

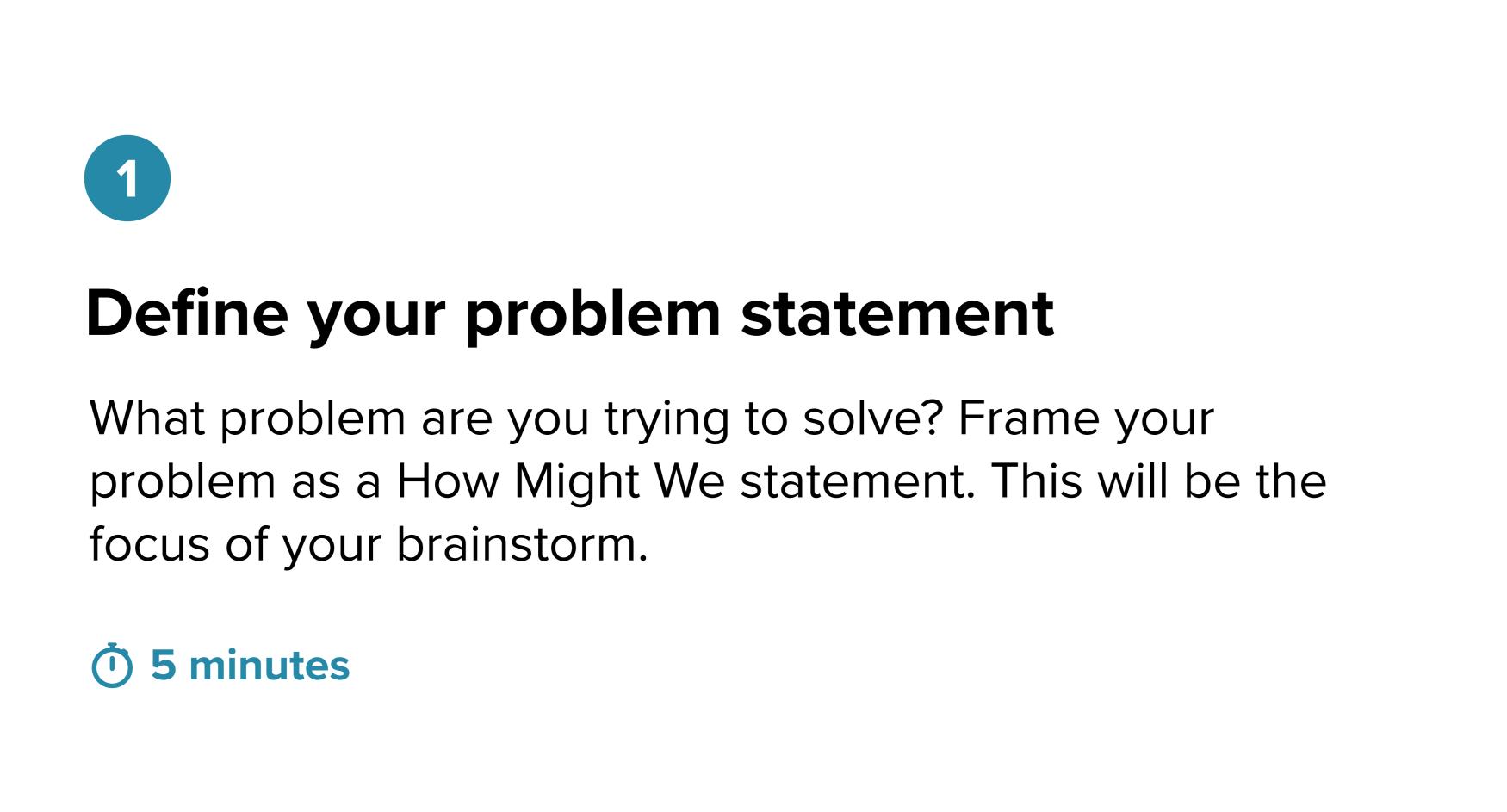
Before you collaborate

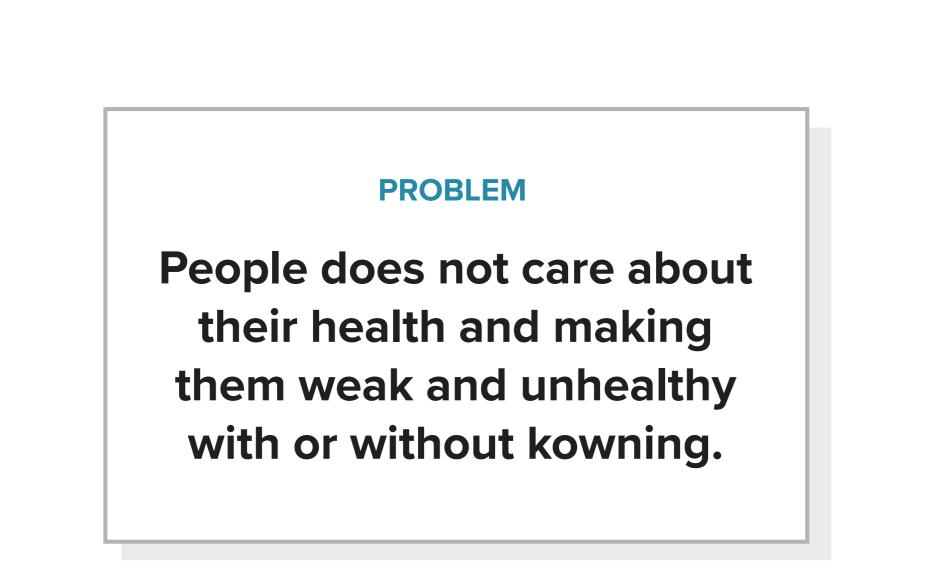
A little bit of preparation goes a long way with this session. Here's what you need to do to get going.

