would satisfy the customers in meeting their requirement and also help people to overcome issues related to obesity and make people help in maintaining good health.
5.	Business Model (Revenue Model)	This application is useful in many domains such as personal health, nutrition and dietician and physical practitioners.
6.	Scalability of the Solution	As the application is web based / mobile based, it can be easily scalable and the performance would not degrade as the number of users increase.

3.4 Problem Solution fit

Define CS, fit into CC	1. CUSTOMER SEGMENT(S) Above 12 years can use the app CS	6. CUSTOMER CONSTRAINTS <ul style="list-style-type: none"> Time – It takes a less time in the app to get the nutritional values Cost – Budget friendly Energy efficient Compatible devices Too much internet is not needed CC	5. AVAILABLE SOLUTIONS <ul style="list-style-type: none"> Daily reminder of updating what you eat with dropdown boxes Giving a diet chart according to the age and the obesity level AS	Explore AS, differentiate
	2. JOBS-TO-BE-DONE / PROBLEMS <ul style="list-style-type: none"> Not maintaining the nutritional level of the body Risk to people's health JP	9. PROBLEM ROOT CAUSE <ul style="list-style-type: none"> Eating many junk foods and oily items regularly will affect their health Intake should be related to your age RC	7. BEHAVIOUR Customer should enter their age and the current obesity level of them and daily they should click a snap of what they eat so that the app will give the appropriate calorie count of which is suitable for them and it will adjust accordingly. BE	
Focus on J&P, tap into BE, understand RC				Focus on J&P, tap into BE, understand RC
	3. TRIGGERS Calculate and know the calories count that you intake in daily basis and you can maintain it according to your age TR	10. YOUR SOLUTION Our solution automatically estimates food attributes such as ingredients and nutritional value by classifying the input image of food. SL	8. CHANNELS of BEHAVIOUR 8.1 ONLINE Click the picture of the food and get the nutritional values CH	Focus on J&P, tap into BE, understand RC

– d e s i g n e d b y s t r o t s y f i e e d

4. EMOTIONS: BEFORE / AFTER The customers get enormous diseases before when they be lethargic of what they eat . After using the app they might get a clear knowledge about how their body is and how they should maintain a good health EM	Our method employs Clarifai's AI-Driven Food Detection Model for accurate food identification and Food API's to give the nutritional value of the identified food when there is a picture of the food	8.2 OFFLINE Follow the instructions that the app shows in real life so that there will be a huge change in their health
---	---	--

4. REQUIREMENT ANALYSIS

4.1 Functional requirement

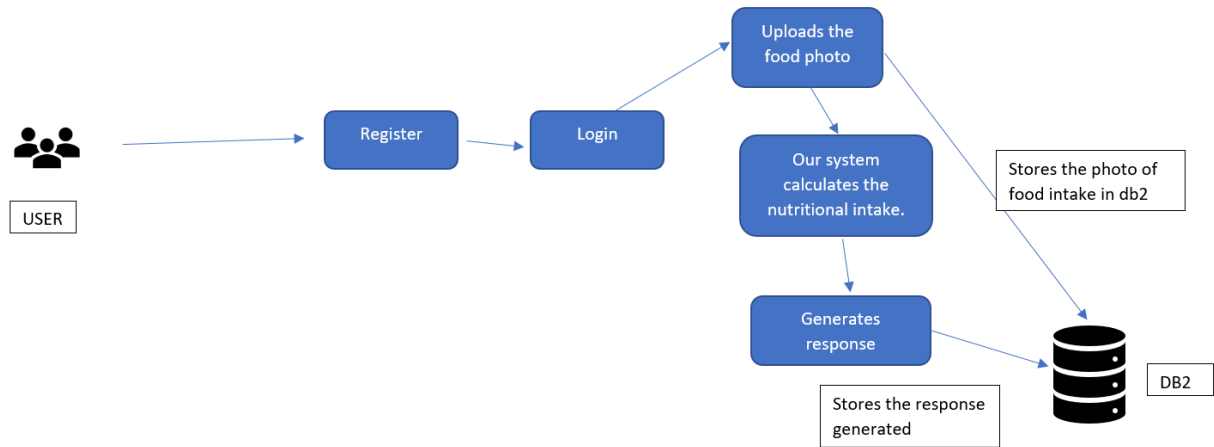
FR No.	Functional Requirement (Epic)	Sub Requirement (Story / Sub-Task)
FR-1	User Registration	Registration through Form Registration through Gmail Registration through LinkedIn
FR-2	User Confirmation	Confirmation via Email Confirmation via OTP
FR-3	Product Management	Easily track the nutritional content intake per person. From the photos that the users upload, we will be able to quickly calculate the nutritional content intake value and produce the accurate results. Track intake of junk foods and calculate calories. As per the previous intakes and their BMI values, food will be suggested accordingly.
FR-4	Quality of the uploaded photo	The photo of the food uploaded by the user should be of acceptable quality. The size of the file should be compactible. The image should not contain food that is overlapped.
FR-5	Calculation of BMI score	The BMI of the user needs to be calculated frequently. It should be calculated once the user creates an account in our app. Once the user starts following our meal plan, he/she should be frequently asked to enter their height and weight to calculate their BMI value and to make sure if this meal plan is fitting fine for them.
FR-6	Ensuring Security	User data collected must be kept as safe as possible. The data given by the user must not be misused.

4.2 Non-Functional requirements

FR No.	Non-Functional Requirement	Description
NFR-1	Usability	The UI should be user friendly. There will be an option which ensures people knowing any language would be able to access and people who have impairments would be able to access.
		People will be able to access this app from anywhere and anyplace in the world (there is no system or browser compatible issues)
NFR-2	Security	Only the authorized users would be able to use the system. If there is any security threat, the administrative team will be notified immediately and corrective actions would be taken.
NFR-3	Reliability	Even if there is hardware or software failure, the system should not reveal that to the users and should be able to perform the given tasks. The recovery of the system during those times should be fast and time taken should be as low as possible.
NFR-4	Performance	Performance of the system should be high and reliable. There will be high end systems supporting this capability.
NFR-5	Availability	This system should be available 24X7 with high performance value. Maintenance of the system should be notified in prior to the users.
NFR-6	Scalability	The system should support the scalability of users (whether increase or decrease in number of users)

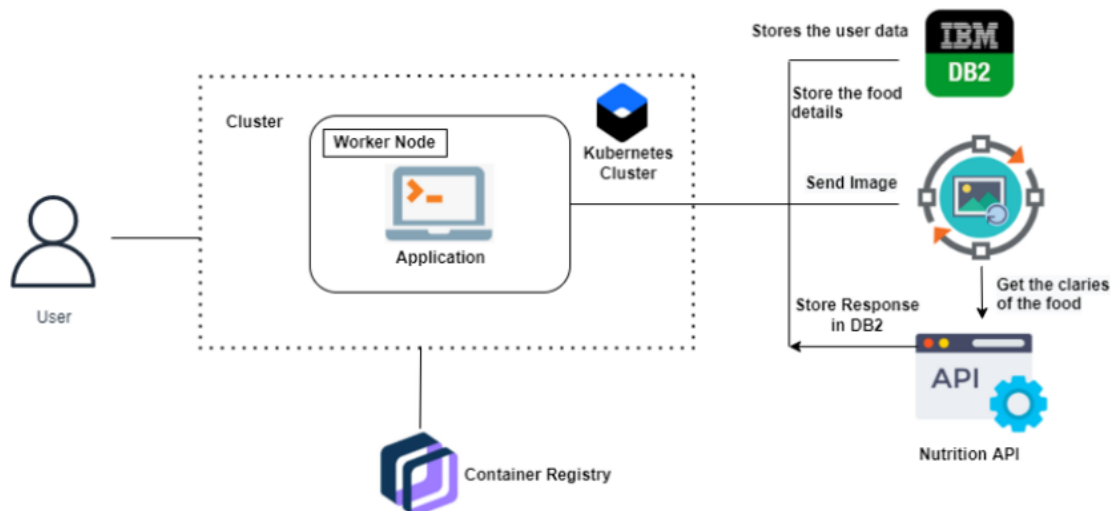
5. PROJECT DESIGN

5.1 Data Flow Diagrams



5.2 Solution & Technical Architecture

5.2.1 Solution Architecture



5.3 User Stories

User Stories

Use the below template to list all the user stories for the product.

User Type	Functional Requirement (Epic)	User Story Number	User Story / Task	Acceptance criteria	Priority	Release
Customer (Mobile user)	Registration	USN-1	As a user, I can register for the application by entering my email, password, and confirming my password.	I can access my account / dashboard	High	Sprint-1
		USN-2	As a user, I will receive confirmation email once I have registered for the application	I can receive confirmation email & click confirm	High	Sprint-1
	Login	USN-3	As a user, I can access the application and see my previous photos and responses.	Photos and responses will be stored in DB2	Medium	Sprint-2
	Upload Photo	USN-4	As a user, I can upload the photo content that I am going to intake.	Scan the photo to look into the food items and get the nutritional score.	High	Sprint-1
	Get responses	USN-5	As a user, I can get the response from the system i.e. the nutritional value, similarly I can follow the diet plans.	Outputs the nutritional value from photo and stores it in DB2	High	Sprint3
	Logout	USN-6	As a user, I can log out of the application.		High	Sprint-1

6. PROJECT PLANNING & SCHEDULING

6.1 Sprint Planning & Estimation

Sprint-1	Registration	USN-1	As a user, I can register for the application by entering my email, password, and confirming my password.	2	High	Deepika S G Solai Sneha Kaniska Varsini P D Pranitha V S
Sprint-2	Login	USN-2	As a user, I can log into the application by entering email & password	1	High	Deepika S G Solai Sneha Kaniska Varsini P D Pranitha V S
Sprint-3	Upload Image	USN-3	As a user, I should be able to upload my image for analysis	2	High	Deepika S G Solai Sneha Kaniska Varsini P D Pranitha V S
Sprint-4	Result Page	USN-4	As a user, I will be able to look into the results once after uploading the image.	2	High	Deepika S G Solai Sneha Kaniska Varsini P D Pranitha V S

6.2 Sprint Delivery Schedule

Sprint	Total Story Points	Duration	Sprint Start Date	Sprint End Date (Planned)	Story Points Completed (as on Planned End Date)	Sprint Release Date (Actual)
Sprint-1	20	6 Days	24 Oct 2022	29 Oct 2022	20	29 Oct 2022
Sprint-2	20	6 Days	31 Oct 2022	05 Nov 2022	20	05 NOV 2022
Sprint-3	20	6 Days	07 Nov 2022	12 Nov 2022	20	12 NOV 2022
Sprint-4	20	6 Days	14 Nov 2022	19 Nov 2022	20	19 NOV 2022

7 . CODING AND SOLUTIONS

7.1 Home Page:

Nutritional Assistant Application is a responsive web application which contains links to Register Page, Login Page and Upload image Page.

Home.html

```
<!DOCTYPE html>
<html lang="en">
  <head>
    <meta charset="UTF-8" />
    <meta http-equiv="X-UA-Compatible" content="IE=edge" />
    <meta name="viewport" content="width=device-width, initial-scale=1.0" />
    <!-- <link
```

```
    rel="stylesheet"
    href="{{url_for('static',filename='home-style.css')}}"
/> -->
<!-- <link
    rel="stylesheet"
    href="https://stackpath.bootstrapcdn.com/bootstrap/4.1.3/css/bootstrap.min.css"
/> -->
<link rel="stylesheet" href="/static/Registration-style.css">
<title>HOME</title>
<script src="https://kit.fontawesome.com/a076d05399.js"></script>
</head>
<style>
ul {
    list-style-type: none;
    margin: 0;
    padding: 0;
    overflow: hidden;
    background-color: #333;
}

li {
    float: right;
}

li a {
    display: block;
    color: white;
    text-align: center;
    padding: 14px 16px;
    text-decoration: none;
}
```

```
li a:hover {  
  background-color: #111;  
}
```

```
body {  
  
  background-color: #a3f375d7;  
  
  background-blend-mode: color-burn;  
  background-size: 430px 400px;  
}
```

```
.login-form {  
  background: #dcf1f1;  
  margin-top: 40px;  
  margin-bottom: 100px;  
  padding: 50px;  
  border-radius: 50px;  
  box-shadow: 10px 10px 5px 0px rgba(0, 0, 0, 0.75);  
}
```

```
.btn-primary {  
  width: 100%;  
}
```

```
</style>
```

```
<body>
```

```
<header>
```

```
<nav>
```


Register

Login

Support

<h1><center>Nutrition Assistant Application</center></h1>

</nav>

</header>

<div class="bg-text">

<p>

Nutrition Assistant Application is a web app that aims at automatically estimating

the food attributes such as ingredients and nutritional value by classifying the input image of the food. The person who wishes to use the app must register before using the app. The user can login to their account to see thier respective dashboard with the details of height, weight, BMI that is automatically generated and the amount of calorie that can be taken according to the BMI of the user. The user can upload the image of the food that he has taken. The app will then display the nutritional value of the food. The user can take a note of it and can alter his food habits accoring to his BMI and amount of calories that can be intaken. The user can view the history of the food and the calorie intake details in the histroy page. The user can make use of the support in case of any queries.

</p>

</div>

<section></section>

```
</body>
</html>
```

home-style.css

```
* {
  padding: 0;
  margin: 0;
  text-decoration: none;
  list-style: none;
  font-family: verdana;
  box-sizing: border-box;
}
body {
  background-color: #fdc100;
}
span {
  font-size: 30px;
  text-align: center;
  font-weight: bold;
}
img.logo {
  height: 60px;
  width: 80px;
  margin: 10px;
}
header {
  display: flex;
  justify-content: space-between;
  align-items: center;
```

```
}  
nav {  
    background-color: #fdc100;  
    height: 80px;  
    width: 100%;  
}  
label.nutri {  
    padding: 0 30px;  
    color: black;  
    font-size: 25px;  
    line-height: 80px;  
    font-weight: bold;  
}  
nav ul {  
    float: right;  
    margin-right: 20px;  
}  
nav ul li {  
    display: inline-block;  
    line-height: 80px;  
    margin: 0 5px;  
}  
nav ul li a {  
    color: black;  
    font-size: 17px;  
    border: 1px solid transparent;  
    padding: 7px 13px;  
    border-radius: 3px;  
}  
a.active,  
a:hover {
```



```
background: #80cc66;
border: 1px solid white;
transition: 0.5s;
}

.checkbtn {
font-size: 30px;
color: crimson;
float: right;
line-height: 80px;
margin-right: 40px;
cursor: pointer;
display: none;
}

#check {
display: none;
}

.bg-text {
background-color: rgb(0, 0, 0); /* Fallback color */
background-color: rgba(0, 0, 0, 0.7); /* Black w/opacity/see-through */
color: white;
border: 3px solid #f1f1f1;
position: absolute;
top: 50%;
left: 50%;
transform: translate(-50%, -50%);
z-index: 2;
width: 80%;
padding: 20px;
text-align: justify;
font-size: 22px;
}
```

```
@media (max-width: 992px) {  
  label.nutri {  
    font-size: 30px;  
    padding-left: 50px;  
  }  
  nav ul li a {  
    font-size: 16px;  
  }  
  .bg-text {  
    margin-top: 50px;  
    top: 50%;  
    left: 50%;  
  }  
}  
@media (max-width: 858px) {  
  .checkbtn {  
    display: block;  
  }  
  label.nutri {  
    display: none;  
  }  
  .bg-text {  
    font-size: 15px;  
    top: 40%;  
    left: 50%;  
  }  
  ul {  
    position: fixed;  
    width: 100%;  
    height: 100vh;
```

```
background: #ffee99;
z-index: 20;
top: 80px;
left: -100%;
text-align: center;
transition: all 0.5s;
}
nav ul li {
display: block;
margin: 50px 0;
line-height: 30px;
}
nav ul li a {
font-size: 20px;
color: black;
}
a.active,
a:hover {
background: none;
border: none;
color: #f26d1b;
}
#check:checked ~ ul {
left: 0;
}
}
section {
width: 100%;
background: url(food2.jpg);
background-position: center;
background-size: cover;
```

```
height: calc(100vh - 80px);
background-repeat: no-repeat;
}
```

7.2 Register Page:

Registration Page collects user's details and validates it. It then creates an account for them in our application.

Register.html

```
<!DOCTYPE html>
<html>
  <head>
    <meta charset="utf-8" />
    <title>Responsive Registration Form</title>
    <meta
      name="viewport"
      content="width=device-width,
        initial-scale=1.0"
    />

    <link
      rel="stylesheet"

href="https://stackpath.bootstrapcdn.com/bootstrap/4.1.3/css/bootstrap.min.css"
    />
```

```
</head>
<style>
body {
  padding-top: 50px;
  background-color: #a3f375d7;
  background-image: url('{{url_for('static',filename='calorie_calc_bg.png')}}');
  background-blend-mode: color-burn;
  background-size: 430px 400px;
}
.login-form {
  background: #dcf1f1;
  margin-top: 40px;
  margin-bottom: 100px;
  padding: 50px;
  border-radius: 50px;
  box-shadow: 10px 10px 5px 0px rgba(0, 0, 0, 0.75);
}

.btn-primary {
  width: 100%;
}
img {
  width: 50px;
  height: 50px;
}
</style>
<body>
  <center><div style="border:3px solid black;border-radius: 10px ;">
  <div class="container" >
```

```
<h1 class="form-title">
  &nbsp;Registration
</h1>
<form action="/register" method="post">
  <div class="main-user-info">
    <div class="user-input-box">
      <label for="firstName">First Name</label>
      <input
        type="text"
        id="firstName"
        name="firstName"
        placeholder="Enter First Name"
        required
      />
    </div>
    <div class="user-input-box">
      <label for="lastName">Last Name</label>
      <input
        type="text"
        id="lastName"
        name="lastName"
        placeholder="Enter Last Name"
        required
      />
    </div>
  </div>
</form>
```

```
<div class="user-input-box">
  <label for="email">Email</label>
  <input
    type="email"
    id="email"
    name="email"
    placeholder="Enter Email"
    required
  />
</div>

<div class="user-input-box">
  <label for="phoneNumber">Phone Number</label>
  <input
    type="text"
    id="phoneNumber"
    name="phoneNumber"
    placeholder="Enter Phone Number"
    required
  />
</div>

<div class="user-input-box">
  <label for="password">Password</label>
  <input
    type="password"
    id="password"
    name="password"
    placeholder="Enter Password"
    pattern="^(?=.*[A-Za-z])(?=.*\d)[A-Za-z\d]{5,}$"
    required
  />
</div>
```

```
    />
  </div>
  <div class="user-input-box">
    <label for="confirmPassword">Confirm Password</label>
    <input
      type="password"
      id="confirmPassword"
      name="confirmPassword"
      placeholder="Confirm Password"
      pattern="^(?=.*[A-Za-z])(?=.*\d)[A-Za-z\d]{5,}$"
      required
    />
  </div>
  <div>
    <span style="color: white; font-size: 13px"
      >Password must be minimum Five characters with at least one letter
      and one number</span>
    >
  </div>
</div>
<div class="form-submit-btn">
  <input type="submit" value="Register" />
</div>
<div class="go-back-btn">
  <a href="Home.html" class="goback">Go Back</a>
</div>
</div>
</center>
</form>
```



```
</div>
</body>
</html>
```

Registration-style.css

```
@import
url("https://fonts.googleapis.com/css2?family=Poppins:wght@200;300;400;500;600;700
&display=swap");

* {
  padding: 0;
  margin: 0;
  box-sizing: border-box;
  font-family: "Poppins", sans-serif;
}

img.logo {
  height: 60px;
  width: 70px;
  margin: 10px;
}

body {
  display: flex;
  height: 100vh;
  justify-content: center;
  align-items: center;
  background-color: #f1f375d7;
  background-image: url("calorie_calc_bg.png");
```

```

background-blend-mode: color-burn;
background-size: 430px 400px;
/*background: linear-gradient(to bottom right, #f9d423 0%, #ff4e50 100%);*/
}

.container {
width: 100%;
max-width: 650px;
background: rgba(
0,
0,
0,
0.6
); /*fdc100 - 253,193,0 06837f - 6,131,127 b4ffff - 180,255,255 02cecb - 2,206,203*/
padding: 28px;
margin: 0 28px;
border-radius: 10px;
box-shadow: inset -2px 2px 2px white;
}

.form-title {
font-size: 26px;
font-weight: 600;
text-align: center;
padding-bottom: 6px;
color: white;
border-bottom: solid 1px white;
display: flex;
align-items: center;
}

.main-user-info {

```

```
display: flex;
flex-wrap: wrap;
justify-content: space-between;
padding: 15px 0;
}
```

```
.user-input-box:nth-child(2n) {
  justify-content: end;
}
```

```
.user-input-box {
  display: flex;
  flex-wrap: wrap;
  width: 50%;
  padding-bottom: 12px;
}
```

```
.user-input-box label {
  width: 95%;
  color: white;
  font-size: 20px;
  font-weight: 400;
  margin: 5px 0;
}
```

```
.user-input-box input {
  height: 30px;
  width: 95%;
  border-radius: 5px;
  outline: none;
  border: 1px solid grey;
```

```
padding: 0 10px;  
}
```

```
.gender-title {  
  color: white;  
  font-size: 20px;  
  font-weight: 400;  
}
```

```
.gender-category {  
  margin: 20px 0;  
  color: white;  
}
```

```
.gender-category label {  
  padding: 0 20px 0 2px;  
}
```

```
.gender-category label,  
.gender-category input,  
.form-submit-btn input {  
  cursor: pointer;  
}
```

```
.form-submit-btn {  
  margin-top: 20px;  
}
```

```
.form-submit-btn input {  
  display: block;  
  width: 100%;
```

```
margin-top: 10px;
font-size: 20px;
padding: 7px;
border: none;
border-radius: 3px;
color: rgb(255, 255, 255);
background: rgba(253, 193, 0, 0.7);
}
```

```
.form-submit-btn input:hover {
  background: rgba(2, 206, 203, 0.7);
  color: rgb(255, 255, 255);
}
```

```
.go-back-btn {
  margin-top: 20px;
}
```

```
.go-back-btn a {
  display: block;
  width: 100%;
  margin-top: 10px;
  font-size: 20px;
  padding: 7px;
  text-decoration: none;
  border: none;
  text-align: center;
  border-radius: 3px;
  color: rgb(255, 255, 255);
  background: rgba(253, 193, 0, 0.7);
}
```

```
.go-back-btn a:hover {
  background: rgba(2, 206, 203, 0.7);
}
```

```
color: rgb(255, 255, 255);  
cursor: pointer;  
}
```

```
@media (max-width: 600px) {  
  .container {  
    min-width: 280px;  
  }  
}
```

```
.user-input-box {  
  margin-bottom: 12px;  
  width: 100%;  
}
```

```
.user-input-box:nth-child(2n) {  
  justify-content: space-between;  
}
```

```
.gender-category {  
  display: flex;  
  justify-content: space-between;  
  width: 100%;  
  font-size: 17px;  
}
```

```
.main-user-info {  
  max-height: 380px;  
  overflow: auto;  
}
```

```
.main-user-info::-webkit-scrollbar {
```

```
width: 0;
}
}
```

