

## PROJECT DESIGN PHASE-I

### Proposed Solution

Date	21 OCTOBER 2022
Team ID	PNT2022TMID52470
Project Name	AI Powered Nutrition Analyst for Fitness Enthusiasts.
Maximum Marks	2 Marks

### Proposed Solution :

S.NO	PARAMETER	DESCRIPTION
1.	Problem Statement (Problem to be solved)	<p>Traditional method includes are wherein the trainer speaks about a topic and trainees take notes for future references. Food patterns and diet are important factors to improve the lifestyle by preventing diseases.</p> <p>The proposed method suggests How to intake suitable nutrition with correct guidance and weight level should be manage through tracking our day to day fitness.</p>
2.	Idea / Solution Description	<p>Artificial intelligence and machine learning in nutrition use raw data and extract competitive features that are advantageous for predicting better dietary plans.</p> <p>Notification and reminders from fitness apps keep reminding you about your health goals, thus keeping you motivated.</p>
3.	Novelty/Uniqueness	Giving a individual Food/health Schedule According to their body conditions.
4.	Social impact/Customer Satisfaction	<p>Providing solutions to Fitness problem.</p> <p>Less expenditure.</p> <p>easy to follow without affecting their personal time.</p>

5.	Business model (Revenue Model)	Open platform for all users to access. pay for accessing some specific resources.
6.	Scalability of the Solution	Periodic notification Reminder helps to keeping about your healthy goals. Notifying motivational quote's to lead a healthy routine