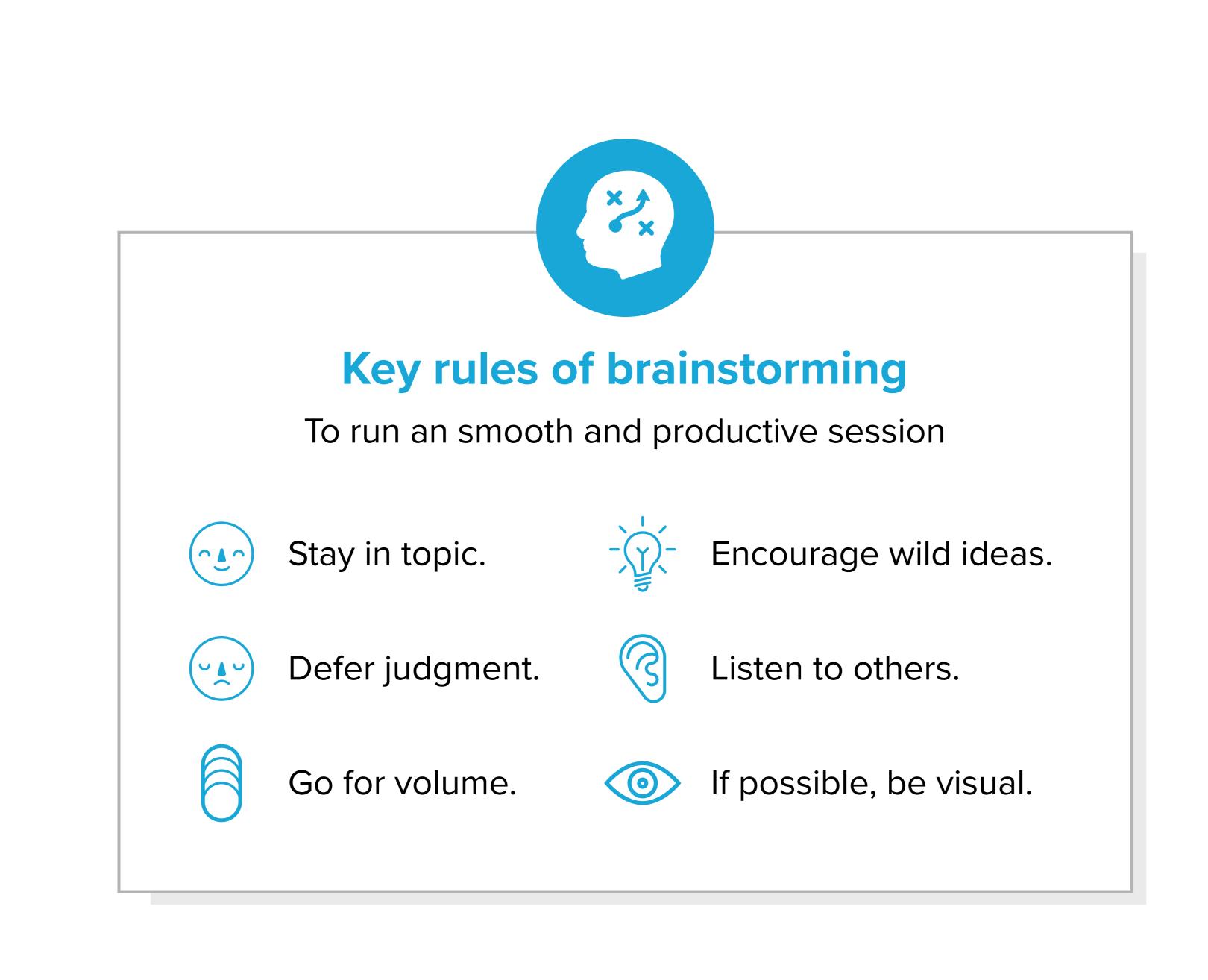
① 10 minutes

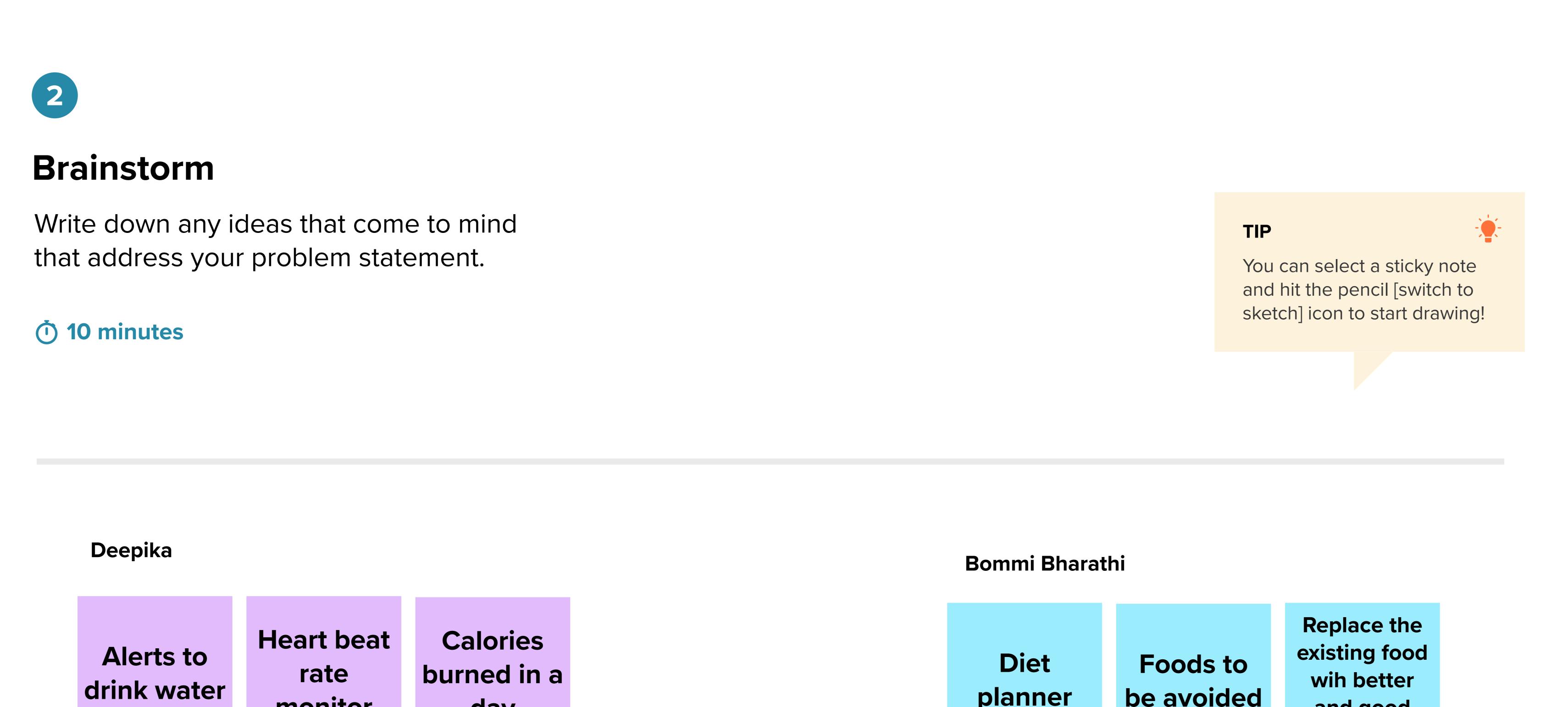
Nutrition Assistant Application

2-4 people Bommi,Deepika,Sangeethamari,Lavanya









Deepika		
Alerts to drink water	Heart beat rate monitor	Calories burned in a day
Distance covered in a day	Step tracker	Target for the day

Sangeetha Mar		
Do's and dont's about exercises	Weight, heigth monitor	obese check
When,What typr of exercises they want to do	Suggesting exercises	Repost on previous medication

		ones
Consulting nutritionist on regular basis	cholestrol mointor	Suggest healthy recepies
Lavanya		
Lavanya Balancing mental health	Instructions to avoid steroids and unwanted drugs	Behavioral mointor