7.3 Personal details:

The user will be asked to enter their registered email and password. After entering correct email and password the user have to click the login button. After that the user will be directed to their respective dashboard.

personaldetails.html

```
<!DOCTYPE html>
<html lang="en">
  <head>
    <!-- Required meta tags -->
    <meta charset="utf-8" />
    <meta
      name="viewport"
      content="width=device-width, initial-scale=1, shrink-to-fit=no"
    />

    <!-- Bootstrap CSS -->
    <link
      rel="stylesheet"
      href="https://stackpath.bootstrapcdn.com/bootstrap/4.5.2/css/bootstrap.min.css"
```

```
    integrity="sha384-
JcKb8q3iqJ61gNV9KGb8thSsNjpSL0n8PARn9HuZOnIxN0hoP+VmmDGMN5t9UJ0Z"
    crossorigin="anonymous"
  />
<link rel="stylesheet" href="style.css" />
<title>Calorie Calculator</title>

<style>
  body {
    background-color: #f1f375d7;
    background-image: url('{{url_for('static',filename='calorie_calc_bg.png')}}');
    background-blend-mode: color-burn;
    background-size: 430px 400px;
  }
  .results {
    display: none;
  }

  .btn {
    background: lighten(#06837f, 3%);
    font-weight: 600;
    letter-spacing: 1px;
  }
</style>
</head>
<body>
  <div class="container">
    <div class="row">
      <div class="col-lg-7 mx-auto">
        <div class="card card-body text-center mt-5">
          <h3 class="heading display-5 pb-3 mb-4">
```


Enter your personal details

</h3>

<form id="calorie-form" method="post" action="/addpersonaldetails">

<div class="form-group row">

<label for="age" class="col-sm-2 col-form-label">Age</label>

<div class="col-sm-10">

<input

type="text"

class="form-control"

id="age"

name="age"

placeholder="Age > 17"

pattern="(?:1[01][0-9]|120|1[7-9][2-9][0-9])\$"

required

/>

</div>

</div>

<fieldset class="form-group">

<div class="row">

<legend class="col-form-label col-sm-2 pt-0">Gender</legend>

<div class="col-sm-10" id="form-radio">

<div

class="custom-control custom-radio custom-control-inline"

>

<input

type="radio"

id="male"

name="Gender"

value="male"

class="custom-control-input"

```
        checked="checked"
    />
    <label class="custom-control-label" for="male"
        >Male</label
    >
</div>
<div
    class="custom-control custom-radio custom-control-inline"
    >
    <input
        type="radio"
        id="female"
        name="Gender"
        value="female"
        class="custom-control-input"
    />
    <label class="custom-control-label" for="female"
        >Female</label
    >
</div>
</div>
</div>
</fieldset>
```

```
<div class="form-group row">
    <label for="weight" class="col-sm-2 col-form-label"
        >Weight</label
    >
    <div class="col-sm-10">
        <input
            type="number"
```

```
        class="form-control"
        id="weight"
        name="weight"
        placeholder="In kilograms"
        required
    />
</div>
</div>
```

```
<div class="form-group row">
  <label for="height" class="col-sm-2 col-form-label"
  >Height</label
  >
  <div class="col-sm-10">
    <input
      type="number"
      class="form-control"
      id="height"
      name="height"
      placeholder="In centimeters"
      required
    />
  </div>
</div>
```

```
<div class="form-group row">
  <legend class="col-form-label col-sm-2 pt-0">Activity</legend>
  <select
    class="custom-select col-sm-10 col-lg-9 ml-3"
    id="list"
    name="activity"
```

```
>
<option selected value="1">
  Sedentary (little or no exercise)
</option>
<option value="2">
  Lightly active (light exercise/sports 1-3 days/week)
</option>
<option value="3">
  Moderately active (moderate exercise/sports 3-5 days/week)
</option>
<option value="4">
  Very active (hard exercise/sports 6-7 days a week)
</option>
<option value="5">
  Extra active (very hard exercise/sports & physical job or 2x
  training)
</option>
</select>
</div>
```

```
<div class="form-group" style="margin-top: 70px">
  <input
    type="submit"
    value="Proceed to dashboard"
    class="btn btn-block"
    style="background-color: #06837f; color: white"
  />
  <input
    type="button"
    onclick="window.history.back()"
    value="Go Back"
```

```
        class="btn btn-block"
        style="background-color: #06837f; color: white"
    />
</div>
</form>
</div>
</div>
</div>
</div>
</div>

<script
  src="https://code.jquery.com/jquery-3.5.1.slim.min.js"
  integrity="sha384-
DfXdz2htPH0lsSSs5nCTpuj/zy4C+OGpamoFVy38MVBnE+IbbVYUew+OrCXaRkfj"
  crossorigin="anonymous"
></script>
<script
  src="https://cdn.jsdelivr.net/npm/popper.js@1.16.1/dist/umd/popper.min.js"
  integrity="sha384-
9/reFTGAW83EW2RDu2S0VVKalzap3H66lZH81PoYlFhbGU+6BZp6G7niu735Sk7lN"
  crossorigin="anonymous"
></script>
<script
  src="https://stackpath.bootstrapcdn.com/bootstrap/4.5.2/js/bootstrap.min.js"
  integrity="sha384-
B4gt1jrGC7Jh4AgTPSdUtOBvfO8shuf57BaghqFfPIYxofvL8/KUEfYiJOMMV+rV"
  crossorigin="anonymous"
></script>
<script src="script.js"></script>
</body>
</html>
```

personaldetails.js

```
document
.getElementById("calorie-form")
.addEventListener("submit", function (e) {
    document.getElementById("results").style.display = "none";

    document.getElementById("loading").style.display = "block";

    setTimeout(calculateCalories, 2000);

    e.preventDefault();
});

if (
    age.value === "" ||
    weight.value === "" ||
    height.value === "" ||
    80 < age.value ||
    age.value < 21
) {
    errorMessage("Please make sure the values you entered are correct");
}

function errorMessage(error) {
    document.getElementById("results").style.display = "none";

    document.getElementById("loading").style.display = "none";
    const errorDiv = document.createElement("div");
    const card = document.querySelector(".card");
    const heading = document.querySelector(".heading");
    errorDiv.className = "alert alert-danger";
```

```

errorDiv.appendChild(document.createTextNode(error));

card.insertBefore(errorDiv, heading);

setTimeout(clearError, 4000);
}

function clearError() {
    document.querySelector(".alert").remove();
}

```

7.4 Login Page:

```

<html lang="en">
<head>
  <meta charset="UTF-8" />
  <title>Login Form</title>
  <link
    rel="stylesheet"
    href="https://stackpath.bootstrapcdn.com/bootstrap/4.1.3/css/bootstrap.min.css"
  />
</head>
<style>
  body {
    padding-top: 50px;
    background-color: #a3f375d7;
    background-image: url('{{url_for('static',filename='calorie_calc_bg.png')}}');
    background-blend-mode: color-burn;
  }
</style>

```



```

        placeholder="Enter email"
        required
    />
    <small id="emailHelp" class="form-text text-muted">
        We'll never share your email with anyone else.
    </small>
</div>
<div class="form-group">
    <label for="exampleInputPassword1"> Enter Password </label>
    <input
        type="password"
        class="form-control"
        id="password"
        name="password"
        placeholder="Password"
        pattern="^(?=.*[A-Za-z])(?=.*\d)[A-Za-z\d]{5,}$"
        required
    />
</div>
<div class="form-group form-check">
    <input
        type="checkbox"
        class="form-check-input"
        onclick="showpass()"
    />
    <label class="form-check-label" for="exampleCheck1">
        Show Password
    </label>
</div>
<span style="color: red">{{message}}</span>
<button

```

```
        type="submit"
        class="btn btn-primary"
        style="margin-top: 10px"
    >
        Submit
    </button>
</form>
</div>
</div>
</div>
</div>
<script>
function showpass() {
    var x = document.getElementById("password");
    if (x.type === "password") {
        x.type = "text";
    } else {
        x.type = "password";
    }
}
</script>
<script
    src="https://code.jquery.com/jquery-3.3.1.slim.min.js"
    integrity="sha384-q8i/X+965DzO0rT7abK41JStQIAqVgRVzpbzo5smXKp4YfRvH+8abtTE1Pi6jizo"
    crossorigin="anonymous"
></script>
<script
    src="https://cdnjs.cloudflare.com/ajax/libs/popper.js/1.14.7/umd/popper.min.js"
    integrity="sha384-UO2eT0CpHqdSJQ6hJty5KVphtPhzWj9WO1clHTMGa3JDZwrnQq4sF86dIHNDz0W1"
    >
```

```

        crossorigin="anonymous"
    ></script>
    <script
        src="https://stackpath.bootstrapcdn.com/bootstrap/4.3.1/js/bootstrap.min.js"
        integrity="sha384-
JjSmVgyd0p3pXB1rRibZUAYoIlly6OrQ6VrjIEaFf/nJGzlxFDsf4x0xIM+B07jRM"
        crossorigin="anonymous"
    ></script>
    <script></script>
</body>
</html>

```

Dashboard:

Dashboard.html

```

<!DOCTYPE html>
<html>
    <head>
        <title>
            Dashboard
        </title>
        <meta name="viewport" content="width=device-width , initial-scale=1.0">
        <link rel="stylesheet"
href="https://cdn.jsdelivr.net/npm/bootstrap@4.6.1/dist/css/bootstrap.min.css">
        <script
src="https://cdn.jsdelivr.net/npm/jquery@3.6.0/dist/jquery.slim.min.js"></script>
        <script
src="https://cdn.jsdelivr.net/npm/popper.js@1.16.1/dist/umd/popper.min.js"></script>
        <link href="https://cdn.jsdelivr.net/npm/bootstrap@5.0.2/dist/css/bootstrap.min.css"
rel="stylesheet" integrity="sha384-

```

EVSTQN3/azprG1Anm3QDgpJLIm9Nao0Yz1ztcQTwFspd3yD65VohhpuuCOmLASjC"
crossorigin="anonymous">

<script
src="https://cdn.jsdelivr.net/npm/bootstrap@5.2.2/dist/js/bootstrap.bundle.min.js"
integrity="sha384-
OERcA2EqJJCMA+/3y+gxIOqMEjwtxJY7qPCqsdltbNJuaOe923+mo//f6V8Qbsw3"
crossorigin="anonymous"></script>

<link rel="stylesheet" href="https://cdnjs.cloudflare.com/ajax/libs/font-
awesome/4.7.0/css/font-awesome.min.css">

<link rel="stylesheet" href="{{url_for('static',filename='dashboard.css')}}">
</head>
<body>

<nav class="navbar navbar-expand-lg ">
<div class="container-fluid">

<button class="navbar-toggler" type="button" data-bs-toggle="collapse" data-
bs-target="#navbarNav" aria-controls="navbarNav" aria-expanded="false" aria-
label="Toggle navigation">

<i class="fa fa-bars" style="font-size:36px"></i>

</button>

<div class="collapse navbar-collapse" id="navbarNav">

<ul class="navbar-nav ml-auto text-right">

<li class="nav-item">

Support

<li class="nav-item ">

Logout


```
        </div>
    </div>
</div>
</nav>
<div class="container">
<div class="row ">
    <div class="column border box">

        <h4>Height: {{height}} </h4>
    </div>
    <div class="column border box">

        <h4>Weight: {{weight}} </h4>
    </div>
</div>
<div class="row my-0 ">
    <div class="column border box">

        <h4>BMI: {{BMI}} </h4>
    </div>
    <div class="column border box">

        <h4>Calorie Intake: {{daily_calorie_intake}} </h4>
    </div>
</div>
<div class="row">
<div class="column">
    <a href="{{url_for('upload')}}" id="bu1" class="btn btn-info btn-lg">Upload
Image</a>
</div>
<div class="column ">
```

```

        <a href="{{url_for('history')}}" id="bu1" class="btn btn-info btn-lg">Track
History</a>
    </div>
</div>
</div>
</div>
    </div>
</div>

</body>
</html>

```

Dashboard.css

```

body{
    background-color:#D4F1F4;
}
.nav-item{
    text-align: end;
}
.navbar-toggler{
    outline: none !important;
    padding: 0 !important;
}
.navbar-toggler i{
    width: 40px;
}
#bu1{
    text-decoration: none;
}
.navbar{

```

```
background-color:#05445E;
top: 0;
width: 100%;
overflow: hidden;
height: 65px;
}
```

```
.nav-link{
    color: white;
    font-weight: 900;
    margin-left: 50px;
    letter-spacing: 2px;
}
```

```
.nav-item a:hover{
    color: #FDC100;
}
```

```
* {
    box-sizing: border-box;
}
```

```
.row {
    display: flex;
    margin-top: 30px;
    margin-bottom: 15px;
}
```

```
.box{
    background-color: #a0dfdf;
}
```

```
.container{
    margin: 50px auto;
    width:40%;
    text-align: center;
```

```
}  
.container h3{  
    color: #272643;  
}  
.container img{  
    object-fit:contain;  
}  
.column {  
    flex: 33.33%;  
    padding: 5px;  
    margin-right:15px;  
}  
#pic{  
    height: 100px;  
    width: 130px;  
}
```

```
#img{  
    background-color: #24a0ed;  
    color: black;  
    padding: 14px 25px;  
    text-align: center;  
    text-decoration: none;  
    display: inline-block;  
}
```

```
#bu1{  
    background-color:#05445E ;  
    color: white;  
    font-weight: 800;  
    font-size: medium;  
    border-style: none;
```



```
text-align:center;

}
```

7.5 Upload Page:

Upload.html

```
<!DOCTYPE html>
<html>
  <head>
    <title>Upload image</title>
    <link href="https://cdn.jsdelivr.net/npm/bootstrap@5.0.2/dist/css/bootstrap.min.css"
rel="stylesheet" integrity="sha384-
EVSTQN3/azprG1Anm3QDgpJLIm9Nao0Yz1ztcQTwFspd3yD65VohhpuuCOmLASjC"
crossorigin="anonymous">
    <link rel="stylesheet" href="https://cdnjs.cloudflare.com/ajax/libs/font-
awesome/4.7.0/css/font-awesome.min.css">
    <link rel="stylesheet" href="{{url_for('static',filename='upload.css')}}">
  </head>
  <body>
    <script
src="https://cdn.jsdelivr.net/npm/bootstrap@5.2.2/dist/js/bootstrap.bundle.min.js"
integrity="sha384-
OERcA2EqJJCMA+/3y+gxIOqMEjwtxJY7qPCqsdltbNJuaOe923+mo//f6V8Qbsw3"
crossorigin="anonymous"></script>
    <form action="/getnutri" method="post" enctype="multipart/form-data">
    <div class="container uploadOuter ">
```

```

<table class="uploadimage">
  <tr>
    <th><label for="uploadFile" id="file" ><h2>Choose your image to upload</h2><i
class="fa fa-file-photo-o" style="font-size:48px;color:red"></i></i>

    </label></th>
    <th>    </th>
    <th><h3>OR</h3></th>

    <th><span class="dragBox" >
      <h2>Drag and Drop image here</h2><i class="fa fa-file-photo-o" style="font-
size:48px;color:red"></i>
      <input name="file" type="file" onChange="dragNdrop(event)"
onmouseover="drag()" ondrop="drop()" id="uploadFile" required/>
    </span></th>
  </tr>
</table>

  <button class="btn btn-primary btn-lg" id="b1"
onclick="window.history.back()">Go Back </button>
  <button class="btn btn-primary btn-lg" id="b1" type="submit" >Submit </button>

</div>
</form>
</div>
</div>
<div>
  <table class="table table-bordered"><br/><br/>
    <tr>
      <th scope="col" style="background-
color:#050a30;color:white;">Calories</th>

```

```

        <td style="background-color:white;">{{calories}}</td>
    </tr>
    <tr>
        <th scope="col" style="background-color:#050a30;color:white;">Protein</th>
        <td style="background-color:white;">{{protein}}</td>

    </tr>
    <tr>
        <th scope="col" style="background-color:#050a30;color:white;">Fat</th>
        <td style="background-color:white;">{{fat}}</td>

    </tr>
    <tr>
        <th scope="col" style="background-color:#050a30;color:white;">Carbs</th>
        <td style="background-color:white;">{{carbs}}</td>
    </tr>

</table>
</div>

<div id="preview" style="height:105px"> </div>

</div>
</div>
<script>
    "use strict";
function dragNdrop(event) {
    var fileName = URL.createObjectURL(event.target.files[0]);
    var preview = document.getElementById("preview");
    var previewImg = document.createElement("img");
    previewImg.setAttribute("src", fileName);

```

```

    previewImg.setAttribute("width", "100px");
    previewImg.setAttribute("height", "100px");
    preview.innerHTML = "";
    preview.appendChild(previewImg);
}
function drag() {
    document.getElementById('uploadFile').parentNode.className = 'draging dragBox';
}
function drop() {
    document.getElementById('uploadFile').parentNode.className = 'dragBox';
}

    </script>
</body>
</html>

```

Upload.css

```

body {
    background-image: url("calorie_calc_bg.png");
    background-color: #f1f375d7;
    background-blend-mode: color-burn;
    background-size: 430px 400px;
}
.uploadOuter {
    text-align: center;
    padding: 30px;
}
h2,
h3 {
    color: #000c66;
}

```

```
table {
  display: flex;
  flex-direction: row;
  justify-content: center;
  margin: 10px;
  margin-bottom: auto;
  padding: 20px;
}

#file {
  padding: 15px;
  width: 300px;
  height: 180px;
  text-align: center;
  border: 2px dotted #050a30;
  border-radius: 7px;
  cursor: pointer;
  position: relative;
  color: #000c66;
}

.dragBox {
  padding: 15px;
  width: 300px;
  height: 180px;
  border-radius: 7px;
  margin: 0 auto;
  position: relative;
  text-align: center;
  font-weight: bold;
  line-height: 95px;
```

```
border: 2px dotted #050a30;
display: inline-block;
transition: transform 0.3s;
}
input[type="file"] {
  position: absolute;
  height: 100%;
  width: 100%;
  opacity: 0;
  top: 0;
  left: 0;
}
.draging {
  transform: scale(1.1);
}
#preview {
  text-align: center;
}
img {
  max-width: 100%;
}
#b1 {
  background-color: #000c66;
  color: white;
  border: none;
}
```

Track History Page:

The user will be asked to enter food name and calorie value of the food. After entering, the user must click the add button. After clicking the add button, the user meal history will be added to the table below.

History.html

```
<!DOCTYPE html>
<html lang="en">
  <head>
    <meta charset="UTF-8" />
    <meta name="viewport" content="width=device-width, initial-scale=1.0" />
    <meta http-equiv="X-UA-Compatible" content="ie=edge" />
    <title>Track history</title>

    <link href="https://cdn.jsdelivr.net/npm/bootstrap@5.2.2/dist/css/bootstrap.min.css"
rel="stylesheet" integrity="sha384-
Zenh87qX5JnK2Jl0vWa8Ck2rdkQ2Bzep5IDxbcnCeuOxjzrPF/et3URy9Bv1WTRi"
crossorigin="anonymous"/>

    <!--Navbar fonts-->
    <link rel="stylesheet" href="https://cdn.jsdelivr.net/npm/@fontawesome/fontawesome-
free@6.2.0/css/fontawesome.min.css" integrity="sha384-
z4tVnCr80ZcL0iufVdGQSUzNvJsKjEtqYZjiQrrYKlpGow+btDHDfQWkFjoaz/Zr"
crossorigin="anonymous">

    <!--Adding icons-->
    <!--Date icon and bootstrap alignment-->
    <link rel="stylesheet"
href="https://maxcdn.bootstrapcdn.com/bootstrap/3.4.0/css/bootstrap.min.css"/>
    <!--Burger icon-->
```

```

<script src='https://kit.fontawesome.com/a076d05399.js'
crossorigin='anonymous'></script>
<!--Bolt icon-->
<link rel="stylesheet" href="https://cdnjs.cloudflare.com/ajax/libs/font-
awesome/4.7.0/css/font-awesome.min.css">
<!--Nav Icon-->
<script src="https://kit.fontawesome.com/a076d05399.js"
crossorigin="anonymous"></script>

<!--Link to trackhistorystyle.css file-->
<link rel="stylesheet" href="{{url_for('static',filename='trackhistorystyle.css')}}"/>

</head>
<body>
<!--Navbar-->
<div class="bg">

<nav>

<input type="checkbox" id="check">
<label for="check" class="checkbtn">
  <i class="fas fa-bars"></i>
</label>
<label class="logo"><span style="margin-top:5px;">Track History</span></label>
<ul>
  <li>
    <button class="navbutton" onclick="window.history.back()" ><a >Go
Back</a></button>
  </li>
  <li>
    <a href="#">Upload Image</a>

```



```
</li>
<li class="nav-item">
  <a href="{{url_for('support')}}">Support</a>
</li>
<li class="nav-item">
  <a href="{{url_for('home')}}">Log out</a>
</li>
</ul>
</nav>
```

```
<div class="container" style="margin-top: 50px;">
  <form action="/addhistory" method="POST">
    <div class="row">
      <div class="col-md-3 mt-3">
        <!--component-->
        <span style="font-size:17px;">Date:</span>
        <div class="input-group date" id="datePicker" >
          <span class="input-group-addon">
            <i class="glyphicon glyphicon-calendar" style="color:#0b3c49"></i>
          </span>
          <input
            type="text"
            class="form-control"
            name="date"
            id="date"
            readonly
            style="background-color:white"
          />
        </div>
      </div>
    </div>
```

```
<div class="col-md-3 mt-3">
  <span style="font-size:17px;">Enter the food name:</span>

  <div class="input-group date" id="datePicker" >
    <span class="input-group-addon" >
      <i class='fas fa-hamburger ' style="color:#0b3c49"></i>
    </span>
    <input
      type="text"
      class="form-control"
      name="meal_name"
      id="meal_name"
    />
  </div>
</div>

<div class="col-md-3 mt-3">
  <span style="font-size:17px;">Enter Calories:</span>
  <div class="input-group date" id="datePicker" >
    <span class="input-group-addon">
      <i class="fa fa-bolt" style=" color:#0b3c49"></i>
    </span>
    <input
      type="text"
      class="form-control"
      name="calories"
      id="calories"
    />
  </div></div>

<div class="col-md-3 mt-3" style="margin-left:auto">
```

```
        <button type="submit" class="btn btn-default" width="50px" style="margin-top:20px ;background-color:white;color: #0b3c49;border-color: #0b3c49;" ><b>Add
+</b></button>
    </div>
```

```
</div>
<div class="row">
    <div class="col-md-12">
        <table class="table table-bordered"><br/><br/>
            <thead class="thead" style="background-color:#0b3c49;color:white;" >
                <tr>
                    <th scope="col">Date</th>
                    <th scope="col">Food Name</th>
                    <th scope="col">Calories</th>
                </tr>
            </thead>
            <tbody>
                {%set count = namespace(value=0)%}
                {%for i in range(no_of_rows)%}
                    <tr>
                        {%for j in range(3)%}
                            <td>{{history[count.value]}}{%set count.value = count.value +
1%}</td>
                                {%endfor%}
                        </tr>
                    {%endfor%}
                </tbody>
            </table>
        </div>
    </div>
</div>
```

```

    </form>
  </div>
</div>
<!--Link to trackhistory Javascript-->
<script src="{{url_for('static',filename='trackhistory.js')}}"></script>

<!-- jQuery first, then Popper.js, then Bootstrap JS -->
<script src="https://code.jquery.com/jquery-3.2.1.slim.min.js" integrity="sha384-
KJ3o2DKtIkVYIK3UENzmM7KCKr/rE9/Qpg6aAZGJwFDMVNA/GpGFF93hXpG5KkN"
crossorigin="anonymous"></script>
<script src="https://cdn.jsdelivr.net/npm/popper.js@1.12.9/dist/umd/popper.min.js"
integrity="sha384-
ApNbgh9B+Y1QKtv3Rn7W3mgPxhU9K/ScQsAP7hUibX39j7fakFPskvXusvfa0b4Q"
crossorigin="anonymous"></script>
<script src="https://cdn.jsdelivr.net/npm/bootstrap@4.0.0/dist/js/bootstrap.min.js"
integrity="sha384-
JZR6Spejh4U02d8jOt6vLEHfe/JQGiRRSQQxSfFWpi1MquVdAyjUar5+76PVCmYI"
crossorigin="anonymous"></script>
</body>
</html>

```

Trackhistorystyle.css

```

* {
  margin: 0;
  padding: 0;
  text-decoration: none;
  list-style: none;
  box-sizing: border-box;
}
body {
  font-family: montserrat;

```

```
    background: #dcf1f1;
}
.bg {
    height: 100vh;
    width: 100%;
    background-image: linear-gradient(#dcf1f16a, #dcf1f16a),
        url("track_history.png");
}
button.navbutton {
    background: none;
    color: white;
    border: none;
    padding: 0;
    font: inherit;
    cursor: pointer;
    outline: inherit;
}

nav {
    background: #0b3c49;
    height: 80px;
    width: 100%;
}
label.logo {
    color: white;
    font-size: 25px;
    line-height: 80px;
    padding: 0 10px;
    font-weight: bold;
}
nav ul {
```

```
float: right;
margin-right: 10px;
}
nav ul li {
display: inline-block;
line-height: 80px;
margin: 0 5px;
}
nav ul li a {
color: white;
font-size: 17px;
padding: 7px 13px;
border-radius: 3px;
text-transform: uppercase;
}
a:hover {
color: white;
background: #02cecb87;
text-decoration: none;
}
.checkbtn {
font-size: 30px;
color: white;
float: right;
line-height: 80px;
margin-right: 40px;
cursor: pointer;
display: none;
}
#check {
display: none;
```

```
}  
@media (max-width: 952px) {  
  label.logo {  
    font-size: 25px;  
  }  
  nav ul li a {  
    font-size: 16px;  
  }  
}  
@media (max-width: 858px) {  
  .checkbtn {  
    display: block;  
  }  
  ul {  
    position: fixed;  
    width: 100%;  
    height: 100vh;  
    background: #07262f;  
    top: 80px;  
    left: -100%;  
    text-align: center;  
    z-index: 20;  
    transition: all 0.5s;  
  }  
  nav ul li {  
    display: block;  
    margin: 50px;  
    line-height: 30px;  
  }  
  nav ul li a {  
    font-size: 20px;
```

```

}
a:hover {
    background: none;
    color: #90f1bab6;
}
button.navbutton:hover {
    color: #90f1bab6;
}
#check:checked ~ ul {
    left: 0;
}
}
}
.container {
    background: white;
    margin-top: 30px;
    margin-bottom: 30px;
    border: 1px solid rgba(0, 0, 0, 0.4);
    padding: 30px;
    border-radius: 6px;
}

```

trackhistory.js

```

var todaydate = new Date();
var day = todaydate.getDate();
var month = todaydate.getMonth() + 1;
var year = todaydate.getFullYear();
var datestring = day + "." + month + "." + year;
document.getElementById("date").value = datestring;

```

Support Page:

If the user has any doubts, then he can come to the support page anytime with the help of link provided in the navigation bar.

Support.html

```
<!DOCTYPE html>

<html lang="en">

  <head>

    <meta charset="UTF-8" />

    <meta name="viewport" content="width=device-width, initial-scale=1.0" />

    <meta http-equiv="X-UA-Compatible" content="ie=edge" />

    <title>Support</title>

    <!-- CSS only -->

    <link

      href="https://cdn.jsdelivr.net/npm/bootstrap@5.2.2/dist/css/bootstrap.min.css"

      rel="stylesheet"

      integrity="sha384-
Zenh87qX5JnK2Jl0vWa8Ck2rdkQ2Bzep5IDxbcnCeuOxjzrPF/et3URy9Bv1WTRi"

      crossorigin="anonymous"

    />

    <link

      rel="stylesheet"

      href="https://stackpath.bootstrapcdn.com/font-awesome/4.7.0/css/font-
awesome.min.css"

    />

    <!-- JavaScript Bundle with Popper Bootstrap -->
```

<script

src="https://cdn.jsdelivr.net/npm/bootstrap@5.2.2/dist/js/bootstrap.bundle.min.js"

integrity="sha384-

OERcA2EqjJCMA+/3y+gxIOqMEjwtxJY7qPCqsdltbNJuaOe923+mo//f6V8Qbsw3"

crossorigin="anonymous"

></script>

<link

rel="stylesheet"

href="{{url_for('static', filename='supportstyle.css')}}"

/>

</head>

<body>

<h2 class="support-message">

Feeling stuck ? We are here to help you :)

</h2>

<section>

<div class="container">

<div class="row">

<!--FAQ column-->

<div class="col-md-6" style="margin-top: 30px">

<div class="accordion" id="accordionExample">

<div class="accordion-item">

```
<h2 class="accordion-header" id="headingOne">
```

```
<button
```

```
  class="accordion-button collapsed"
```

```
  type="button"
```

```
  data-bs-toggle="collapse"
```

```
  data-bs-target="#collapseOne"
```

```
  aria-expanded="false"
```

```
  aria-controls="collapseOne"
```

```
  style="
```

```
    --bs-accordion-btn-focus-box-shadow: none;
```

```
    --bs-accordion-active-color: #000;
```

```
    --bs-accordion-active-bg: #fdc100;
```

```
    --bs-accordion-border-color: none;
```

```
  "
```

```
>
```

```
  How can I use this app?
```

```
</button>
```

```
</h2>
```

```
<div
```

```
  id="collapseOne"
```

```
  class="accordion-collapse collapse"
```

```
  aria-labelledby="headingOne"
```

```
  data-bs-parent="#accordionExample"
```

```
>
```

```
<div class="accordion-body">
```

```
<ul>
```

```
<li>
```

Complete the `registration` process by clicking the register button present in the home page

```
</li>
```

```
<li>
```

After successful registration, `login` into your account.

```
</li>
```

```
<li>
```

After login successfully you will be led to your `dashboard`, where you can see your personal details like height, weight, BMI and daily calorie intake needed (i.e, how much calorie you should consume per day). Also you can select various options like Upload image, track history

```
</li>
```

```
</ul>
```

```
</div>
```

```
</div>
```

```
</div>
```

```
<div class="accordion-item">
```

```
<h2 class="accordion-header" id="headingTwo">
```

```
<button
  class="accordion-button collapsed"
  type="button"
  data-bs-toggle="collapse"
  data-bs-target="#collapseTwo"
  aria-expanded="false"
  aria-controls="collapseTwo"
  style="
    --bs-accordion-btn-focus-box-shadow: none;
    --bs-accordion-active-color: #000;
    --bs-accordion-active-bg: #fdc100;
    --bs-accordion-border-color: none;
  "
>
```

How can I Register?

```
</button>
```

```
</h2>
```

```
<div
```

```
  id="collapseTwo"
```

```
  class="accordion-collapse collapse"
```

```
  aria-labelledby="headingTwo"
```

```
  data-bs-parent="#accordionExample"
```

```
>
```

```
<div class="accordion-body">
```

Inorder to use our application , registration process is mandatory. This is because we have to keep track of your personal details like height, weight etc.Click on the `register` button present inside the home page. You will be asked to provide your personal details for providing a personalised experience. Once you have successfully registered you will receive a confirmation mail and you will be redirected to the home page. From there you can login and enter into your Dashboard

</div>

</div>

</div>

<div class="accordion-item">

<h2 class="accordion-header" id="headingThree">

<button

class="accordion-button collapsed"

type="button"

data-bs-toggle="collapse"

data-bs-target="#collapseThree"

aria-expanded="false"

aria-controls="collapseThree"

style="

--bs-accordion-btn-focus-box-shadow: none;

--bs-accordion-active-color: #000;

```
--bs-accordion-active-bg: #fdc100;

--bs-accordion-border-color: none;

"

>

    How can I login?

</button>

</h2>

<div

    id="collapseThree"

    class="accordion-collapse collapse"

    aria-labelledby="headingThree"

    data-bs-parent="#accordionExample"

>

    <div class="accordion-body">

        It is necessary

        <strong>complete your registration process</strong> before

        you login. Once you have succesfully registered, you can

        click on the <code>login</code> button present inside the

        home page. You will be led to the Login page where you will

        be asked to enter your E-Mail ID and password that you

        entered in the registration process. After successful login

        you will be led to your Dashboard.

    </div>

</div>
```

```
</div>
```

```
<div class="accordion-item">
```

```
  <h2 class="accordion-header" id="headingFour">
```

```
    <button
```

```
      class="accordion-button collapsed"
```

```
      type="button"
```

```
      data-bs-toggle="collapse"
```

```
      data-bs-target="#collapseFour"
```

```
      aria-expanded="false"
```

```
      aria-controls="collapseFour"
```

```
      style="
```

```
        --bs-accordion-btn-focus-box-shadow: none;
```

```
        --bs-accordion-active-color: #000;
```

```
        --bs-accordion-active-bg: #fdc100;
```

```
        --bs-accordion-border-color: none;
```

```
      "
```

```
  How can I get the nutritional value of the food that I am  
  eating now?
```

```
</button>
```

```
</h2>
```

```
<div
```

```
  id="collapseFour"
```

```
  class="accordion-collapse collapse"
```



```
aria-labelledby="headingFour"
data-bs-parent="#accordionExample"
```

```
>
```

```
<div class="accordion-body">
```

With the help of our `Upload Image` feature you can upload an image of the meal that you would like to have.

Once the image has been uploaded you will be provided with the nutritional content present inside that particular dish.

You can find this feature in the `menu bar`.

```
</div>
```

```
</div>
```

```
</div>
```

```
<div class="accordion-item">
```

```
<h2 class="accordion-header" id="headingFive">
```

```
<button
```

```
class="accordion-button collapsed"
```

```
type="button"
```

```
data-bs-toggle="collapse"
```

```
data-bs-target="#collapseFive"
```

```
aria-expanded="false"
```

```
aria-controls="collapseFive"
```

```
style="
```

```
--bs-accordion-btn-focus-box-shadow: none;
```

```
--bs-accordion-active-color: #000;
```

```
--bs-accordion-active-bg: #fdc100;
```

```
--bs-accordion-border-color: none;
```

```
"
```

```
>
```

How can I track my daily calorie intake?

```
</button>
```

```
</h2>
```

```
<div
```

```
id="collapseFive"
```

```
class="accordion-collapse collapse"
```

```
aria-labelledby="headingFive"
```

```
data-bs-parent="#accordionExample"
```

```
>
```

```
<div class="accordion-body">
```

With the help of our `Track History` feature you

can track your daily calorie intake which will help you to

know your current progress and achieve your fitness goal.

You can find this feature in your `Dashboard`.

```
</div>
```

```
</div>
```

```
</div>
```

```
<div class="accordion-item">
```

```
<h2 class="accordion-header" id="headingSix">
```

```
<button
```

```
class="accordion-button collapsed"
type="button"
data-bs-toggle="collapse"
data-bs-target="#collapseSix"
aria-expanded="false"
aria-controls="collapseSix"
style="
  --bs-accordion-btn-focus-box-shadow: none;
  --bs-accordion-active-color: #000;
  --bs-accordion-active-bg: #fdc100;
  --bs-accordion-border-color: none;
"
>
```

How much calorie should I consume per day?

```
</button>
</h2>
<div
  id="collapseSix"
  class="accordion-collapse collapse"
  aria-labelledby="headingSix"
  data-bs-parent="#accordionExample"
>
```

```
<div class="accordion-body">
```

With the help of the data that you provide during the

registration process like Height, Weight, Daily activities,

etc., we will provide you how much calorie you should

consume daily which will be shown as

`<code>Daily calorie Intake</code>` in your dashboard.

`</div>`

`</div>`

`</div>`

`</div>`

`</div>`

`<!--FAQ column-->`

`<div class="col-md-6 text-center">`

`

`

`<button onclick="window.history.back()" class="go-back-button">`

Go back

`</button>`

`</div>`

`</div>`

`</div>`

`</section>`

`</body>`

`</html>`

Support-style.css

```
* {  
    margin: 0;  
    padding: 0;  
}  
  
body {  
    background-color: #fff6bf;  
}  
  
.support-message {  
    text-align: center;  
    margin: 20px 0 !important;  
    font-family: sans-serif;  
    background-color: transparent;  
}  
  
.accordion-item,  
.accordion-header {  
    background-color: transparent !important;  
    border: none !important;  
    padding: 0 !important;  
    margin-bottom: 20px;  
}  
  
.accordion-button {  
    width: 100%;  
    height: 60px;
```

```
background-color: #fdc100;

font-weight: bold;

text-align: left;

text-decoration: none;

}
```

```
.accordion-button:active {

background-color: #fdc100;

}
```

```
.support-desk {

width: 490px;

height: 340px;

margin-top: 20px;

}
```

```
.go-back-button {

color: white;

}
```

```
.go-back-button {

background: lighten(#06837f, 3%);

border: 1px solid darken(#06837f, 4%);

box-shadow: 0px 2px 0px darken(#06837f, 5%), 2px 4px 6px darken(#06837f, 2%);

font-weight: 900;

letter-spacing: 1px;

transition: all 150ms linear;
```

```
}
```

```
.go-back-button:hover {  
    background: darken(#06837f, 1.5%);  
    border: 1px solid rgba(#000, 0.05);  
    box-shadow: 1px 1px 2px rgba(#fff, 0.2);  
    color: lighten(#06837f, 18%);  
    text-decoration: none;  
    text-shadow: -1px -1px 0 darken(#06837f, 9.5%);  
    transition: all 250ms linear;  
}
```

```
/* CSS */
```

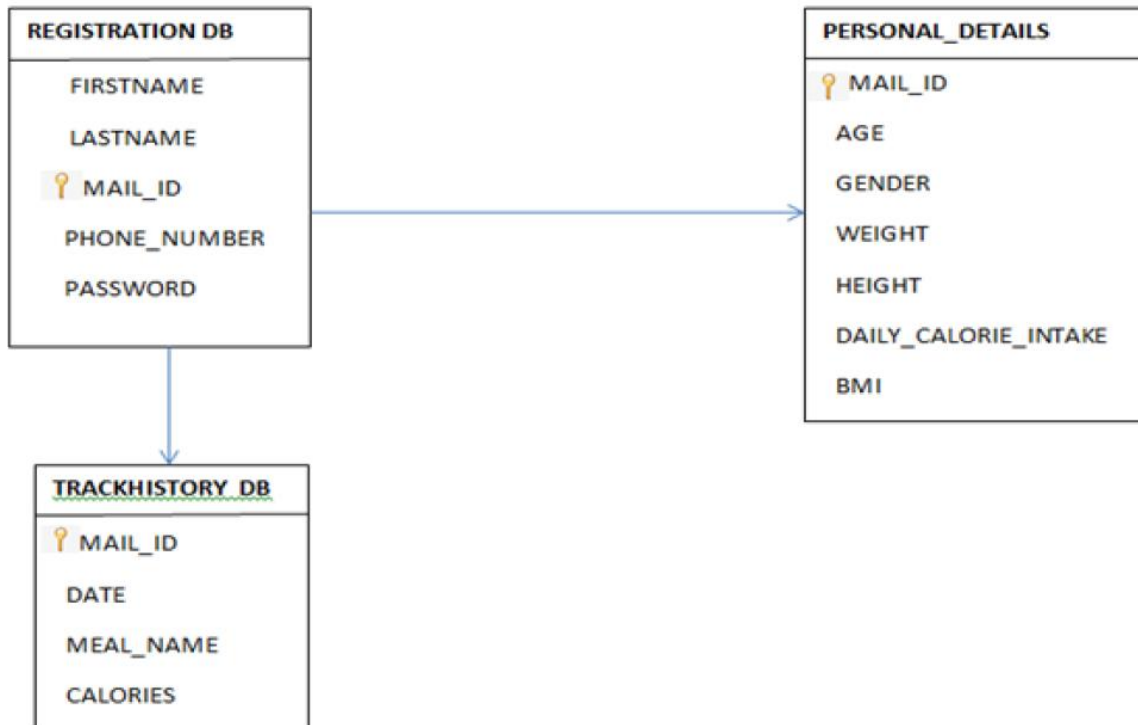
```
.go-back-button {  
    background-color: #06837f;  
    background-image: linear-gradient(#06837f, #329ca0);  
    border: 1px solid #15aca7;  
    border-radius: 4px;  
    box-shadow: rgba(0, 0, 0, 0.12) 0 1px 1px;  
    color: #ffffff;  
    cursor: pointer;  
    font-family: -apple-system, ".SFNSDisplay-Regular", "Helvetica Neue",  
        Helvetica, Arial, sans-serif;  
    font-size: 15px;
```

```
margin: 0;
outline: 0;
padding: 11px 15px 12px;
text-align: center;
transition: box-shadow 0.05s ease-in-out, opacity 0.05s ease-in-out;
user-select: none;
-webkit-user-select: none;
touch-action: manipulation;
width: 30%;
}
```

```
.go-back-button:hover {
    box-shadow: rgba(24, 230, 127, 0.995) 0 0 2px inset,
        rgba(5, 197, 235, 0.818) 0 1px 2px;
    text-decoration: none;
    transition-duration: 0.15s, 0.15s;
}
```

```
.go-back-button:active {
    box-shadow: rgba(0, 0, 0, 0.15) 0 2px 4px inset, rgba(0, 0, 0, 0.4) 0 1px 1px;
}
```

7.3 Database Schema



10. ADVANTAGES AND DISADVANTAGES :

ADVANTAGES:

- The user may learn their BMI by utilising our online tool, which will help them decide whether they need to gain or lose weight.
- Users may view their daily calorie consumption, which might help them determine how many calories they can ingest on any given day. The user may

submit a photograph of the food, which will show the nutritional value of that meal.

- Nutrition application system is a simple and user-friendly programme. The user may track their daily calorie consumption to see how they are progressing toward their fitness goal.

DISADVANTAGES:

- It is necessary to have an active internet connection.
- Clarifai Food Detection Model API cannot detect all sorts of foods accurately.

11.CONCLUSION :

- Diet management is critical since obesity has been a serious concern in the last decade.
- The nutritional value of food information provided on food packaging makes it difficult to keep track of one's daily calorie consumption.
- The nutritional application system finds the nutritional composition of food using real-time image processing and the Clarifai Food Detection Model API and the Spoonacular Nutrition API.
- The user may submit an image of his daily meal and retrieve the nutritional value. They can also keep track of their daily calorie consumption.

12.FUTURE SCOPE:

- The nutrition application system will be enhanced in the next years with the "Profile Updation" function.
- The user may update his personal information such as height, weight, and age, which will allow him to keep track of his daily calorie consumption and BMI.

- In the future, a "Dietary Recommendation" feature and a "Water Reminder" feature will be implemented.

13.APPENDIX

Source Code:

App.py

```
from flask import Flask,render_template,request,url_for,redirect,session
import ibm_db
import os
from sendgrid import SendGridAPIClient
from sendgrid.helpers.mail import Mail
import requests
```

```
app=Flask(__name__)
app.secret_key='a'
try:
    dsn_hostname = "1cbbb1b6-3a1a-4d49-9262-3102a8f7a7c8"
    dsn_uid = "gvv70240"
    dsn_pwd = "4v3lxG0m5WdcKOc7"
    dsn_driver = "{IBM DB2 ODBC DRIVER}"
    dsn_database = "bludb"
    dsn_port = "32459"
    dsn_protocol = "TCPIP"
    dsn = (
        "DRIVER={0};"
        "DATABASE={1};"
        "HOSTNAME={2};"
        "PORT={3};"
        "PROTOCOL={4};"
        "UID={5};"
```

```

        "PWD={6};").format(dsn_driver, dsn_database, dsn_hostname, dsn_port,
dsn_protocol, dsn_uid, dsn_pwd)
    print (dsn)
    conn=ibm_db.connect(dsn, 'gvv70240', '4v3lxGOM5WdcKOc7')
    print ("Connected to database:" , dsn_database,"as user: ", dsn_uid, "on host:
", dsn_hostname)
    # conn=ibm_db.connect("DATABASE=bludb;HOSTNAME=ba99a9e6-d59e-
4883-8fc0-
d6a8c9f7a08f.c1ogj3sd0tgtu0lqde00.databases.appdomain.cloud;PORT=31321;
SECURITY=SSL;SSLServerCertificate=DigiCertGlobalRootCA.crt;UID=gkr16989
;PWD=WvN7xr79Kp6YfdL7","","")
    # conn=ibm_db.connect('DATABASE=1cbbb1b6-3a1a-4d49-9262-
3102a8f7a7c8;'
    #          'HOSTNAME=9938aec0-8105-433e-8bf9-
0fbb7e483086.c1ogj3sd0tgtu0lqde00.databases.appdomain.cloud;'
    #          'PORT=32459'
    #          'PROTOCOL=TCPIP;'
    #          'UID=gvv70240;'
    #          'PWD=4v3lxGOM5WdcKOc7;', 'gvv70240',
'4v3lxGOM5WdcKOc7')
except:
    print("Unable to connect: ",ibm_db.conn_error())

```

```

@app.route("/")
def home():
    session['status_msg']=' '

    return render_template('Home.html')

@app.route("/reg")

```

```

def reg():
    return render_template('Registration.html')

@app.route("/register",methods=["POST","GET"])
def register():
    if request.method == 'POST' :
        firstName = request.form['firstName']
        lastName = request.form['lastName']

        session['email'] = request.form['email']
        phoneNumber = request.form['phoneNumber']
        password = request.form['password']
        sql = "SELECT * FROM registration WHERE EMAIL_ID=?"
        stmt = ibm_db.prepare(conn, sql)
        ibm_db.bind_param(stmt,1,session['email'])
        ibm_db.execute(stmt)
        account = ibm_db.fetch_assoc(stmt)
        print(account)
        message =
Mail(from_email='nutriAux04@gmail.com',to_emails=session['email'],subject="Nu
triAux - Registration",html_content='<b>NutriAux welcomes
you</b><br/><p>Your account has been registered successfully</p>')
        try:

sg=SendGridAPIClient('SG.QMrCVkeuQKmODkjr39Y5bQ.O1kETHoHTOOBXz8
KJRgjaUH3slyG_KsbQ4_yulzQ0jY')
        response=sg.send(message)
        print(response.status_code)
        print(response.body)
        print(response.headers)
    except Exception as e:

```

```
print(e)
```

```
if account:
```

```
    session['status_msg']= 'Account already exists ! Kindly login'  
    return redirect(url_for('login'))
```

```
else :
```

```
    insert_sql = "INSERT INTO registration VALUES (?, ?, ?, ?, ?)"  
    prep_stmt = ibm_db.prepare(conn, insert_sql)  
    ibm_db.bind_param(prepare_stmt, 1, firstName)  
    ibm_db.bind_param(prepare_stmt, 2, lastName)  
    ibm_db.bind_param(prepare_stmt, 3, session['email'])  
    ibm_db.bind_param(prepare_stmt, 4, phoneNumber)  
    ibm_db.bind_param(prepare_stmt, 5, password)  
    ibm_db.execute(prepare_stmt)  
    print('You have successfully registered !')  
    return redirect(url_for('personaldetails'))
```

```
@app.route("/personaldetails")
```

```
def personaldetails():
```

```
    return render_template("personaldetails.html")
```

```
@app.route("/addpersonaldetails",methods=["POST","GET"])
```

```
def addpersonaldetails():
```

```
    if request.method == 'POST' :
```

```
        age=float(request.form.get('age'))
```

```

gender=request.form.get('Gender')
weight=float(request.form.get('weight'))
height=float(request.form.get('height'))
activity=request.form.get('activity')
print(age,gender,weight,height,activity)
if(gender == 'male'and activity == "1"):
    totalCalories = 1.2 * (66.5 + (13.75 * weight) + (5.003 * height) - (6.755 *
age))
elif(gender == 'male' and activity == "2"):
    totalCalories = 1.375 * (66.5 + (13.75 * weight) + (5.003 * height) - (6.755
* age))
elif (gender == 'male' and activity == "3"):
    totalCalories = 1.55 * (66.5 + (13.75 * weight) + (5.003 * height) - (6.755 *
age))
elif(gender == 'male' and activity == "4"):
    totalCalories = 1.725 * (66.5 + (13.75 * weight) + (5.003 * height) - (6.755
* age))
elif(gender == 'male' and activity == "5"):
    totalCalories = 1.9 * (66.5 + (13.75 * weight) + (5.003 * height) - (6.755 *
age))
elif(gender == 'female' and activity == "1"):
    totalCalories = 1.2 * (655 + (9.563 * weight) + (1.850 * height) - (4.676 *
age))
elif(gender == 'female' and activity == "2"):
    totalCalories = 1.375 * (655 + (9.563 * weight) + (1.850 * height) - (4.676 *
age))
elif(gender == 'female' and activity == "3"):
    totalCalories = 1.55 * (655 + (9.563 * weight) + (1.850 * height) - (4.676 *
age))
elif(gender == 'female' and activity == "4"):

```



```

        totalCalories = 1.725* (655 + (9.563 * weight) + (1.850 * height) - (4.676 *
age))
    else:
        totalCalories = 1.9 * (655 + (9.563 * weight) + (1.850 * height) - (4.676 *
age))
    print(int(totalCalories))
    BMI = (weight / (height/100)**2 )
    if BMI <= 18.5:
        BMI_message="underweight"
    elif BMI <= 24.9:
        BMI_message="healthy"
    elif BMI <= 29.9:
        BMI_message="overweight"
    else:
        BMI_message="obese"
    print(BMI)
    insert_query="INSERT INTO personal_details VALUES(?,?,?, ?, ?, ?, ?)"
    prep_stmt=ibm_db.prepare(conn,insert_query)
    ibm_db.bind_param(prepare_stmt,1,session['email'])
    ibm_db.bind_param(prepare_stmt,2,str(int(age)))
    ibm_db.bind_param(prepare_stmt,3,gender)
    ibm_db.bind_param(prepare_stmt,4,str(weight))
    ibm_db.bind_param(prepare_stmt,5,str(height))
    ibm_db.bind_param(prepare_stmt,6,str(totalCalories))
    ibm_db.bind_param(prepare_stmt,7,str(BMI))
    ibm_db.execute(prepare_stmt)
    return redirect(url_for('login'))

```

```

@app.route("/login")

```

```

def login():

```

```
return render_template("login.html",message=session['status_msg'])
```

```
@app.route("/verify",methods=["POST","GET"])
```

```
def verify():
```

```
    session['email'] = request.form.get("email")
```

```
    password = request.form.get("password")
```

```
    get_query="SELECT * FROM registration WHERE EMAIL_ID=? AND  
PASSWORD=?"
```

```
    prep=ibm_db.prepare(conn,get_query)
```

```
    ibm_db.bind_param(prepare,1,session['email'])
```

```
    ibm_db.bind_param(prepare,2,password)
```

```
    result=ibm_db.execute(prepare)
```

```
    login = ibm_db.fetch_assoc(prepare)
```

```
    if login:
```

```
        get_query="SELECT weight,height,daily_calorie_intake,BMI FROM  
personal_details WHERE EMAIL_ID=?"
```

```
        prep=ibm_db.prepare(conn,get_query)
```

```
        ibm_db.bind_param(prepare,1,session['email'])
```

```
        result=ibm_db.execute(prepare)
```

```
        data = ibm_db.fetch_tuple(prepare)
```

```
        global weight
```

```
        weight= data[0]
```

```
        global height
```

```
        height= data[1]
```

```
        global daily_calorie_intake
```

```
        daily_calorie_intake=data[2]
```

```
        daily_calorie_intake=daily_calorie_intake[0:7]
```

```
        global BMI
```

```
        BMI=data[3]
```

```
        BMI=BMI[0:4]
```

```

        return redirect((url_for('dashboard')))
    print("Wrong password" , session['email'],password)
    return render_template("login.html",message="Incorrect Email ID or Password!
    Try again")

```

```

@app.route("/dashboard")
def dashboard():
    return
    render_template('dashboard.html',weight=weight,height=height,daily_calorie_intake=daily_calorie_intake,BMI=BMI)

```

```

@app.route("/upload")
def upload():
    return render_template('upload.html',calories="",fat="",protein="",carbs="")

```

```

@app.route("/history")
def history():
    get_query="SELECT CHAR(DATE_OF_CONSUMPTION,EUR)AS
    DATE,MEAL_NAME,CALORIES FROM TRACKHISTORY WHERE
    EMAIL_ID=?"
    prep=ibm_db.prepare(conn,get_query)
    ibm_db.bind_param(prepare,1,session['email'])
    result=ibm_db.execute(prepare)
    if result==False:
        print("not working")
    history=[]
    dictionary = ibm_db.fetch_assoc(prepare)
    while dictionary != False:
        history.insert(0,dictionary["DATE"])

```

```

        history.insert(1,dictionary["MEAL_NAME"])
        history.insert(2,dictionary["CALORIES"])

        print("The date is : ", dictionary["DATE"])
        print("The name is : ", dictionary["MEAL_NAME"])
        print("The calories is : ", dictionary["CALORIES"])
        dictionary = ibm_db.fetch_assoc(prepare)
    print(history)
    no_of_rows=len(history)//3
    print(no_of_rows)
    return render_template("History.html",history=history,no_of_rows=no_of_rows)

```

```

@app.route("/addhistory",methods=["POST","GET"])
def addhistory():
    if request.method=='POST':
        date=request.form['date']
        meal_name=request.form['meal_name']
        calories=request.form['calories']
        insert_query="INSERT INTO trackhistory VALUES(?,?,?,?)"
        prepare_stmt=ibm_db.prepare(conn,insert_query)
        ibm_db.bind_param(prepare_stmt,1,session['email'])
        ibm_db.bind_param(prepare_stmt,2,date)
        ibm_db.bind_param(prepare_stmt,3,meal_name)
        ibm_db.bind_param(prepare_stmt,4,calories)
        ibm_db.execute(prepare_stmt)

    return redirect(url_for('history'))

```

```

@app.route("/support")

```

```
def support():
    return render_template("support.html")

if __name__ == '__main__':
    app.run(debug=True)
```

Home.html

```
<!DOCTYPE html>
<html lang="en">
<head>
    <meta charset="UTF-8" />
    <meta http-equiv="X-UA-Compatible" content="IE=edge" />
    <meta name="viewport" content="width=device-width, initial-scale=1.0" />
    <!-- <link
        rel="stylesheet"
        href="{{url_for('static',filename='home-style.css')}}"
    /> -->
    <!-- <link
        rel="stylesheet"
        href="https://stackpath.bootstrapcdn.com/bootstrap/4.1.3/css/bootstrap.min.css"
    /> -->
    <link rel="stylesheet" href="/static/Registration-style.css">
    <title>HOME</title>
    <script src="https://kit.fontawesome.com/a076d05399.js"></script>
</head>
<style>
    ul {
        list-style-type: none;
        margin: 0;
        padding: 0;
```

```
overflow: hidden;
background-color: #333;
}
```

```
li {
float: right;
}
```

```
li a {
display: block;
color: white;
text-align: center;
padding: 14px 16px;
text-decoration: none;
}
```

```
li a:hover {
background-color: #111;
}
```

```
body {

background-color: #a3f375d7;


background-blend-mode: color-burn;
background-size: 430px 400px;
}

.login-form {
background: #dcf1f1;
margin-top: 40px;
```

```
margin-bottom: 100px;
padding: 50px;
border-radius: 50px;
box-shadow: 10px 10px 5px 0px rgba(0, 0, 0, 0.75);
}
```

```
.btn-primary {
width: 100%;
}
```

```
</style>
```

```
<body>
```

```
<header>
```

```
<nav>
```

```
<ul>
```

```
<li><a href="{{url_for('reg')}}">Register</a></li>
```

```
<li><a href="{{url_for('login')}}">Login</a></li>
```

```
<li><a href="#">Support</a></li>
```

```
</ul>
```

```
<h1><center>Nutrition Assistant Application</center></h1>
```

```
</nav>
```

```
</header>
```

```
<div class="bg-text">
```

```
<p>
```

```
<span>Nutrition Assistant Application</span> is a web app that aims at
automatically estimating
```

the food attributes such as ingredients and nutritional value by classifying the input image of the food. The person who wishes to use the app must register before using the app. The user can login to their account to see thier respective dashboard with the details of height, weight, BMI that is automatically generated and the amount of calorie that can be taken according to the BMI of the user. The user can upload the image of the food that he has taken. The app will then display the nutritional value of the food. The user can take a note of it and can alter his food habits accoring to his BMI and amount of calories that can be intaken. The user can view the history of the food and the calorie intake details in the histroy page. The user can make use of the support in case of any queries.

</p>

</div>

<section></section>

</body>

</html>

home-style.css

```
* {  
  padding: 0;  
  margin: 0;  
  text-decoration: none;  
  list-style: none;  
  font-family: verdana;  
  box-sizing: border-box;  
}  
body {  
  background-color: #fdc100;  
}
```



```
span {
  font-size: 30px;
  text-align: center;
  font-weight: bold;
}
img.logo {
  height: 60px;
  width: 80px;
  margin: 10px;
}
header {
  display: flex;
  justify-content: space-between;
  align-items: center;
}
nav {
  background-color: #fdc100;
  height: 80px;
  width: 100%;
}
label.nutri {
  padding: 0 30px;
  color: black;
  font-size: 25px;
  line-height: 80px;
  font-weight: bold;
}
nav ul {
  float: right;
  margin-right: 20px;
}
```

```
nav ul li {
  display: inline-block;
  line-height: 80px;
  margin: 0 5px;
}
nav ul li a {
  color: black;
  font-size: 17px;
  border: 1px solid transparent;
  padding: 7px 13px;
  border-radius: 3px;
}
a.active,
a:hover {
  background: #80cc66;
  border: 1px solid white;
  transition: 0.5s;
}
.checkbtn {
  font-size: 30px;
  color: crimson;
  float: right;
  line-height: 80px;
  margin-right: 40px;
  cursor: pointer;
  display: none;
}
#check {
  display: none;
}
.bg-text {
```

```
background-color: rgb(0, 0, 0); /* Fallback color */
background-color: rgba(0, 0, 0, 0.7); /* Black w/opacity/see-through */
color: white;
border: 3px solid #f1f1f1;
position: absolute;
top: 50%;
left: 50%;
transform: translate(-50%, -50%);
z-index: 2;
width: 80%;
padding: 20px;
text-align: justify;
font-size: 22px;
}
```

```
@media (max-width: 992px) {
  label.nutri {
    font-size: 30px;
    padding-left: 50px;
  }
  nav ul li a {
    font-size: 16px;
  }
  .bg-text {
    margin-top: 50px;
    top: 50%;
    left: 50%;
  }
}

@media (max-width: 858px) {
  .checkbtn {
```

```
    display: block;
}
label.nutri {
    display: none;
}
.bg-text {
    font-size: 15px;
    top: 40%;
    left: 50%;
}
ul {
    position: fixed;
    width: 100%;
    height: 100vh;
    background: #ffee99;
    z-index: 20;
    top: 80px;
    left: -100%;
    text-align: center;
    transition: all 0.5s;
}
nav ul li {
    display: block;
    margin: 50px 0;
    line-height: 30px;
}
nav ul li a {
    font-size: 20px;
    color: black;
}
a.active,
```

```

a:hover {
  background: none;
  border: none;
  color: #f26d1b;
}
#check:checked ~ ul {
  left: 0;
}
}
section {
  width: 100%;
  background: url(food2.jpg);
  background-position: center;
  background-size: cover;
  height: calc(100vh - 80px);
  background-repeat: no-repeat;
}

```

Register.html

```

<!DOCTYPE html>
<html>
<head>
  <meta charset="utf-8" />
  <title>Responsive Registration Form</title>
  <meta
    name="viewport"
    content="width=device-width,
    initial-scale=1.0"
  />

```

```
<link
  rel="stylesheet"
```

```
href="https://stackpath.bootstrapcdn.com/bootstrap/4.1.3/css/bootstrap.min.css"
/>
```

```
</head>
```

```
<style>
```

```
body {
  padding-top: 50px;
  background-color: #a3f375d7;
  background-image: url('{{url_for('static',filename='calorie_calc_bg.png')}}');
  background-blend-mode: color-burn;
  background-size: 430px 400px;
}
```

```
.login-form {
  background: #dcf1f1;
  margin-top: 40px;
  margin-bottom: 100px;
  padding: 50px;
  border-radius: 50px;
  box-shadow: 10px 10px 5px 0px rgba(0, 0, 0, 0.75);
}
```

```
.btn-primary {
  width: 100%;
}
```

```
img {
  width: 50px;
```

```
        height: 50px;
    }
</style>
<body>
    <center><div style="border:3px solid black;border-radius: 10px ;">
    <div class="container" >
        <h1 class="form-title">
            &nbsp;  Registration
        </h1>
        <form action="/register" method="post">
            <div class="main-user-info">
                <div class="user-input-box">
                    <label for="firstName">First Name</label>
                    <input
                        type="text"
                        id="firstName"
                        name="firstName"
                        placeholder="Enter First Name"
                        required
                    />
                </div>
                <div class="user-input-box">
                    <label for="lastName">Last Name</label>
                    <input
                        type="text"
```

```
        id="lastName"
        name="lastName"
        placeholder="Enter Last Name"
        required
    />
</div>
<div class="user-input-box">
    <label for="email">Email</label>
    <input
        type="email"
        id="email"
        name="email"
        placeholder="Enter Email"
        required
    />
</div>
<div class="user-input-box">
    <label for="phoneNumber">Phone Number</label>
    <input
        type="text"
        id="phoneNumber"
        name="phoneNumber"
        placeholder="Enter Phone Number"
        required
    />
</div>
<div class="user-input-box">
    <label for="password">Password</label>
    <input
```



```
        type="password"
        id="password"
        name="password"
        placeholder="Enter Password"
        pattern="^(?=.*[A-Za-z])(?=.*\d)[A-Za-z\d]{5,}$"
        required
    />
</div>
<div class="user-input-box">
    <label for="confirmPassword">Confirm Password</label>
    <input
        type="password"
        id="confirmPassword"
        name="confirmPassword"
        placeholder="Confirm Password"
        pattern="^(?=.*[A-Za-z])(?=.*\d)[A-Za-z\d]{5,}$"
        required
    />
</div>
<div>
    <span style="color: white; font-size: 13px"
        >Password must be minimum Five characters with at least one letter
        and one number</span>
    >
</div>
</div>
<div class="form-submit-btn">
    <input type="submit" value="Register" />
</div>
```

```
<div class="go-back-btn">
  <a href="Home.html" class="goback">Go Back</a>
</div>
</div>
</center>
</form>
</div>
</body>
</html>
```

Registration-style.css

```
@import
url("https://fonts.googleapis.com/css2?family=Poppins:wght@200;300;400;500;600;700
&display=swap");

* {
  padding: 0;
  margin: 0;
  box-sizing: border-box;
  font-family: "Poppins", sans-serif;
}

img.logo {
  height: 60px;
  width: 70px;
  margin: 10px;
}

body {
  display: flex;
```

```
height: 100vh;
justify-content: center;
align-items: center;
background-color: #f1f375d7;
background-image: url("calorie_calc_bg.png");
background-blend-mode: color-burn;
background-size: 430px 400px;
/*background: linear-gradient(to bottom right, #f9d423 0%, #ff4e50 100%);*/
}

.container {
width: 100%;
max-width: 650px;
background: rgba(
0,
0,
0,
0.6
); /*fdc100 - 253,193,0 06837f - 6,131,127 b4ffff - 180,255,255 02cecb - 2,206,203*/
padding: 28px;
margin: 0 28px;
border-radius: 10px;
box-shadow: inset -2px 2px 2px white;
}

.form-title {
font-size: 26px;
font-weight: 600;
text-align: center;
padding-bottom: 6px;
color: white;
border-bottom: solid 1px white;
```

```
display: flex;
align-items: center;
}
```

```
.main-user-info {
display: flex;
flex-wrap: wrap;
justify-content: space-between;
padding: 15px 0;
}
```

```
.user-input-box:nth-child(2n) {
justify-content: end;
}
```

```
.user-input-box {
display: flex;
flex-wrap: wrap;
width: 50%;
padding-bottom: 12px;
}
```

```
.user-input-box label {
width: 95%;
color: white;
font-size: 20px;
font-weight: 400;
margin: 5px 0;
}
```

```
.user-input-box input {
```

```
height: 30px;
width: 95%;
border-radius: 5px;
outline: none;
border: 1px solid grey;
padding: 0 10px;
}
```

```
.gender-title {
  color: white;
  font-size: 20px;
  font-weight: 400;
}
```

```
.gender-category {
  margin: 20px 0;
  color: white;
}
```

```
.gender-category label {
  padding: 0 20px 0 2px;
}
```

```
.gender-category label,
.gender-category input,
.form-submit-btn input {
  cursor: pointer;
}
```

```
.form-submit-btn {
  margin-top: 20px;
```

```
}
```

```
.form-submit-btn input {  
  display: block;  
  width: 100%;  
  margin-top: 10px;  
  font-size: 20px;  
  padding: 7px;  
  border: none;  
  border-radius: 3px;  
  color: rgb(255, 255, 255);  
  background: rgba(253, 193, 0, 0.7);  
}
```

```
.form-submit-btn input:hover {  
  background: rgba(2, 206, 203, 0.7);  
  color: rgb(255, 255, 255);  
}
```

```
.go-back-btn {  
  margin-top: 20px;  
}
```

```
.go-back-btn a {  
  display: block;  
  width: 100%;  
  margin-top: 10px;  
  font-size: 20px;  
  padding: 7px;  
  text-decoration: none;  
  border: none;  
  text-align: center;  
  border-radius: 3px;
```

```
color: rgb(255, 255, 255);
background: rgba(253, 193, 0, 0.7);
}
.go-back-btn a:hover {
background: rgba(2, 206, 203, 0.7);
color: rgb(255, 255, 255);
cursor: pointer;
}
```

```
@media (max-width: 600px) {
.container {
min-width: 280px;
}
```

```
.user-input-box {
margin-bottom: 12px;
width: 100%;
}
```

```
.user-input-box:nth-child(2n) {
justify-content: space-between;
}
```

```
.gender-category {
display: flex;
justify-content: space-between;
width: 100%;
font-size: 17px;
}
```

```
.main-user-info {
```

```
max-height: 380px;
overflow: auto;
}
```

```
.main-user-info::-webkit-scrollbar {
  width: 0;
}
}
```

personaldetails.html

```
<!DOCTYPE html>
<html lang="en">
  <head>
    <!-- Required meta tags -->
    <meta charset="utf-8" />
    <meta
      name="viewport"
      content="width=device-width, initial-scale=1, shrink-to-fit=no"
    />

    <!-- Bootstrap CSS -->
    <link
      rel="stylesheet"
      href="https://stackpath.bootstrapcdn.com/bootstrap/4.5.2/css/bootstrap.min.css"
      integrity="sha384-
JcKb8q3iqJ61gNV9KGb8thSsNjpSL0n8PARn9HuZOnIxN0hoP+VmmDGMN5t9UJ0Z"
      crossorigin="anonymous"
    />
    <link rel="stylesheet" href="style.css" />
  <title>Calorie Calculator</title>
```



```

<style>
body {
  background-color: #f1f375d7;
  background-image: url('{{url_for('static',filename='calorie_calc_bg.png')}}');
  background-blend-mode: color-burn;
  background-size: 430px 400px;
}
.results {
  display: none;
}

.btn {
  background: lighten(#06837f, 3%);
  font-weight: 600;
  letter-spacing: 1px;
}
</style>
</head>
<body>
<div class="container">
  <div class="row">
    <div class="col-lg-7 mx-auto">
      <div class="card card-body text-center mt-5">
        <h3 class="heading display-5 pb-3 mb-4">
          Enter your personal details
        </h3>
        <form id="calorie-form" method="post" action="/addpersonaldetails">
          <div class="form-group row">
            <label for="age" class="col-sm-2 col-form-label">Age</label>
            <div class="col-sm-10">
              <input

```

```
type="text"
class="form-control"
id="age"
name="age"
placeholder="Age > 17"
pattern="(?:1[01][0-9]|120|1[7-9][2-9][0-9])$"
required
/>
</div>
</div>
```

```
<fieldset class="form-group">
  <div class="row">
    <legend class="col-form-label col-sm-2 pt-0">Gender</legend>
    <div class="col-sm-10" id="form-radio">
      <div
        class="custom-control custom-radio custom-control-inline"
      >
        <input
          type="radio"
          id="male"
          name="Gender"
          value="male"
          class="custom-control-input"
          checked="checked"
        />
        <label class="custom-control-label" for="male"
          >Male</label
        >
      </div>
    <div
```

```
        class="custom-control custom-radio custom-control-inline"
    >
        <input
            type="radio"
            id="female"
            name="Gender"
            value="female"
            class="custom-control-input"
        />
        <label class="custom-control-label" for="female"
            >Female</label
    >
</div>
</div>
</div>
</fieldset>
```

```
<div class="form-group row">
    <label for="weight" class="col-sm-2 col-form-label"
        >Weight</label
    >
    <div class="col-sm-10">
        <input
            type="number"
            class="form-control"
            id="weight"
            name="weight"
            placeholder="In kilograms"
            required
        />
    </div>
```

```
</div>
```

```
<div class="form-group row">  
  <label for="height" class="col-sm-2 col-form-label">  
    Height</label>  
  >  
  <div class="col-sm-10">  
    <input  
      type="number"  
      class="form-control"  
      id="height"  
      name="height"  
      placeholder="In centimeters"  
      required  
    />  
  </div>  
</div>
```

```
<div class="form-group row">  
  <legend class="col-form-label col-sm-2 pt-0">Activity</legend>  
  <select  
    class="custom-select col-sm-10 col-lg-9 ml-3"  
    id="list"  
    name="activity"  
  >  
    <option selected value="1">  
      Sedentary (little or no exercise)  
    </option>  
    <option value="2">  
      Lightly active (light exercise/sports 1-3 days/week)  
    </option>
```

```
<option value="3">
  Moderately active (moderate exercise/sports 3-5 days/week)
</option>
<option value="4">
  Very active (hard exercise/sports 6-7 days a week)
</option>
<option value="5">
  Extra active (very hard exercise/sports & physical job or 2x
  training)
</option>
</select>
</div>
```

```
<div class="form-group" style="margin-top: 70px">
  <input
    type="submit"
    value="Proceed to dashboard"
    class="btn btn-block"
    style="background-color: #06837f; color: white"
  />
  <input
    type="button"
    onclick="window.history.back()"
    value="Go Back"
    class="btn btn-block"
    style="background-color: #06837f; color: white"
  />
</div>
</form>
</div>
</div>
```

```
</div>
</div>

<script
  src="https://code.jquery.com/jquery-3.5.1.slim.min.js"
  integrity="sha384-
DfXdz2htPH0lsSSs5nCTpuj/zy4C+OGpamoFVy38MVBnE+IbbVYUew+OrCXaRkfj"
  crossorigin="anonymous"
></script>
<script
  src="https://cdn.jsdelivr.net/npm/popper.js@1.16.1/dist/umd/popper.min.js"
  integrity="sha384-
9/reFTGAW83EW2RDu2S0VVKalzap3H66lZH81PoYlFhbGU+6BZp6G7niu735Sk7lN"
  crossorigin="anonymous"
></script>
<script
  src="https://stackpath.bootstrapcdn.com/bootstrap/4.5.2/js/bootstrap.min.js"
  integrity="sha384-
B4gt1jrGC7Jh4AgTPSdUtOBvfO8shuf57BaghqFfPIYxofvL8/KUEfYiJOMMV+rV"
  crossorigin="anonymous"
></script>
<script src="script.js"></script>
</body>
</html>
```

personaldetails.js

```
document
.getElementById("calorie-form")
.addEventListener("submit", function (e) {
  document.getElementById("results").style.display = "none";
```

```
document.getElementById("loading").style.display = "block";
```

```
setTimeout(calculateCalories, 2000);
```

```
    e.preventDefault();
```

```
  });
```

```
if (
```

```
    age.value === "" ||
```

```
    weight.value === "" ||
```

```
    height.value === "" ||
```

```
    80 < age.value ||
```

```
    age.value < 21
```

```
) {
```

```
    errorMessage("Please make sure the values you entered are correct");
```

```
}
```

```
function errorMessage(error) {
```

```
    document.getElementById("results").style.display = "none";
```

```
    document.getElementById("loading").style.display = "none";
```

```
    const errorDiv = document.createElement("div");
```

```
    const card = document.querySelector(".card");
```

```
    const heading = document.querySelector(".heading");
```

```
    errorDiv.className = "alert alert-danger";
```

```
    errorDiv.appendChild(document.createTextNode(error));
```

```
    card.insertBefore(errorDiv, heading);
```

```
    setTimeout(clearError, 4000);
```

```
}
```

```
function clearError() {  
  document.querySelector(".alert").remove();  
}
```

Login Page:

```
<html lang="en">  
<head>  
  <meta charset="UTF-8" />  
  <title>Login Form</title>  
  <link  
    rel="stylesheet"  
    href="https://stackpath.bootstrapcdn.com/bootstrap/4.1.3/css/bootstrap.min.css"  
  />  
</head>  
<style>  
  body {  
    padding-top: 50px;  
    background-color: #a3f375d7;  
    background-image: url('{{url_for('static',filename='calorie_calc_bg.png')}}');  
    background-blend-mode: color-burn;  
    background-size: 430px 400px;  
  }  
  .login-form {  
    background: #d671bd;  
    margin-top: 40px;  
    margin-bottom: 100px;  
    padding: 50px;  
    border-radius: 50px;
```



```
    box-shadow: 10px 10px 5px 0px rgba(0, 0, 0, 0.75);
}
```

```
.btn-primary {
    width: 100%;
}
```

```
</style>
```

```
<body>
```

```
<div class="container">
```

```
<div class="row">
```

```
<div class="col-md-8 offset-md-2">
```

```
<div class="login-form">
```

```
<h1 class="text-center" style="padding-bottom: 30px">Login Form</h1>
```

```
<form action="/verify" method="post">
```

```
<div class="form-group">
```

```
<label for="exampleInputEmail1">Enter Email address </label>
```

```
<input
```

```
    type="email"
```

```
    name="email"
```

```
    class="form-control"
```

```
    id="exampleInputEmail1"
```

```
    aria-describedby="emailHelp"
```

```
    placeholder="Enter email"
```

```
    required
```

```
<small id="emailHelp" class="form-text text-muted">
```

```
    We'll never share your email with anyone else.
```

```
</small>
```

```
</div>
```

```
<div class="form-group">
```

```
<label for="exampleInputPassword1"> Enter Password </label>
<input
  type="password"
  class="form-control"
  id="password"
  name="password"
  placeholder="Password"
  pattern="^(?=.*[A-Za-z])(?=.*\d)[A-Za-z\d]{5,}$"
  required
/>
</div>
<div class="form-group form-check">
  <input
    type="checkbox"
    class="form-check-input"
    onclick="showpass()"
  />
  <label class="form-check-label" for="exampleCheck1">
    Show Password
  </label>
</div>
<span style="color: red">{{message}}</span>
<button
  type="submit"
  class="btn btn-primary"
  style="margin-top: 10px"
>
  Submit
</button>
</form>
</div>
```

```

    </div>
  </div>
</div>
<script>
function showpass() {
  var x = document.getElementById("password");
  if (x.type === "password") {
    x.type = "text";
  } else {
    x.type = "password";
  }
}
</script>
<script
  src="https://code.jquery.com/jquery-3.3.1.slim.min.js"
  integrity="sha384-
q8i/X+965DzO0rT7abK41JStQIAqVgRVzpbzo5smXKp4YfRvH+8abtTE1Pi6jizo"
  crossorigin="anonymous"
></script>
<script
  src="https://cdnjs.cloudflare.com/ajax/libs/popper.js/1.14.7/umd/popper.min.js"
  integrity="sha384-
UO2eT0CpHqdSJK6hJty5KVphtPhzWj9WO1clHTMGa3JDZwrnQq4sF86dIHNDz0W1"
  crossorigin="anonymous"
></script>
<script
  src="https://stackpath.bootstrapcdn.com/bootstrap/4.3.1/js/bootstrap.min.js"
  integrity="sha384-
JjSmVgyd0p3pXB1rRibZUAYoIlly6OrQ6VrjIEaFf/nJGzlxFDsf4x0xIM+B07jRM"
  crossorigin="anonymous"
></script>

```

```
</script></script>
</body>
</html>
```

Dashboard:

Dashboard.html

```
<!DOCTYPE html>
<html>
  <head>
    <title>
      Dashboard
    </title>
    <meta name="viewport" content="width=device-width , initial-scale=1.0">
    <link rel="stylesheet"
href="https://cdn.jsdelivr.net/npm/bootstrap@4.6.1/dist/css/bootstrap.min.css">
    <script
src="https://cdn.jsdelivr.net/npm/jquery@3.6.0/dist/jquery.slim.min.js"></script>
    <script
src="https://cdn.jsdelivr.net/npm/popper.js@1.16.1/dist/umd/popper.min.js"></script>
    <link href="https://cdn.jsdelivr.net/npm/bootstrap@5.0.2/dist/css/bootstrap.min.css"
rel="stylesheet" integrity="sha384-
EVSTQN3/azprG1Anm3QDgpJLIm9Nao0Yz1ztcQTwFspd3yD65VohhpuuCOmLASjC"
crossorigin="anonymous">
    <script
src="https://cdn.jsdelivr.net/npm/bootstrap@5.2.2/dist/js/bootstrap.bundle.min.js"
integrity="sha384-
OERcA2EqjJCMA+/3y+gxIOqMEjwtxJY7qPCqsdltbNJuaOe923+mo//f6V8Qbsw3"
crossorigin="anonymous"></script>
```

```

<link rel="stylesheet" href="https://cdnjs.cloudflare.com/ajax/libs/font-
awesome/4.7.0/css/font-awesome.min.css">
<link rel="stylesheet" href="{{url_for('static',filename='dashboard.css')}}">
</head>
<body>

<nav class="navbar navbar-expand-lg ">
    <div class="container-fluid">

        <button class="navbar-toggler" type="button" data-bs-toggle="collapse" data-
        bs-target="#navbarNav" aria-controls="navbarNav" aria-expanded="false" aria-
        label="Toggle navigation">
            <i class="fa fa-bars" style="font-size:36px"></i>

        </button>
        <div class="collapse navbar-collapse" id="navbarNav">
            <ul class="navbar-nav ml-auto text-right">
                <li class="nav-item">
                    <a class="nav-link" href="{{url_for('support')}}">Support</a>
                </li>
                <li class="nav-item ">
                    <a class="nav-link" href="{{url_for('home')}}">Logout</a>
                </li>
            </ul>
        </div>
    </div>
</div>
</nav>
<div class="container">
<div class="row ">
    <div class="column border box">

```

```
<h4>Height: {{height}} </h4>
</div>
<div class="column border box">

    <h4>Weight: {{weight}} </h4>
</div>
</div>
<div class="row my-0 ">
    <div class="column border box">

        <h4>BMI: {{BMI}} </h4>
</div>
<div class="column border box">

        <h4>Calorie Intake: {{daily_calorie_intake}} </h4>
</div>
</div>
<div class="row">
<div class="column">
    <a href="{{url_for('upload')}}" id="bu1" class="btn btn-info btn-lg">Upload
Image</a>
</div>
<div class="column ">
    <a href="{{url_for('history')}}" id="bu1" class="btn btn-info btn-lg">Track
History</a>
</div>
</div>
</div>
</div>
</div>
```

```
</div>
```

```
</body>
```

```
</html>
```

Dashboard.css

```
body{
  background-color:#D4F1F4;
}
.nav-item{
  text-align: end;
}
.navbar-toggler{
  outline: none !important;
  padding: 0 !important;
}
.navbar-toggler i{
  width: 40px;
}
#bu1{
  text-decoration: none;
}
.navbar{
  background-color:#05445E;
  top: 0;
  width: 100%;
  overflow: hidden;
  height: 65px;
}
.nav-link{
  color: white;
```

```
font-weight: 900;
margin-left: 50px;
letter-spacing: 2px;
}
.nav-item a:hover{
    color: #FDC100;
}
* {
    box-sizing: border-box;
}
```

```
.row {
    display: flex;
    margin-top: 30px;
    margin-bottom: 15px;
}
.box{
    background-color: #a0dfdf;
}
```

```
.container{
    margin: 50px auto;
    width:40%;
    text-align: center;
}
```

```
.container h3{
    color: #272643;
}
```

```
.container img{
    object-fit:contain;
}
```

```
.column {
```



```
flex: 33.33%;  
padding: 5px;  
margin-right: 15px;  
}  
#pic{  
height: 100px;  
width: 130px;  
}
```

```
#img{  
background-color: #24a0ed;  
color: black;  
padding: 14px 25px;  
text-align: center;  
text-decoration: none;  
display: inline-block;  
}
```

```
#bu1{  
background-color: #05445E ;  
color: white;  
font-weight: 800;  
font-size: medium;  
border-style: none;  
text-align: center;  
  
}
```

Upload Page:

Upload.html

```

<!DOCTYPE html>
<html>
  <head>
    <title>Upload image</title>
    <link href="https://cdn.jsdelivr.net/npm/bootstrap@5.0.2/dist/css/bootstrap.min.css"
rel="stylesheet" integrity="sha384-
EVSTQN3/azprG1Anm3QDgpJLIm9Nao0Yz1ztcQTwFspd3yD65VohhpuuCOmLASjC"
crossorigin="anonymous">
    <link rel="stylesheet" href="https://cdnjs.cloudflare.com/ajax/libs/font-
awesome/4.7.0/css/font-awesome.min.css">
    <link rel="stylesheet" href="{{url_for('static',filename='upload.css')}}">
  </head>
  <body>
    <script
src="https://cdn.jsdelivr.net/npm/bootstrap@5.2.2/dist/js/bootstrap.bundle.min.js"
integrity="sha384-
OERcA2EqjJCMA+/3y+gxIOqMEjwtxJY7qPCqsdltbNJuaOe923+mo//f6V8Qbsw3"
crossorigin="anonymous"></script>
    <form action="/getnutri" method="post" enctype="multipart/form-data">
      <div class="container uploadOuter ">
        <table class="uploadimage">
          <tr>
            <th><label for="uploadFile" id="file" ><h2>Choose your image to upload</h2><i
class="fa fa-file-photo-o" style="font-size:48px;color:red"></i></i>

            </label></th>
            <th>    </th>
            <th><h3>OR</h3></th>

            <th><span class="dragBox" >

```

<h2>Drag and Drop image here</h2><i class="fa fa-file-photo-o" style="font-size:48px;color:red"></i>

<input name="file" type="file" onChange="dragNdrop(event)"
ondragover="drag()" ondrop="drop()" id="uploadFile" required/>

</th>

</tr>

</table>

<button class="btn btn-primary btn-lg" id="b1"
onclick="window.history.back()">Go Back </button>

<button class="btn btn-primary btn-lg" id="b1" type="submit" >Submit </button>

</div>

</form>

</div>

</div>

<div>

<table class="table table-bordered">

<tr>

<th scope="col" style="background-color:#050a30;color:white;">Calories</th>

<td style="background-color:white;">{{calories}}</td>

</tr>

<tr>

<th scope="col" style="background-color:#050a30;color:white;">Protein</th>

<td style="background-color:white;">{{protein}}</td>

</tr>

<tr>

<th scope="col" style="background-color:#050a30;color:white;">Fat</th>

<td style="background-color:white;">{{fat}}</td>

```

        </tr>
        <tr>
            <th scope="col" style="background-color:#050a30;color:white;">Carbs</th>
            <td style="background-color:white;">{{carbs}}</td>
        </tr>

    </table>
</div>

<div id="preview" style="height:105px"> </div>

</div>
</div>
<script>
    "use strict";
function dragNdrop(event) {
    var fileName = URL.createObjectURL(event.target.files[0]);
    var preview = document.getElementById("preview");
    var previewImg = document.createElement("img");
    previewImg.setAttribute("src", fileName);
    previewImg.setAttribute("width", "100px");
    previewImg.setAttribute("height", "100px");
    preview.innerHTML = "";
    preview.appendChild(previewImg);
}
function drag() {
    document.getElementById('uploadFile').parentNode.className = 'draging dragBox';
}
function drop() {
    document.getElementById('uploadFile').parentNode.className = 'dragBox';
}

```

```
}  
    </script>  
  </body>  
</html>
```

Upload.css

```
body {  
  background-image: url("calorie_calc_bg.png");  
  background-color: #f1f375d7;  
  background-blend-mode: color-burn;  
  background-size: 430px 400px;  
}  
.uploadOuter {  
  text-align: center;  
  padding: 30px;  
}  
h2,  
h3 {  
  color: #000c66;  
}  
table {  
  display: flex;  
  flex-direction: row;  
  justify-content: center;  
  margin: 10px;  
  margin-bottom: auto;  
  padding: 20px;  
}  
#file {
```

```
padding: 15px;
width: 300px;
height: 180px;
text-align: center;
border: 2px dotted #050a30;
border-radius: 7px;
cursor: pointer;
position: relative;
color: #000c66;
}
```

```
.dragBox {
padding: 15px;
width: 300px;
height: 180px;
border-radius: 7px;
margin: 0 auto;
position: relative;
text-align: center;
font-weight: bold;
line-height: 95px;
border: 2px dotted #050a30;
display: inline-block;
transition: transform 0.3s;
}
```

```
input[type="file"] {
position: absolute;
height: 100%;
width: 100%;
opacity: 0;
```

```
top: 0;
left: 0;
}
.draging {
  transform: scale(1.1);
}
#preview {
  text-align: center;
}
img {
  max-width: 100%;
}
#b1 {
  background-color: #000c66;
  color: white;
  border: none;
}
```

History.html

```
<!DOCTYPE html>
<html lang="en">
  <head>
    <meta charset="UTF-8" />
    <meta name="viewport" content="width=device-width, initial-scale=1.0" />
    <meta http-equiv="X-UA-Compatible" content="ie=edge" />
    <title>Track history</title>

    <link href="https://cdn.jsdelivr.net/npm/bootstrap@5.2.2/dist/css/bootstrap.min.css"
rel="stylesheet" integrity="sha384-
```

Zenh87qX5JnK2JI0vWa8Ck2rdkQ2Bzep5lDxbcnCeuOxjzrPF/et3URy9Bv1WTRi"
crossorigin="anonymous"/>

<!--Navbar fonts-->

<link rel="stylesheet" href="https://cdn.jsdelivr.net/npm/@fortawesome/fontawesome-free@6.2.0/css/fontawesome.min.css" integrity="sha384-z4tVnCr80ZcL0iufVdGQSUzNvJsKjEtqYzjiQrrYKlpGow+btDHDfQWkFjoaz/Zr" crossorigin="anonymous">

<!--Adding icons-->

<!--Date icon and bootstrap alignment-->

<link rel="stylesheet" href="https://maxcdn.bootstrapcdn.com/bootstrap/3.4.0/css/bootstrap.min.css"/>

<!--Burger icon-->

<script src='https://kit.fontawesome.com/a076d05399.js' crossorigin='anonymous'></script>

<!--Bolt icon-->

<link rel="stylesheet" href="https://cdnjs.cloudflare.com/ajax/libs/font-awesome/4.7.0/css/font-awesome.min.css">

<!--Nav Icon-->

<script src="https://kit.fontawesome.com/a076d05399.js" crossorigin="anonymous"></script>

<!--Link to trackhistorystyle.css file-->

<link rel="stylesheet" href="{{url_for('static',filename='trackhistorystyle.css')}}"/>

</head>

<body>

<!--Navbar-->

<div class="bg">

<nav>


```

<input type="checkbox" id="check">
<label for="check" class="checkbtn">
  <i class="fas fa-bars"></i>
</label>
<label class="logo"><span style="margin-top:5px;">Track History</span></label>
<ul>
  <li>
    <button class="navbutton" onclick="window.history.back()" ><a >Go
Back</a></button>
    </li>
    <li>
      <a href="#">Upload Image</a>
    </li>
    <li class="nav-item">
      <a href="{{url_for('support')}}">Support</a>
    </li>
    <li class="nav-item">
      <a href="{{url_for('home')}}">Log out</a>
    </li>
  </ul>
</nav>

```

```

<div class="container" style="margin-top: 50px;">
<form action='/addhistory' method="POST">
<div class="row">
  <div class="col-md-3 mt-3">
    <!--component-->
    <span style="font-size:17px;">Date:</span>
    <div class="input-group date" id="datePicker" >
      <span class="input-group-addon">

```

```
    <i class="glyphicon glyphicon-calendar" style="color:#0b3c49"></i>
  </span>
  <input
    type="text"
    class="form-control"
    name="date"
    id="date"
    readonly
    style="background-color:white"
  />
</div>
</div>
```

```
<div class="col-md-3 mt-3">
  <span style="font-size:17px;">Enter the food name:</span>
```

```
  <div class="input-group date" id="datePicker" >
    <span class="input-group-addon" >
      <i class='fas fa-hamburger ' style="color:#0b3c49"></i>
    </span>
    <input
      type="text"
      class="form-control"
      name="meal_name"
      id="meal_name"
    />
  </div>
</div>
```

```
<div class="col-md-3 mt-3">
  <span style="font-size:17px;">Enter Calories:</span>
  <div class="input-group date" id="datePicker" >
```

```

        <span class="input-group-addon">
            <i class="fa fa-bolt" style=" color:#0b3c49"></i>
        </span>
        <input
            type="text"
            class="form-control"
            name="calories"
            id="calories"
        />
    </div></div>

    <div class="col-md-3 mt-3" style="margin-left:auto">
        <button type="submit" class="btn btn-default" width="50px" style="margin-
top:20px ;background-color:white;color: #0b3c49;border-color: #0b3c49;" ><b>Add
+</b></button>
    </div>

```

```

</div>

```

```

<div class="row">

```

```

    <div class="col-md-12">

```

```

        <table class="table table-bordered"><br/><br/>

```

```

        <thead class="thead" style="background-color:#0b3c49;color:white;" >

```

```

            <tr>

```

```

                <th scope="col">Date</th>

```

```

                <th scope="col">Food Name</th>

```

```

                <th scope="col">Calories</th>

```

```

            </tr>

```

```

        </thead>

```

```

        <tbody>

```

```

            {%set count = namespace(value=0)%}

```

```

            {%for i in range(no_of_rows)%}

```

```

                <tr>

```

```

        {%for j in range(3)%}
        <td>{{history[count.value]}}{%set count.value = count.value +
1%}</td>

        {%endfor%}
    </tr>

    {%endfor%}
</tbody>
</table>
</div>
</div>
</div>
</form>
</div>
</div>
<!--Link to trackhistory Javascript-->
<script src="{{url_for('static',filename='trackhistory.js')}}"></script>

<!-- jQuery first, then Popper.js, then Bootstrap JS -->
<script src="https://code.jquery.com/jquery-3.2.1.slim.min.js" integrity="sha384-
KJ3o2DKtIkVYIK3UENzmM7KCKRr/rE9/Qpg6aAZGJwFDMVNA/GpGFF93hXpG5KkN"
crossorigin="anonymous"></script>
<script src="https://cdn.jsdelivr.net/npm/popper.js@1.12.9/dist/umd/popper.min.js"
integrity="sha384-
ApNbgh9B+Y1QKtv3Rn7W3mgPxhU9K/ScQsAP7hUibX39j7fakFPskvXusvfa0b4Q"
crossorigin="anonymous"></script>
<script src="https://cdn.jsdelivr.net/npm/bootstrap@4.0.0/dist/js/bootstrap.min.js"
integrity="sha384-
JZR6Spejh4U02d8jOt6vLEHfe/JQGiRRSQQxSfFWpi1MquVdAyjUar5+76PVCmYI"
crossorigin="anonymous"></script>
</body>
</html>

```

Trackhistorystyle.css

```
* {  
    margin: 0;  
    padding: 0;  
    text-decoration: none;  
    list-style: none;  
    box-sizing: border-box;  
}  
  
body {  
    font-family: montserrat;  
    background: #dcf1f1;  
}  
  
.bg {  
    height: 100vh;  
    width: 100%;  
    background-image: linear-gradient(#dcf1f16a, #dcf1f16a),  
        url("track_history.png");  
}  
  
button.navbutton {  
    background: none;  
    color: white;  
    border: none;  
    padding: 0;  
    font: inherit;  
    cursor: pointer;  
    outline: inherit;  
}  
  
nav {  
    background: #0b3c49;  
    height: 80px;
```

```
width: 100%;  
}  
label.logo {  
  color: white;  
  font-size: 25px;  
  line-height: 80px;  
  padding: 0 10px;  
  font-weight: bold;  
}  
nav ul {  
  float: right;  
  margin-right: 10px;  
}  
nav ul li {  
  display: inline-block;  
  line-height: 80px;  
  margin: 0 5px;  
}  
nav ul li a {  
  color: white;  
  font-size: 17px;  
  padding: 7px 13px;  
  border-radius: 3px;  
  text-transform: uppercase;  
}  
a:hover {  
  color: white;  
  background: #02cecb87;  
  text-decoration: none;  
}  
.checkbtn {
```

```
font-size: 30px;
color: white;
float: right;
line-height: 80px;
margin-right: 40px;
cursor: pointer;
display: none;
}
#check {
  display: none;
}
@media (max-width: 952px) {
  label.logo {
    font-size: 25px;
  }
  nav ul li a {
    font-size: 16px;
  }
}
@media (max-width: 858px) {
  .checkbtn {
    display: block;
  }
  ul {
    position: fixed;
    width: 100%;
    height: 100vh;
    background: #07262f;
    top: 80px;
    left: -100%;
    text-align: center;
```

```
    z-index: 20;
    transition: all 0.5s;
}
nav ul li {
    display: block;
    margin: 50px;
    line-height: 30px;
}
nav ul li a {
    font-size: 20px;
}
a:hover {
    background: none;
    color: #90f1bab6;
}
button.navbutton:hover {
    color: #90f1bab6;
}
#check:checked ~ ul {
    left: 0;
}
}
.container {
    background: white;
    margin-top: 30px;
    margin-bottom: 30px;
    border: 1px solid rgba(0, 0, 0, 0.4);
    padding: 30px;
    border-radius: 6px;
}
```


trackhistory.js

```
var todaydate = new Date();
var day = todaydate.getDate();
var month = todaydate.getMonth() + 1;
var year = todaydate.getFullYear();
var datestring = day + "." + month + "." + year;
document.getElementById("date").value = datestring;
```

Support.html

```
<!DOCTYPE html>

<html lang="en">

  <head>

    <meta charset="UTF-8" />

    <meta name="viewport" content="width=device-width, initial-scale=1.0" />

    <meta http-equiv="X-UA-Compatible" content="ie=edge" />

    <title>Support</title>

    <!-- CSS only -->

    <link

      href="https://cdn.jsdelivr.net/npm/bootstrap@5.2.2/dist/css/bootstrap.min.css"

      rel="stylesheet"

      integrity="sha384-
Zenh87qX5JnK2Jl0vWa8Ck2rdkQ2Bzep5IDxbcnCeuOxjzrPF/et3URy9Bv1WTRi"

      crossorigin="anonymous"

    />

    <link

      rel="stylesheet"
```

```
    href="https://stackpath.bootstrapcdn.com/font-awesome/4.7.0/css/font-  
awesome.min.css"
```

```
/>
```

```
<!-- JavaScript Bundle with Popper Bootstrap -->
```

```
<script
```

```
src="https://cdn.jsdelivr.net/npm/bootstrap@5.2.2/dist/js/bootstrap.bundle.min.js"
```

```
    integrity="sha384-  
OERcA2EqjJCMA+/3y+gxIOqMEjwtxJY7qPCqsdltbNJuaOe923+mo//f6V8Qbsw3"
```

```
    crossorigin="anonymous"
```

```
></script>
```

```
<link
```

```
    rel="stylesheet"
```

```
    href="{{url_for('static', filename='supportstyle.css')}}"
```

```
/>
```

```
</head>
```

```
<body>
```

```
<h2 class="support-message">
```

```
    <b>Feeling stuck ? We are here to help you :)</b>
```

```
</h2>
```

```
<section>
```

```
    <div class="container">
```

```
        <div class="row">
```

```
<!--FAQ column-->

<div class="col-md-6" style="margin-top: 30px">

  <div class="accordion" id="accordionExample">

    <div class="accordion-item">

      <h2 class="accordion-header" id="headingOne">

        <button

          class="accordion-button collapsed"

          type="button"

          data-bs-toggle="collapse"

          data-bs-target="#collapseOne"

          aria-expanded="false"

          aria-controls="collapseOne"

          style="

            --bs-accordion-btn-focus-box-shadow: none;

            --bs-accordion-active-color: #000;

            --bs-accordion-active-bg: #fdc100;

            --bs-accordion-border-color: none;

            "

          >

            How can I use this app?

          </button>

        </h2>

      <div

        id="collapseOne"
```

```
class="accordion-collapse collapse"
aria-labelledby="headingOne"
data-bs-parent="#accordionExample"
```

```
>
```

```
<div class="accordion-body">
```

```
<ul>
```

```
<li>
```

Complete the `registration` process by clicking the register button present in the home page

```
</li>
```

```
<li>
```

After successful registration, `login` into your account.

```
</li>
```

```
<li>
```

After login successfully you will be led to your `dashboard`, where you can see your personal details like height, weight, BMI and daily calorie intake needed (i.e, how much calorie you should consume per day). Also you can select various options like Upload image, track history

```
</li>
```

```
</ul>
```

```
</div>
```

</div>

</div>

<div class="accordion-item">

<h2 class="accordion-header" id="headingTwo">

<button

class="accordion-button collapsed"

type="button"

data-bs-toggle="collapse"

data-bs-target="#collapseTwo"

aria-expanded="false"

aria-controls="collapseTwo"

style="

--bs-accordion-btn-focus-box-shadow:: none;

--bs-accordion-active-color: #000;

--bs-accordion-active-bg: #fdc100;

--bs-accordion-border-color: none;

"

>

How can I Register?

</button>

</h2>

<div

id="collapseTwo"

class="accordion-collapse collapse"

aria-labelledby="headingTwo"

data-bs-parent="#accordionExample"

>

<div class="accordion-body">

Inorder to use our application , registration process is mandatory. This is because we have to keep track of your personal details like height, weight etc.Click on the <code>register</code> button present inside the home page. You will be asked to provide your personal details for providing a personalised experience. Once you have successfully registered you will receive a confirmation mail and you will be redirected to the home page. From there you can login and enter into your Dashboard

</div>

</div>

</div>

<div class="accordion-item">

<h2 class="accordion-header" id="headingThree">

<button

class="accordion-button collapsed"

type="button"

data-bs-toggle="collapse"

data-bs-target="#collapseThree"

aria-expanded="false"

```
aria-controls="collapseThree"
style="
    --bs-accordion-btn-focus-box-shadow: none;
    --bs-accordion-active-color: #000;
    --bs-accordion-active-bg: #fdc100;
    --bs-accordion-border-color: none;
"
>
```

How can I login?

```
</button>
```

```
</h2>
```

```
<div
```

```
id="collapseThree"
```

```
class="accordion-collapse collapse"
```

```
aria-labelledby="headingThree"
```

```
data-bs-parent="#accordionExample"
```

```
>
```

```
<div class="accordion-body">
```

It is necessary

complete your registration process before you login. Once you have successfully registered, you can click on the `login` button present inside the home page. You will be led to the Login page where you will be asked to enter your E-Mail ID and password that you

entered in the registration process. After successful login
you will be led to your Dashboard.

</div>

</div>

</div>

<div class="accordion-item">

<h2 class="accordion-header" id="headingFour">

<button

class="accordion-button collapsed"

type="button"

data-bs-toggle="collapse"

data-bs-target="#collapseFour"

aria-expanded="false"

aria-controls="collapseFour"

style="

--bs-accordion-btn-focus-box-shadow: none;

--bs-accordion-active-color: #000;

--bs-accordion-active-bg: #fdc100;

--bs-accordion-border-color: none;

"

>

How can I get the nutritional value of the food that I am
eating now?

</button>

</h2>

<div

id="collapseFour"

class="accordion-collapse collapse"

aria-labelledby="headingFour"

data-bs-parent="#accordionExample"

>

<div class="accordion-body">

With the help of our `Upload Image` feature you
can upload an image of the meal that you would like to have.

Once the image has been uploaded you will be provided with
the nutritional content present inside that particular dish.

You can find this feature in the `menu bar`.

</div>

</div>

</div>

<div class="accordion-item">

<h2 class="accordion-header" id="headingFive">

<button

class="accordion-button collapsed"

type="button"

data-bs-toggle="collapse"

data-bs-target="#collapseFive"

aria-expanded="false"

```
aria-controls="collapseFive"

style="

  --bs-accordion-btn-focus-box-shadow: none;

  --bs-accordion-active-color: #000;

  --bs-accordion-active-bg: #fdc100;

  --bs-accordion-border-color: none;

"

>

  How can I track my daily calorie intake?

</button>

</h2>

<div

  id="collapseFive"

  class="accordion-collapse collapse"

  aria-labelledby="headingFive"

  data-bs-parent="#accordionExample"

>

  <div class="accordion-body">

    With the help of our <code>Track History</code> feature you

    can track your daily calorie intake which will help you to

    know your current progress and achieve your fitness goal.

    You can find this feature in your <code>Dashboard</code>.

  </div>

</div>
```

```
</div>
```

```
<div class="accordion-item">
```

```
  <h2 class="accordion-header" id="headingSix">
```

```
    <button
```

```
      class="accordion-button collapsed"
```

```
      type="button"
```

```
      data-bs-toggle="collapse"
```

```
      data-bs-target="#collapseSix"
```

```
      aria-expanded="false"
```

```
      aria-controls="collapseSix"
```

```
      style="
```

```
        --bs-accordion-btn-focus-box-shadow: none;
```

```
        --bs-accordion-active-color: #000;
```

```
        --bs-accordion-active-bg: #fdc100;
```

```
        --bs-accordion-border-color: none;
```

```
      "
```

```
    How much calorie should I consume per day?
```

```
  </button>
```

```
</h2>
```

```
<div
```

```
  id="collapseSix"
```

```
  class="accordion-collapse collapse"
```

```
  aria-labelledby="headingSix"
```

```
data-bs-parent="#accordionExample"
>
<div class="accordion-body">

    With the help of the data that you provide during the
    registration process like Height, Weight, Daily activities,
    etc., we will provide you how much calorie you should
    consume daily which will be shown as

    <code>Daily calorie Intake</code> in your dashboard.

</div>

</div>

</div>

</div>

</div>

<!--FAQ column-->

<div class="col-md-6 text-center">

    <br /><br /><br />

    <button onclick="window.history.back()" class="go-back-button">

        Go back

    </button>

</div>

</div>

</div>

</section>
```

```
</body>
</html>
```

Support-style.css

```
* {
    margin: 0;
    padding: 0;
}

body {
    background-color: #fff6bf;
}

.support-message {
    text-align: center;
    margin: 20px 0 !important;
    font-family: sans-serif;
    background-color: transparent;
}

.accordion-item,
.accordion-header {
    background-color: transparent !important;
    border: none !important;
    padding: 0 !important;
    margin-bottom: 20px;
}
```

```
.accordion-button {  
    width: 100%;  
    height: 60px;  
    background-color: #fdc100;  
    font-weight: bold;  
    text-align: left;  
    text-decoration: none;  
}
```

```
.accordion-button:active {  
    background-color: #fdc100;  
}
```

```
.support-desk {  
    width: 490px;  
    height: 340px;  
    margin-top: 20px;  
}
```

```
.go-back-button {  
    color: white;  
}
```

```
.go-back-button {  
    background: lighten(#06837f, 3%);  
    border: 1px solid darken(#06837f, 4%);
```

```
    box-shadow: 0px 2px 0 darken(#06837f, 5%), 2px 4px 6px darken(#06837f, 2%);  
    font-weight: 900;  
    letter-spacing: 1px;  
    transition: all 150ms linear;  
}
```

```
.go-back-button:hover {  
    background: darken(#06837f, 1.5%);  
    border: 1px solid rgba(#000, 0.05);  
    box-shadow: 1px 1px 2px rgba(#fff, 0.2);  
    color: lighten(#06837f, 18%);  
    text-decoration: none;  
    text-shadow: -1px -1px 0 darken(#06837f, 9.5%);  
    transition: all 250ms linear;  
}
```

```
/* CSS */
```

```
.go-back-button {  
    background-color: #06837f;  
    background-image: linear-gradient(#06837f, #329ca0);  
    border: 1px solid #15aca7;  
    border-radius: 4px;  
    box-shadow: rgba(0, 0, 0, 0.12) 0 1px 1px;  
    color: #ffffff;
```

```
cursor: pointer;

font-family: -apple-system, ".SFNSDisplay-Regular", "Helvetica Neue",
    Helvetica, Arial, sans-serif;

font-size: 15px;

margin: 0;

outline: 0;

padding: 11px 15px 12px;

text-align: center;

transition: box-shadow 0.05s ease-in-out, opacity 0.05s ease-in-out;

user-select: none;

-webkit-user-select: none;

touch-action: manipulation;

width: 30%;

}
```

```
.go-back-button:hover {

    box-shadow: rgba(24, 230, 127, 0.995) 0 0 2px inset,
        rgba(5, 197, 235, 0.818) 0 1px 2px;

    text-decoration: none;

    transition-duration: 0.15s, 0.15s;

}
```

```
.go-back-button:active {

    box-shadow: rgba(0, 0, 0, 0.15) 0 2px 4px inset, rgba(0, 0, 0, 0.4) 0 1px 1px;
```


}

Nutritional Assistant Application is a responsive web application which contains links to Register Page, Login Page and Upload image Page.

Home.html

```
<!DOCTYPE html>
<html lang="en">
  <head>
    <meta charset="UTF-8" />
    <meta http-equiv="X-UA-Compatible" content="IE=edge" />
    <meta name="viewport" content="width=device-width, initial-scale=1.0" />
    <!-- <link
      rel="stylesheet"
      href="{{url_for('static',filename='home-style.css')}}"
    /> -->
    <!-- <link
      rel="stylesheet"
      href="https://stackpath.bootstrapcdn.com/bootstrap/4.1.3/css/bootstrap.min.css"
    /> -->
    <link rel="stylesheet" href="/static/Registration-style.css">
    <title>HOME</title>
    <script src="https://kit.fontawesome.com/a076d05399.js"></script>
  </head>
  <style>
    ul {
      list-style-type: none;
      margin: 0;
      padding: 0;
      overflow: hidden;
      background-color: #333;
    }
```

```
li {  
  float: right;  
}
```

```
li a {  
  display: block;  
  color: white;  
  text-align: center;  
  padding: 14px 16px;  
  text-decoration: none;  
}
```

```
li a:hover {  
  background-color: #111;  
}
```

```
body {  
  
  background-color: #a3f375d7;  
  
  background-blend-mode: color-burn;  
  background-size: 430px 400px;  
}  
.login-form {  
  background: #dcf1f1;  
  margin-top: 40px;  
  margin-bottom: 100px;  
  padding: 50px;  
  border-radius: 50px;
```

```
    box-shadow: 10px 10px 5px 0px rgba(0, 0, 0, 0.75);
}
```

```
.btn-primary {
    width: 100%;
}
```

```
</style>
```

```
<body>
```

```
    <header>
```

```
        <nav>
```

```
            <ul>
```

```
                <li><a href="{{url_for('reg')}}">Register</a></li>
```

```
                <li><a href="{{url_for('login')}}">Login</a></li>
```

```
                <li><a href="#">Support</a></li>
```

```
            </ul>
```

```
        <h1><center>Nutrition Assistant Application</center></h1>
```

```
    </nav>
```

```
</header>
```

```
<div class="bg-text">
```

```
    <p>
```

Nutrition Assistant Application is a web app that aims at
automatically estimating

the food attributes such as ingredients and nutritional value by
classifying the input image of the food. The person who wishes to use the
app must register before using the app. The user can login to their

account to see thier respective dashboard with the details of height, weight, BMI that is automatically generated and the amount of calorie that can be taken according to the BMI of the user. The user can upload the image of the food that he has taken. The app will then display the nutritional value of the food. The user can take a note of it and can alter his food habits accoring to his BMI and amount of calories that can be intaken. The user can view the history of the food and the calorie intake details in the histroy page. The user can make use of the support in case of any queries.

```
</p>
</div>
<section></section>
</body>
</html>
```

home-style.css

```
* {
padding: 0;
margin: 0;
text-decoration: none;
list-style: none;
font-family: verdana;
box-sizing: border-box;
}
body {
background-color: #fdc100;
}
span {
font-size: 30px;
text-align: center;
```

```
    font-weight: bold;
}
img.logo {
    height: 60px;
    width: 80px;
    margin: 10px;
}
header {
    display: flex;
    justify-content: space-between;
    align-items: center;
}
nav {
    background-color: #fdc100;
    height: 80px;
    width: 100%;
}
label.nutri {
    padding: 0 30px;
    color: black;
    font-size: 25px;
    line-height: 80px;
    font-weight: bold;
}
nav ul {
    float: right;
    margin-right: 20px;
}
nav ul li {
    display: inline-block;
    line-height: 80px;
```

```
    margin: 0 5px;
}
nav ul li a {
    color: black;
    font-size: 17px;
    border: 1px solid transparent;
    padding: 7px 13px;
    border-radius: 3px;
}
a.active,
a:hover {
    background: #80cc66;
    border: 1px solid white;
    transition: 0.5s;
}
.checkbtn {
    font-size: 30px;
    color: crimson;
    float: right;
    line-height: 80px;
    margin-right: 40px;
    cursor: pointer;
    display: none;
}
#check {
    display: none;
}
.bg-text {
    background-color: rgb(0, 0, 0); /* Fallback color */
    background-color: rgba(0, 0, 0, 0.7); /* Black w/opacity/see-through */
    color: white;
```

```
border: 3px solid #f1f1f1;
position: absolute;
top: 50%;
left: 50%;
transform: translate(-50%, -50%);
z-index: 2;
width: 80%;
padding: 20px;
text-align: justify;
font-size: 22px;
}
```

```
@media (max-width: 992px) {
  label.nutri {
    font-size: 30px;
    padding-left: 50px;
  }
  nav ul li a {
    font-size: 16px;
  }
  .bg-text {
    margin-top: 50px;
    top: 50%;
    left: 50%;
  }
}
```

```
@media (max-width: 858px) {
  .checkbtn {
    display: block;
  }
  label.nutri {
```

```
    display: none;
}
.bg-text {
    font-size: 15px;
    top: 40%;
    left: 50%;
}
ul {
    position: fixed;
    width: 100%;
    height: 100vh;
    background: #ffee99;
    z-index: 20;
    top: 80px;
    left: -100%;
    text-align: center;
    transition: all 0.5s;
}
nav ul li {
    display: block;
    margin: 50px 0;
    line-height: 30px;
}
nav ul li a {
    font-size: 20px;
    color: black;
}
a.active,
a:hover {
    background: none;
    border: none;
```



```
        color: #f26d1b;
    }
    #check:checked ~ ul {
        left: 0;
    }
}
section {
    width: 100%;
    background: url(food2.jpg);
    background-position: center;
    background-size: cover;
    height: calc(100vh - 80px);
    background-repeat: no-repeat;
}
```

Register.html

```
<!DOCTYPE html>
<html>
  <head>
    <meta charset="utf-8" />
    <title>Responsive Registration Form</title>
    <meta
      name="viewport"
      content="width=device-width,
        initial-scale=1.0"
    />

    <link
      rel="stylesheet"
```

```
href="https://stackpath.bootstrapcdn.com/bootstrap/4.1.3/css/bootstrap.min.css"
```

```
/>
```

```
</head>
```

```
<style>
```

```
body {
```

```
padding-top: 50px;
```

```
background-color: #a3f375d7;
```

```
background-image: url('{{url_for('static',filename='calorie_calc_bg.png')}}');
```

```
background-blend-mode: color-burn;
```

```
background-size: 430px 400px;
```

```
}
```

```
.login-form {
```

```
background: #dcf1f1;
```

```
margin-top: 40px;
```

```
margin-bottom: 100px;
```

```
padding: 50px;
```

```
border-radius: 50px;
```

```
box-shadow: 10px 10px 5px 0px rgba(0, 0, 0, 0.75);
```

```
}
```

```
.btn-primary {
```

```
width: 100%;
```

```
}
```

```
img {
```

```
width: 50px;
```

```
height: 50px;
```

```
}
```

```
</style>
<body>
  <center><div style="border:3px solid black;border-radius: 10px ;">
    <div class="container" >
      <h1 class="form-title">
        &nbsp;  Registration
      </h1>
      <form action="/register" method="post">
        <div class="main-user-info">
          <div class="user-input-box">
            <label for="firstName">First Name</label>
            <input
              type="text"
              id="firstName"
              name="firstName"
              placeholder="Enter First Name"
              required
            />
          </div>
          <div class="user-input-box">
            <label for="lastName">Last Name</label>
            <input
              type="text"
              id="lastName"
              name="lastName"
            />
          </div>
        </div>
      </form>
    </div>
  </center>
</body>
</html>
```

```
        placeholder="Enter Last Name"
        required
    />
</div>
<div class="user-input-box">
    <label for="email">Email</label>
    <input
        type="email"
        id="email"
        name="email"
        placeholder="Enter Email"
        required
    />
</div>
<div class="user-input-box">
    <label for="phoneNumber">Phone Number</label>
    <input
        type="text"
        id="phoneNumber"
        name="phoneNumber"
        placeholder="Enter Phone Number"
        required
    />
</div>
<div class="user-input-box">
    <label for="password">Password</label>
    <input
        type="password"
        id="password"
```

```

        name="password"
        placeholder="Enter Password"
        pattern="^(?=.*[A-Za-z])(?=.*\d)[A-Za-z\d]{5,}$"
        required
    />
</div>
<div class="user-input-box">
    <label for="confirmPassword">Confirm Password</label>
    <input
        type="password"
        id="confirmPassword"
        name="confirmPassword"
        placeholder="Confirm Password"
        pattern="^(?=.*[A-Za-z])(?=.*\d)[A-Za-z\d]{5,}$"
        required
    />
</div>
<div>
    <span style="color: white; font-size: 13px"
        >Password must be minimum Five characters with at least one letter
        and one number</span>
    >
</div>
</div>
<div class="form-submit-btn">
    <input type="submit" value="Register" />
</div>
<div class="go-back-btn">
    <a href="Home.html" class="goback">Go Back</a>

```

```
        </div>
    </div>
</center>
</form>
</div>
</body>
</html>
```

Registration-style.css

```
@import
url("https://fonts.googleapis.com/css2?family=Poppins:wght@200;300;400;500;600;700
&display=swap");

* {
    padding: 0;
    margin: 0;
    box-sizing: border-box;
    font-family: "Poppins", sans-serif;
}

img.logo {
    height: 60px;
    width: 70px;
    margin: 10px;
}

body {
    display: flex;
    height: 100vh;
    justify-content: center;
```

```

align-items: center;
background-color: #f1f375d7;
background-image: url("calorie_calc_bg.png");
background-blend-mode: color-burn;
background-size: 430px 400px;
/*background: linear-gradient(to bottom right, #f9d423 0%, #ff4e50 100%);*/
}

.container {
width: 100%;
max-width: 650px;
background: rgba(
0,
0,
0,
0.6
); /*fdc100 - 253,193,0 06837f - 6,131,127 b4ffff - 180,255,255 02cecb - 2,206,203*/
padding: 28px;
margin: 0 28px;
border-radius: 10px;
box-shadow: inset -2px 2px 2px white;
}

.form-title {
font-size: 26px;
font-weight: 600;
text-align: center;
padding-bottom: 6px;
color: white;
border-bottom: solid 1px white;
display: flex;
align-items: center;

```

```
}
```

```
.main-user-info {  
  display: flex;  
  flex-wrap: wrap;  
  justify-content: space-between;  
  padding: 15px 0;  
}
```

```
.user-input-box:nth-child(2n) {  
  justify-content: end;  
}
```

```
.user-input-box {  
  display: flex;  
  flex-wrap: wrap;  
  width: 50%;  
  padding-bottom: 12px;  
}
```

```
.user-input-box label {  
  width: 95%;  
  color: white;  
  font-size: 20px;  
  font-weight: 400;  
  margin: 5px 0;  
}
```

```
.user-input-box input {  
  height: 30px;  
  width: 95%;
```



```
border-radius: 5px;  
outline: none;  
border: 1px solid grey;  
padding: 0 10px;  
}
```

```
.gender-title {  
  color: white;  
  font-size: 20px;  
  font-weight: 400;  
}
```

```
.gender-category {  
  margin: 20px 0;  
  color: white;  
}
```

```
.gender-category label {  
  padding: 0 20px 0 2px;  
}
```

```
.gender-category label,  
.gender-category input,  
.form-submit-btn input {  
  cursor: pointer;  
}
```

```
.form-submit-btn {  
  margin-top: 20px;  
}
```

```
.form-submit-btn input {  
  display: block;  
  width: 100%;  
  margin-top: 10px;  
  font-size: 20px;  
  padding: 7px;  
  border: none;  
  border-radius: 3px;  
  color: rgb(255, 255, 255);  
  background: rgba(253, 193, 0, 0.7);  
}
```

```
.form-submit-btn input:hover {  
  background: rgba(2, 206, 203, 0.7);  
  color: rgb(255, 255, 255);  
}
```

```
.go-back-btn {  
  margin-top: 20px;  
}
```

```
.go-back-btn a {  
  display: block;  
  width: 100%;  
  margin-top: 10px;  
  font-size: 20px;  
  padding: 7px;  
  text-decoration: none;  
  border: none;  
  text-align: center;  
  border-radius: 3px;  
  color: rgb(255, 255, 255);  
  background: rgba(253, 193, 0, 0.7);
```

```
}  
.go-back-btn a:hover {  
  background: rgba(2, 206, 203, 0.7);  
  color: rgb(255, 255, 255);  
  cursor: pointer;  
}
```

```
@media (max-width: 600px) {  
  .container {  
    min-width: 280px;  
  }  
}
```

```
.user-input-box {  
  margin-bottom: 12px;  
  width: 100%;  
}
```

```
.user-input-box:nth-child(2n) {  
  justify-content: space-between;  
}
```

```
.gender-category {  
  display: flex;  
  justify-content: space-between;  
  width: 100%;  
  font-size: 17px;  
}
```

```
.main-user-info {  
  max-height: 380px;  
  overflow: auto;
```

```
}

.main-user-info::-webkit-scrollbar {
  width: 0;
}
}
```

personaldetails.html

```
<!DOCTYPE html>
<html lang="en">
  <head>
    <!-- Required meta tags -->
    <meta charset="utf-8" />
    <meta
      name="viewport"
      content="width=device-width, initial-scale=1, shrink-to-fit=no"
    />

    <!-- Bootstrap CSS -->
    <link
      rel="stylesheet"
      href="https://stackpath.bootstrapcdn.com/bootstrap/4.5.2/css/bootstrap.min.css"
      integrity="sha384-
JcKb8q3iqJ61gNV9KGb8thSsNjpSL0n8PARn9HuZOnIxN0hoP+VmmDGMN5t9UJ0Z"
      crossorigin="anonymous"
    />
    <link rel="stylesheet" href="style.css" />
    <title>Calorie Calculator</title>

    <style>
      body {
```

```

background-color: #f1f375d7;
background-image: url('{{url_for('static',filename='calorie_calc_bg.png')}}');
background-blend-mode: color-burn;
background-size: 430px 400px;
}
.results {
display: none;
}

.btn {
background: lighten(#06837f, 3%);
font-weight: 600;
letter-spacing: 1px;
}
</style>
</head>
<body>
<div class="container">
<div class="row">
<div class="col-lg-7 mx-auto">
<div class="card card-body text-center mt-5">
<h3 class="heading display-5 pb-3 mb-4">
Enter your personal details
</h3>
<form id="calorie-form" method="post" action="/addpersonaldetails">
<div class="form-group row">
<label for="age" class="col-sm-2 col-form-label">Age</label>
<div class="col-sm-10">
<input
type="text"
class="form-control"

```

```
    id="age"
    name="age"
    placeholder="Age > 17"
    pattern="(?:1[01][0-9]|120|1[7-9][2-9][0-9])$"
    required
  />
</div>
</div>
```

```
<fieldset class="form-group">
  <div class="row">
    <legend class="col-form-label col-sm-2 pt-0">Gender</legend>
    <div class="col-sm-10" id="form-radio">
      <div
        class="custom-control custom-radio custom-control-inline"
      >
        <input
          type="radio"
          id="male"
          name="Gender"
          value="male"
          class="custom-control-input"
          checked="checked"
        />
        <label class="custom-control-label" for="male"
          >Male</label>
      >
    </div>
    <div
      class="custom-control custom-radio custom-control-inline"
    >
```

```
<input
  type="radio"
  id="female"
  name="Gender"
  value="female"
  class="custom-control-input"
/>
<label class="custom-control-label" for="female"
  >Female</label
>
</div>
</div>
</div>
</fieldset>
```

```
<div class="form-group row">
  <label for="weight" class="col-sm-2 col-form-label"
    >Weight</label
  >
  <div class="col-sm-10">
    <input
      type="number"
      class="form-control"
      id="weight"
      name="weight"
      placeholder="In kilograms"
      required
    />
  </div>
</div>
```

```
<div class="form-group row">
  <label for="height" class="col-sm-2 col-form-label"
    >Height</label>
  >
  <div class="col-sm-10">
    <input
      type="number"
      class="form-control"
      id="height"
      name="height"
      placeholder="In centimeters"
      required
    />
  </div>
</div>
```

```
<div class="form-group row">
  <legend class="col-form-label col-sm-2 pt-0">Activity</legend>
  <select
    class="custom-select col-sm-10 col-lg-9 ml-3"
    id="list"
    name="activity"
  >
    <option selected value="1">
      Sedentary (little or no exercise)
    </option>
    <option value="2">
      Lightly active (light exercise/sports 1-3 days/week)
    </option>
    <option value="3">
      Moderately active (moderate exercise/sports 3-5 days/week)
  </select>
</div>
```



```
</option>
<option value="4">
  Very active (hard exercise/sports 6-7 days a week)
</option>
<option value="5">
  Extra active (very hard exercise/sports & physical job or 2x
  training)
</option>
</select>
</div>

<div class="form-group" style="margin-top: 70px">
  <input
    type="submit"
    value="Proceed to dashboard"
    class="btn btn-block"
    style="background-color: #06837f; color: white"
  />
  <input
    type="button"
    onclick="window.history.back()"
    value="Go Back"
    class="btn btn-block"
    style="background-color: #06837f; color: white"
  />
</div>
</form>
</div>
</div>
</div>
</div>
```

```

<script
  src="https://code.jquery.com/jquery-3.5.1.slim.min.js"
  integrity="sha384-
DfXdz2htPH0lsSSs5nCTpuj/zy4C+OGpamoFVy38MVBnE+IbbVYUew+OrCXaRkfj"
  crossorigin="anonymous"
></script>
<script
  src="https://cdn.jsdelivr.net/npm/popper.js@1.16.1/dist/umd/popper.min.js"
  integrity="sha384-
9/reFTGAW83EW2RDu2S0VVKalzap3H66lZH81PoYlFhbGU+6BZp6G7niu735Sk7lN"
  crossorigin="anonymous"
></script>
<script
  src="https://stackpath.bootstrapcdn.com/bootstrap/4.5.2/js/bootstrap.min.js"
  integrity="sha384-
B4gt1jrGC7Jh4AgTPSdUtoOBvFO8shuf57BaghqFfPIYxofvL8/KUEfYiJOMMV+rV"
  crossorigin="anonymous"
></script>
<script src="script.js"></script>
</body>
</html>

```

personaldetails.js

```

document
  .getElementById("calorie-form")
  .addEventListener("submit", function (e) {
    document.getElementById("results").style.display = "none";

    document.getElementById("loading").style.display = "block";
  });

```

```
setTimeout(calculateCalories, 2000);
```

```
    e.preventDefault();  
  });
```

```
if (  
  age.value === "" ||  
  weight.value === "" ||  
  height.value === "" ||  
  80 < age.value ||  
  age.value < 21  
) {  
  errorMessage("Please make sure the values you entered are correct");  
}
```

```
function errorMessage(error) {  
  document.getElementById("results").style.display = "none";  
  
  document.getElementById("loading").style.display = "none";  
  const errorDiv = document.createElement("div");  
  const card = document.querySelector(".card");  
  const heading = document.querySelector(".heading");  
  errorDiv.className = "alert alert-danger";  
  errorDiv.appendChild(document.createTextNode(error));  
  
  card.insertBefore(errorDiv, heading);  
  
  setTimeout(clearError, 4000);  
}
```

```
function clearError() {
```

```
document.querySelector(".alert").remove();  
}
```

Login Page:

```
<html lang="en">  
<head>  
  <meta charset="UTF-8" />  
  <title>Login Form</title>  
  <link  
    rel="stylesheet"  
    href="https://stackpath.bootstrapcdn.com/bootstrap/4.1.3/css/bootstrap.min.css"  
  />  
</head>  
<style>  
  body {  
    padding-top: 50px;  
    background-color: #a3f375d7;  
    background-image: url('{{url_for('static',filename='calorie_calc_bg.png')}}');  
    background-blend-mode: color-burn;  
    background-size: 430px 400px;  
  }  
  .login-form {  
    background: #d671bd;  
    margin-top: 40px;  
    margin-bottom: 100px;  
    padding: 50px;  
    border-radius: 50px;  
    box-shadow: 10px 10px 5px 0px rgba(0, 0, 0, 0.75);  
  }
```

```
.btn-primary {
  width: 100%;
}
</style>
<body>
<div class="container">
  <div class="row">
    <div class="col-md-8 offset-md-2">
      <div class="login-form">
        <h1 class="text-center" style="padding-bottom: 30px">Login Form</h1>

        <form action="/verify" method="post">
          <div class="form-group">
            <label for="exampleInputEmail1">Enter Email address </label>
            <input
              type="email"
              name="email"
              class="form-control"
              id="exampleInputEmail1"
              aria-describedby="emailHelp"
              placeholder="Enter email"
              required
            />
            <small id="emailHelp" class="form-text text-muted">
              We'll never share your email with anyone else.
            </small>
          </div>
          <div class="form-group">
            <label for="exampleInputPassword1"> Enter Password </label>
            <input
```

```
        type="password"
        class="form-control"
        id="password"
        name="password"
        placeholder="Password"
        pattern="^(?=.*[A-Za-z])(?=.*\d)[A-Za-z\d]{5,}$"
        required
    />
</div>
<div class="form-group form-check">
    <input
        type="checkbox"
        class="form-check-input"
        onclick="showpass()"
    />
    <label class="form-check-label" for="exampleCheck1">
        Show Password
    </label>
</div>
<span style="color: red">{{message}}</span>
<button
    type="submit"
    class="btn btn-primary"
    style="margin-top: 10px"
>
    Submit
</button>
</form>
</div>
</div>
</div>
```

```
</div>
<script>
function showpass() {
  var x = document.getElementById("password");
  if (x.type === "password") {
    x.type = "text";
  } else {
    x.type = "password";
  }
}
</script>
<script
src="https://code.jquery.com/jquery-3.3.1.slim.min.js"
integrity="sha384-
q8i/X+965DzO0rT7abK41JStQIAqVgRVzpbzo5smXKp4YfRvH+8abtTE1Pi6jizo"
crossorigin="anonymous"
></script>
<script
src="https://cdnjs.cloudflare.com/ajax/libs/popper.js/1.14.7/umd/popper.min.js"
integrity="sha384-
UO2eT0CpHqdSJQ6hJty5KVphtPhzWj9WO1clHTMGa3JDZwrnQq4sF86dIHNDz0W1"
crossorigin="anonymous"
></script>
<script
src="https://stackpath.bootstrapcdn.com/bootstrap/4.3.1/js/bootstrap.min.js"
integrity="sha384-
JjSmVgyd0p3pXB1rRibZUAYoIlly6OrQ6VrjIEaFf/nJGzlxFDsf4x0xIM+B07jRM"
crossorigin="anonymous"
></script>
<script></script>
</body>
```

</html>

Dashboard:

Dashboard.html

<!DOCTYPE html>

<html>

 <head>

 <title>

 Dashboard

 </title>

 <meta name="viewport" content="width=device-width , initial-scale=1.0">

 <link rel="stylesheet"

href="https://cdn.jsdelivr.net/npm/bootstrap@4.6.1/dist/css/bootstrap.min.css">

 <script

src="https://cdn.jsdelivr.net/npm/jquery@3.6.0/dist/jquery.slim.min.js"></script>

 <script

src="https://cdn.jsdelivr.net/npm/popper.js@1.16.1/dist/umd/popper.min.js"></script>

 <link href="https://cdn.jsdelivr.net/npm/bootstrap@5.0.2/dist/css/bootstrap.min.css"

rel="stylesheet" integrity="sha384-

EVSTQN3/azprG1Anm3QDgpJLIm9Nao0Yz1ztcQTwFspd3yD65VohhpuuCOmLASjC"

crossorigin="anonymous">

 <script

src="https://cdn.jsdelivr.net/npm/bootstrap@5.2.2/dist/js/bootstrap.bundle.min.js"

integrity="sha384-

OERcA2EqjJCMA+/3y+gxIOqMEjwtxJY7qPCqsdltbNJuaOe923+mo//f6V8Qbsw3"

crossorigin="anonymous"></script>

 <link rel="stylesheet" href="https://cdnjs.cloudflare.com/ajax/libs/font-awesome/4.7.0/css/font-awesome.min.css">

 <link rel="stylesheet" href="{{url_for('static',filename='dashboard.css')}}">

</head>

<body>

<nav class="navbar navbar-expand-lg ">

<div class="container-fluid">

<button class="navbar-toggler" type="button" data-bs-toggle="collapse" data-bs-target="#navbarNav" aria-controls="navbarNav" aria-expanded="false" aria-label="Toggle navigation">

<i class="fa fa-bars" style="font-size:36px"></i>

</button>

<div class="collapse navbar-collapse" id="navbarNav">

<ul class="navbar-nav ml-auto text-right">

<li class="nav-item">

Support

<li class="nav-item ">

Logout

</div>

</div>

</div>

</nav>

<div class="container">

<div class="row ">

<div class="column border box">

<h4>Height: {{height}} </h4>

</div>

```
<div class="column border box">
```

```
    <h4>Weight: {{weight}} </h4>
```

```
</div>
```

```
</div>
```

```
<div class="row my-0 ">
```

```
    <div class="column border box">
```

```
        <h4>BMI: {{BMI}} </h4>
```

```
    </div>
```

```
    <div class="column border box">
```

```
        <h4>Calorie Intake: {{daily_calorie_intake}} </h4>
```

```
    </div>
```

```
</div>
```

```
<div class="row">
```

```
    <div class="column">
```

```
        <a href="{{url_for('upload')}}" id="bu1" class="btn btn-info btn-lg">Upload
```

```
Image</a>
```

```
    </div>
```

```
    <div class="column ">
```

```
        <a href="{{url_for('history')}}" id="bu1" class="btn btn-info btn-lg">Track
```

```
History</a>
```

```
    </div>
```

```
</div>
```

```
</div>
```

```
</div>
```

```
    </div>
```

```
</div>
```

```
</body>
```

</html>

Dashboard.css

```
body{
    background-color:#D4F1F4;
}
.nav-item{
    text-align: end;
}
.navbar-toggler{
    outline: none !important;
    padding: 0 !important;
}
.navbar-toggler i{
    width: 40px;
}
#bu1{
    text-decoration: none;
}
.navbar{
    background-color:#05445E;
    top: 0;
    width: 100%;
    overflow: hidden;
    height: 65px;
}
.nav-link{
    color: white;
    font-weight: 900;
    margin-left: 50px;
    letter-spacing: 2px;
```

```
}  
.nav-item a:hover{  
    color: #FDC100;  
}  
* {  
    box-sizing: border-box;  
}  
  
.row {  
    display: flex;  
    margin-top: 30px;  
    margin-bottom: 15px;  
}  
.box{  
    background-color: #a0dfdf;  
}  
.container{  
    margin: 50px auto;  
    width:40%;  
    text-align: center;  
}  
.container h3{  
    color: #272643;  
}  
.container img{  
    object-fit:contain;  
}  
.column {  
    flex: 33.33%;  
    padding: 5px;  
    margin-right:15px;
```

```

}
#pic{
    height: 100px;
    width: 130px;
}

#img{
    background-color: #24a0ed;
    color: black;
    padding: 14px 25px;
    text-align: center;
    text-decoration: none;
    display: inline-block;
}
#bu1{
    background-color:#05445E ;
    color: white;
    font-weight: 800;
    font-size: medium;
    border-style: none;
    text-align:center;

}

```

Upload Page:

Upload.html

```

<!DOCTYPE html>
<html>
    <head>

```

```

<title>Upload image</title>
<link href="https://cdn.jsdelivr.net/npm/bootstrap@5.0.2/dist/css/bootstrap.min.css"
rel="stylesheet" integrity="sha384-
EVSTQN3/azprG1Anm3QDgpJLIm9Nao0Yz1ztcQTwFspd3yD65VohhpuuCOmLASjC"
crossorigin="anonymous">
<link rel="stylesheet" href="https://cdnjs.cloudflare.com/ajax/libs/font-
awesome/4.7.0/css/font-awesome.min.css">
<link rel="stylesheet" href="{{url_for('static',filename='upload.css')}}">
</head>
<body>
<script
src="https://cdn.jsdelivr.net/npm/bootstrap@5.2.2/dist/js/bootstrap.bundle.min.js"
integrity="sha384-
OERcA2EqJJCMA+/3y+gxIOqMEjwtxJY7qPCqsdltbNJuaOe923+mo//f6V8Qbsw3"
crossorigin="anonymous"></script>
<form action="/getnutri" method="post" enctype="multipart/form-data">
<div class="container uploadOuter ">
<table class="uploadimage">
<tr>
<th><label for="uploadFile" id="file" ><h2>Choose your image to upload</h2><i
class="fa fa-file-photo-o" style="font-size:48px;color:red"></i></i>

</label></th>
<th> </th>
<th><h3>OR</h3></th>

<th><span class="dragBox" >
<h2>Drag and Drop image here</h2><i class="fa fa-file-photo-o" style="font-
size:48px;color:red"></i>
<input name="file" type="file" onChange="dragNdrop(event)"
ondragover="drag()" ondrop="drop()" id="uploadFile" required/>

```

```
</span></th>
```

```
</tr>
```

```
</table>
```

```
<button class="btn btn-primary btn-lg" id="b1"
onclick="window.history.back()">Go Back </button>
```

```
<button class="btn btn-primary btn-lg" id="b1" type="submit" >Submit </button>
```

```
</div>
```

```
</form>
```

```
</div>
```

```
</div>
```

```
<div>
```

```
<table class="table table-bordered"><br/><br/>
```

```
<tr>
```

```
<th scope="col" style="background-
color:#050a30;color:white;">Calories</th>
```

```
<td style="background-color:white;">{{calories}}</td>
```

```
</tr>
```

```
<tr>
```

```
<th scope="col" style="background-color:#050a30;color:white;">Protein</th>
```

```
<td style="background-color:white;">{{protein}}</td>
```

```
</tr>
```

```
<tr>
```

```
<th scope="col" style="background-color:#050a30;color:white;">Fat</th>
```

```
<td style="background-color:white;">{{fat}}</td>
```

```
</tr>
```

```
<tr>
```

```
<th scope="col" style="background-color:#050a30;color:white;">Carbs</th>
```

```

        <td style="background-color:white;">{{carbs}}</td>
    </tr>

</table>
</div>

<div id="preview" style="height:105px"> </div>

</div>
</div>
<script>
    "use strict";
function dragNdrop(event) {
    var fileName = URL.createObjectURL(event.target.files[0]);
    var preview = document.getElementById("preview");
    var previewImg = document.createElement("img");
    previewImg.setAttribute("src", fileName);
    previewImg.setAttribute("width", "100px");
    previewImg.setAttribute("height", "100px");
    preview.innerHTML = "";
    preview.appendChild(previewImg);
}
function drag() {
    document.getElementById('uploadFile').parentNode.className = 'draging dragBox';
}
function drop() {
    document.getElementById('uploadFile').parentNode.className = 'dragBox';
}

</script>
</body>
</html>

```


Upload.css

```
body {
    background-image: url("calorie_calc_bg.png");
    background-color: #f1f375d7;
    background-blend-mode: color-burn;
    background-size: 430px 400px;
}

.uploadOuter {
    text-align: center;
    padding: 30px;
}

h2,
h3 {
    color: #000c66;
}

table {
    display: flex;
    flex-direction: row;
    justify-content: center;
    margin: 10px;
    margin-bottom: auto;
    padding: 20px;
}

#file {
    padding: 15px;
    width: 300px;
    height: 180px;
    text-align: center;
```

```
border: 2px dotted #050a30;  
border-radius: 7px;  
cursor: pointer;  
position: relative;  
color: #000c66;  
}
```

```
.dragBox {  
padding: 15px;  
width: 300px;  
height: 180px;  
border-radius: 7px;  
margin: 0 auto;  
position: relative;  
text-align: center;  
font-weight: bold;  
line-height: 95px;  
border: 2px dotted #050a30;  
display: inline-block;  
transition: transform 0.3s;  
}
```

```
input[type="file"] {  
position: absolute;  
height: 100%;  
width: 100%;  
opacity: 0;  
top: 0;  
left: 0;  
}
```

```
.draging {
```

```

    transform: scale(1.1);
}
#preview {
    text-align: center;
}
img {
    max-width: 100%;
}
#b1 {
    background-color: #000c66;
    color: white;
    border: none;
}

```

History.html

```

<!DOCTYPE html>
<html lang="en">
<head>
    <meta charset="UTF-8" />
    <meta name="viewport" content="width=device-width, initial-scale=1.0" />
    <meta http-equiv="X-UA-Compatible" content="ie=edge" />
    <title>Track history</title>

    <link href="https://cdn.jsdelivr.net/npm/bootstrap@5.2.2/dist/css/bootstrap.min.css"
rel="stylesheet" integrity="sha384-
Zenh87qX5JnK2Jl0vWa8Ck2rdkQ2Bzep5IDxbcnCeuOxjzrPF/et3URy9Bv1WTRi"
crossorigin="anonymous"/>
    <!--Navbar fonts-->
    <link rel="stylesheet" href="https://cdn.jsdelivr.net/npm/@fortawesome/fontawesome-
free@6.2.0/css/fontawesome.min.css" integrity="sha384-

```

z4tVnCr80ZcL0iufVdGQSUzNvJsKjEtqYZjiQrrYKlpGow+btDHDfQWkFjoaz/Zr"
crossorigin="anonymous">

<!--Adding icons-->

<!--Date icon and bootstrap alignment-->

<link rel="stylesheet"

href="https://maxcdn.bootstrapcdn.com/bootstrap/3.4.0/css/bootstrap.min.css"/>

<!--Burger icon-->

<script src='https://kit.fontawesome.com/a076d05399.js'

crossorigin='anonymous'></script>

<!--Bolt icon-->

<link rel="stylesheet" href="https://cdnjs.cloudflare.com/ajax/libs/font-awesome/4.7.0/css/font-awesome.min.css">

<!--Nav Icon-->

<script src="https://kit.fontawesome.com/a076d05399.js"

crossorigin="anonymous"></script>

<!--Link to trackhistorystyle.css file-->

<link rel="stylesheet" href="{{url_for('static',filename='trackhistorystyle.css')}}"/>

</head>

<body>

<!--Navbar-->

<div class="bg">

<nav>

<input type="checkbox" id="check">

<label for="check" class="checkbtn">

<i class="fas fa-bars"></i>

</label>

```

<label class="logo"><span style="margin-top:5px;">Track History</span></label>
<ul>
  <li>
    <button class="navbutton" onclick="window.history.back()" ><a >Go
Back</a></button>
  </li>
  <li>
    <a href="#">Upload Image</a>
  </li>
  <li class="nav-item">
    <a href="{{url_for('support')}}">Support</a>
  </li>
  <li class="nav-item">
    <a href="{{url_for('home')}}">Log out</a>
  </li>
</ul>
</nav>

```

```

<div class="container" style="margin-top: 50px;">
  <form action='/addhistory' method="POST">
    <div class="row">
      <div class="col-md-3 mt-3">
        <!--component-->
        <span style="font-size:17px;">Date:</span>
        <div class="input-group date" id="datePicker" >
          <span class="input-group-addon">
            <i class="glyphicon glyphicon-calendar" style="color:#0b3c49"></i>
          </span>
          <input
            type="text"
            class="form-control"

```

```

        name="date"
        id="date"
        readonly
        style="background-color:white"
    />
</div>
</div>

<div class="col-md-3 mt-3">
    <span style="font-size:17px;">Enter the food name:</span>

    <div class="input-group date" id="datePicker" >
        <span class="input-group-addon" >
            <i class='fas fa-hamburger ' style="color:#0b3c49"></i>
        </span>
        <input
            type="text"
            class="form-control"
            name="meal_name"
            id="meal_name"
        />
    </div>
</div>

<div class="col-md-3 mt-3">
    <span style="font-size:17px;">Enter Calories:</span>
    <div class="input-group date" id="datePicker" >
        <span class="input-group-addon">
            <i class="fa fa-bolt" style="color:#0b3c49"></i>
        </span>
        <input
            type="text"

```

```

        class="form-control"
        name="calories"
        id="calories"
    />
</div></div>

<div class="col-md-3 mt-3" style="margin-left:auto">
    <button type="submit" class="btn btn-default" width="50px" style="margin-
top:20px ;background-color:white;color: #0b3c49;border-color: #0b3c49;" ><b>Add
+</b></button>
</div>

</div>
<div class="row">
    <div class="col-md-12">
        <table class="table table-bordered"><br/><br/>
        <thead class="thead" style="background-color:#0b3c49;color:white;" >
            <tr>
                <th scope="col">Date</th>
                <th scope="col">Food Name</th>
                <th scope="col">Calories</th>
            </tr>
        </thead>
        <tbody>
            {%set count = namespace(value=0)%}
            {%for i in range(no_of_rows)%}
                <tr>
                    {%for j in range(3)%}
                        <td>{{history[count.value]}}{%set count.value = count.value +
1%}</td>

                    {%endfor%}
                </tr>
            {%endfor%}
        </tbody>
    </div>
</div>

```

```

                {%endfor%}
            </tbody>
        </table>
    </div>
</div>
</div>
</form>
</div>
</div>
<!--Link to trackhistory Javascript-->
<script src="{url_for('static',filename='trackhistory.js')}"></script>

<!-- jQuery first, then Popper.js, then Bootstrap JS -->
<script src="https://code.jquery.com/jquery-3.2.1.slim.min.js" integrity="sha384-
KJ3o2DKtIkVYIK3UENzmM7KCKRr/rE9/Qpg6aAZGJwFDMVNA/GpGFF93hXpG5KkN"
crossorigin="anonymous"></script>
<script src="https://cdn.jsdelivr.net/npm/popper.js@1.12.9/dist/umd/popper.min.js"
integrity="sha384-
ApNbgh9B+Y1QKtv3Rn7W3mgPxhU9K/ScQsAP7hUibX39j7fakFPskvXusvfa0b4Q"
crossorigin="anonymous"></script>
<script src="https://cdn.jsdelivr.net/npm/bootstrap@4.0.0/dist/js/bootstrap.min.js"
integrity="sha384-
JZR6Spejh4U02d8jOt6vLEHfe/JQGiRRSQQxSfFWpi1MquVdAyjUar5+76PVCmYI"
crossorigin="anonymous"></script>
</body>
</html>

```

Trackhistorystyle.css

```

* {
    margin: 0;
    padding: 0;
}

```



```
text-decoration: none;
list-style: none;
box-sizing: border-box;
}
body {
font-family: montserrat;
background: #dcf1f1;
}
.bg {
height: 100vh;
width: 100%;
background-image: linear-gradient(#dcf1f16a, #dcf1f16a),
url("track_history.png");
}
button.navbutton {
background: none;
color: white;
border: none;
padding: 0;
font: inherit;
cursor: pointer;
outline: inherit;
}

nav {
background: #0b3c49;
height: 80px;
width: 100%;
}
label.logo {
color: white;
```

```
font-size: 25px;
line-height: 80px;
padding: 0 10px;
font-weight: bold;
}
nav ul {
  float: right;
  margin-right: 10px;
}
nav ul li {
  display: inline-block;
  line-height: 80px;
  margin: 0 5px;
}
nav ul li a {
  color: white;
  font-size: 17px;
  padding: 7px 13px;
  border-radius: 3px;
  text-transform: uppercase;
}
a:hover {
  color: white;
  background: #02cecb87;
  text-decoration: none;
}
.checkbtn {
  font-size: 30px;
  color: white;
  float: right;
  line-height: 80px;
```

```
margin-right: 40px;
cursor: pointer;
display: none;
}
#check {
display: none;
}
@media (max-width: 952px) {
label.logo {
font-size: 25px;
}
nav ul li a {
font-size: 16px;
}
}
@media (max-width: 858px) {
.checkbtn {
display: block;
}
ul {
position: fixed;
width: 100%;
height: 100vh;
background: #07262f;
top: 80px;
left: -100%;
text-align: center;
z-index: 20;
transition: all 0.5s;
}
nav ul li {
```

```

display: block;
margin: 50px;
line-height: 30px;
}
nav ul li a {
font-size: 20px;
}
a:hover {
background: none;
color: #90f1bab6;
}
button.navbutton:hover {
color: #90f1bab6;
}
#check:checked ~ ul {
left: 0;
}
}
.container {
background: white;
margin-top: 30px;
margin-bottom: 30px;
border: 1px solid rgba(0, 0, 0, 0.4);
padding: 30px;
border-radius: 6px;
}

```

trackhistory.js

```

var todaydate = new Date();
var day = todaydate.getDate();
var month = todaydate.getMonth() + 1;

```

```
var year = todaydate.getFullYear();
var datestring = day + "." + month + "." + year;
document.getElementById("date").value = datestring;
```

Support.html

```
<!DOCTYPE html>

<html lang="en">

  <head>

    <meta charset="UTF-8" />

    <meta name="viewport" content="width=device-width, initial-scale=1.0" />

    <meta http-equiv="X-UA-Compatible" content="ie=edge" />

    <title>Support</title>

    <!-- CSS only -->

    <link

      href="https://cdn.jsdelivr.net/npm/bootstrap@5.2.2/dist/css/bootstrap.min.css"

      rel="stylesheet"

      integrity="sha384-
Zenh87qX5JnK2Jl0vWa8Ck2rdkQ2Bzep5IDxbcnCeuOxjzrPF/et3URy9Bv1WTRi"

      crossorigin="anonymous"

    />

    <link

      rel="stylesheet"

      href="https://stackpath.bootstrapcdn.com/font-awesome/4.7.0/css/font-
awesome.min.css"

    />
```

```
<!-- JavaScript Bundle with Popper Bootstrap -->
```

```
<script
```

```
src="https://cdn.jsdelivr.net/npm/bootstrap@5.2.2/dist/js/bootstrap.bundle.min.js"
```

```
integrity="sha384-
```

```
OERcA2EqjJCMA+/3y+gxIOqMEjwtxJY7qPCqsdltbNJuaOe923+mo//f6V8Qbsw3"
```

```
crossorigin="anonymous"
```

```
></script>
```

```
<link
```

```
rel="stylesheet"
```

```
href="{{url_for('static', filename='supportstyle.css')}}"
```

```
/>
```

```
</head>
```

```
<body>
```

```
<h2 class="support-message">
```

```
<b>Feeling stuck ? We are here to help you :)</b>
```

```
</h2>
```

```
<section>
```

```
<div class="container">
```

```
<div class="row">
```

```
<!--FAQ column-->
```

```
<div class="col-md-6" style="margin-top: 30px">
```

```
<div class="accordion" id="accordionExample">
```

```
<div class="accordion-item">

  <h2 class="accordion-header" id="headingOne">

    <button

      class="accordion-button collapsed"

      type="button"

      data-bs-toggle="collapse"

      data-bs-target="#collapseOne"

      aria-expanded="false"

      aria-controls="collapseOne"

      style="

        --bs-accordion-btn-focus-box-shadow: none;

        --bs-accordion-active-color: #000;

        --bs-accordion-active-bg: #fdc100;

        --bs-accordion-border-color: none;

        "

      >

        How can I use this app?

      </button>

    </h2>

  <div

    id="collapseOne"

    class="accordion-collapse collapse"

    aria-labelledby="headingOne"

    data-bs-parent="#accordionExample"
```

>

```
<div class="accordion-body">
```

```
<ul>
```

```
<li>
```

Complete the `registration` process by clicking the register button present in the home page

```
</li>
```

```
<li>
```

After successful registration, `login` into your account.

```
</li>
```

```
<li>
```

After login successfully you will be led to your `dashboard`, where you can see your personal details like height, weight, BMI and daily calorie intake needed (i.e, how much calorie you should consume per day). Also you can select various options like Upload image, track history

```
</li>
```

```
</ul>
```

```
</div>
```

```
</div>
```

```
</div>
```

```
<div class="accordion-item">
```



```
<h2 class="accordion-header" id="headingTwo">
```

```
<button
```

```
  class="accordion-button collapsed"
```

```
  type="button"
```

```
  data-bs-toggle="collapse"
```

```
  data-bs-target="#collapseTwo"
```

```
  aria-expanded="false"
```

```
  aria-controls="collapseTwo"
```

```
  style="
```

```
    --bs-accordion-btn-focus-box-shadow:: none;
```

```
    --bs-accordion-active-color: #000;
```

```
    --bs-accordion-active-bg: #fdc100;
```

```
    --bs-accordion-border-color: none;
```

```
  "
```

```
>
```

```
  How can I Register?
```

```
</button>
```

```
</h2>
```

```
<div
```

```
  id="collapseTwo"
```

```
  class="accordion-collapse collapse"
```

```
  aria-labelledby="headingTwo"
```

```
  data-bs-parent="#accordionExample"
```

```
>
```

```
<div class="accordion-body">
```

Inorder to use our application , registration process is mandatory. This is because we have to keep track of your personal details like height, weight etc.Click on the `register` button present inside the home page. You will be asked to provide your personal details for providing a personalised experience. Once you have successfully registered you will receive a confirmation mail and you will be redirected to the home page. From there you can login and enter into your Dashboard

```
</div>
```

```
</div>
```

```
</div>
```

```
<div class="accordion-item">
```

```
<h2 class="accordion-header" id="headingThree">
```

```
<button
```

```
class="accordion-button collapsed"
```

```
type="button"
```

```
data-bs-toggle="collapse"
```

```
data-bs-target="#collapseThree"
```

```
aria-expanded="false"
```

```
aria-controls="collapseThree"
```

```
style="
```

```
--bs-accordion-btn-focus-box-shadow: none;
```

```

--bs-accordion-active-color: #000;

--bs-accordion-active-bg: #fdc100;

--bs-accordion-border-color: none;

"

>

    How can I login?

</button>

</h2>

<div

    id="collapseThree"

    class="accordion-collapse collapse"

    aria-labelledby="headingThree"

    data-bs-parent="#accordionExample"

>

    <div class="accordion-body">

        It is necessary

        <strong>complete your registration process</strong> before

        you login. Once you have succesfully registered, you can

        click on the <code>login</code> button present inside the

        home page. You will be led to the Login page where you will

        be asked to enter your E-Mail ID and password that you

        entered in the registration process. After successful login

        you will be led to your Dashboard.

    </div>

```

</div>

</div>

<div class="accordion-item">

<h2 class="accordion-header" id="headingFour">

<button

class="accordion-button collapsed"

type="button"

data-bs-toggle="collapse"

data-bs-target="#collapseFour"

aria-expanded="false"

aria-controls="collapseFour"

style="

--bs-accordion-btn-focus-box-shadow: none;

--bs-accordion-active-color: #000;

--bs-accordion-active-bg: #fdc100;

--bs-accordion-border-color: none;

"

>

How can I get the nutritional value of the food that I am
eating now?

</button>

</h2>

<div

id="collapseFour"

```
class="accordion-collapse collapse"
aria-labelledby="headingFour"
data-bs-parent="#accordionExample"
```

```
>
```

```
<div class="accordion-body">
```

With the help of our `Upload Image` feature you can upload an image of the meal that you would like to have.

Once the image has been uploaded you will be provided with the nutritional content present inside that particular dish.

You can find this feature in the `menu bar`.

```
</div>
```

```
</div>
```

```
</div>
```

```
<div class="accordion-item">
```

```
<h2 class="accordion-header" id="headingFive">
```

```
<button
```

```
class="accordion-button collapsed"
```

```
type="button"
```

```
data-bs-toggle="collapse"
```

```
data-bs-target="#collapseFive"
```

```
aria-expanded="false"
```

```
aria-controls="collapseFive"
```

```
style="
```

```
--bs-accordion-btn-focus-box-shadow: none;
```

```

--bs-accordion-active-color: #000;

--bs-accordion-active-bg: #fdc100;

--bs-accordion-border-color: none;
"

>

    How can I track my daily calorie intake?

</button>

</h2>

<div

    id="collapseFive"

    class="accordion-collapse collapse"

    aria-labelledby="headingFive"

    data-bs-parent="#accordionExample"

>

    <div class="accordion-body">

        With the help of our <code>Track History</code> feature you

        can track your daily calorie intake which will help you to

        know your current progress and achieve your fitness goal.

        You can find this feature in your <code>Dashboard</code>.

    </div>

</div>

</div>

<div class="accordion-item">

    <h2 class="accordion-header" id="headingSix">

```

```
<button
  class="accordion-button collapsed"
  type="button"
  data-bs-toggle="collapse"
  data-bs-target="#collapseSix"
  aria-expanded="false"
  aria-controls="collapseSix"
  style="
    --bs-accordion-btn-focus-box-shadow: none;
    --bs-accordion-active-color: #000;
    --bs-accordion-active-bg: #fdc100;
    --bs-accordion-border-color: none;
  "
>
```

How much calorie should I consume per day?

```
</button>
```

```
</h2>
```

```
<div
```

```
  id="collapseSix"
```

```
  class="accordion-collapse collapse"
```

```
  aria-labelledby="headingSix"
```

```
  data-bs-parent="#accordionExample"
```

```
>
```

```
  <div class="accordion-body">
```

With the help of the data that you provide during the registration process like Height, Weight, Daily activities, etc., we will provide you how much calorie you should consume daily which will be shown as `Daily calorie Intake` in your dashboard.

</div>

</div>

</div>

</div>

</div>

<!--FAQ column-->

<div class="col-md-6 text-center">

<button onclick="window.history.back()" class="go-back-button">

Go back

</button>

</div>

</div>

</div>

</section>

</body>

</html>

Support-style.css

```
* {  
    margin: 0;  
    padding: 0;  
}  
  
body {  
    background-color: #fff6bf;  
}  
  
.support-message {  
    text-align: center;  
    margin: 20px 0 !important;  
    font-family: sans-serif;  
    background-color: transparent;  
}  
  
.accordion-item,  
.accordion-header {  
    background-color: transparent !important;  
    border: none !important;  
    padding: 0 !important;  
    margin-bottom: 20px;  
}  
  
.accordion-button {  
    width: 100%;
```

```
height: 60px;

background-color: #fdc100;

font-weight: bold;

text-align: left;

text-decoration: none;

}
```

```
.accordion-button:active {

background-color: #fdc100;

}
```

```
.support-desk {

width: 490px;

height: 340px;

margin-top: 20px;

}
```

```
.go-back-button {

color: white;

}
```

```
.go-back-button {

background: lighten(#06837f, 3%);

border: 1px solid darken(#06837f, 4%);

box-shadow: 0px 2px 0px darken(#06837f, 5%), 2px 4px 6px darken(#06837f, 2%);

font-weight: 900;

letter-spacing: 1px;
```

```
transition: all 150ms linear;
}
```

```
.go-back-button:hover {
background: darken(#06837f, 1.5%);
border: 1px solid rgba(#000, 0.05);
box-shadow: 1px 1px 2px rgba(#fff, 0.2);
color: lighten(#06837f, 18%);
text-decoration: none;
text-shadow: -1px -1px 0 darken(#06837f, 9.5%);
transition: all 250ms linear;
}
```

```
/* CSS */
```

```
.go-back-button {
background-color: #06837f;
background-image: linear-gradient(#06837f, #329ca0);
border: 1px solid #15aca7;
border-radius: 4px;
box-shadow: rgba(0, 0, 0, 0.12) 0 1px 1px;
color: #ffffff;
cursor: pointer;
font-family: -apple-system, ".SFNSDisplay-Regular", "Helvetica Neue",
Helvetica, Arial, sans-serif;
```

```
font-size: 15px;

margin: 0;

outline: 0;

padding: 11px 15px 12px;

text-align: center;

transition: box-shadow 0.05s ease-in-out, opacity 0.05s ease-in-out;

user-select: none;

-webkit-user-select: none;

touch-action: manipulation;

width: 30%;

}
```

```
.go-back-button:hover {

    box-shadow: rgba(24, 230, 127, 0.995) 0 0 2px inset,

        rgba(5, 197, 235, 0.818) 0 1px 2px;

    text-decoration: none;

    transition-duration: 0.15s, 0.15s;

}
```

```
.go-back-button:active {

    box-shadow: rgba(0, 0, 0, 0.15) 0 2px 4px inset, rgba(0, 0, 0, 0.4) 0 1px 1px;

}
```

GitHub & Project Demo Link

GitHub: <https://github.com/IBM-EPBL/IBM-Project-13254-1659515205>

Demo Link:

https://drive.google.com/file/d/1fPBhuY1DI_hcaJbzDDEHrYNT1Uv_dxA3/view?usp=drivesdk