SPRINT 4
REQUIREMENTS IN THE WEB APPLICATION
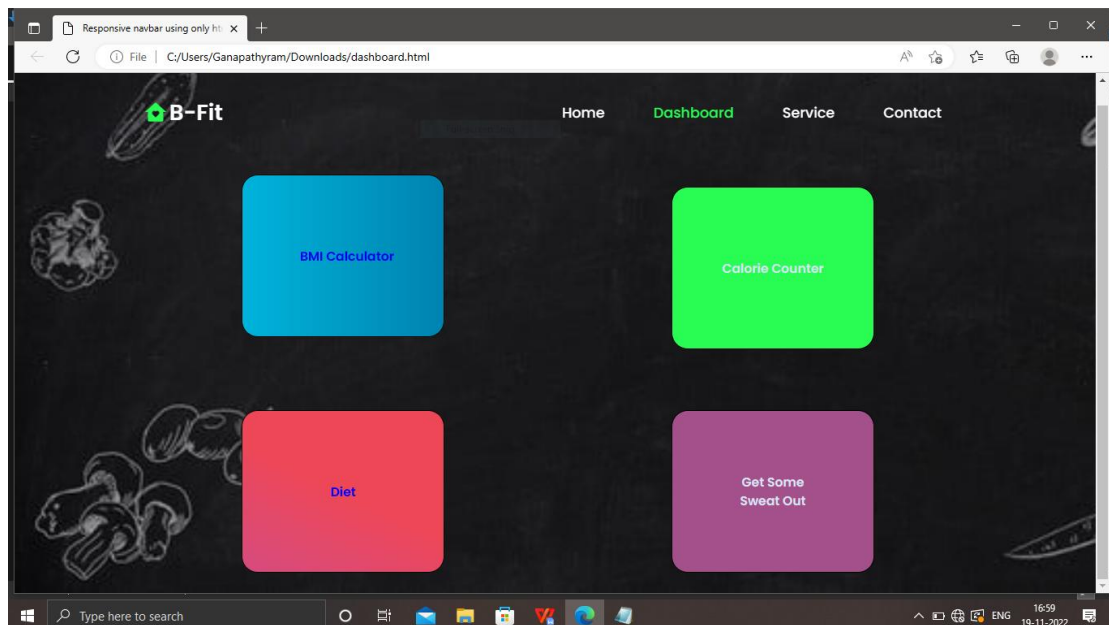
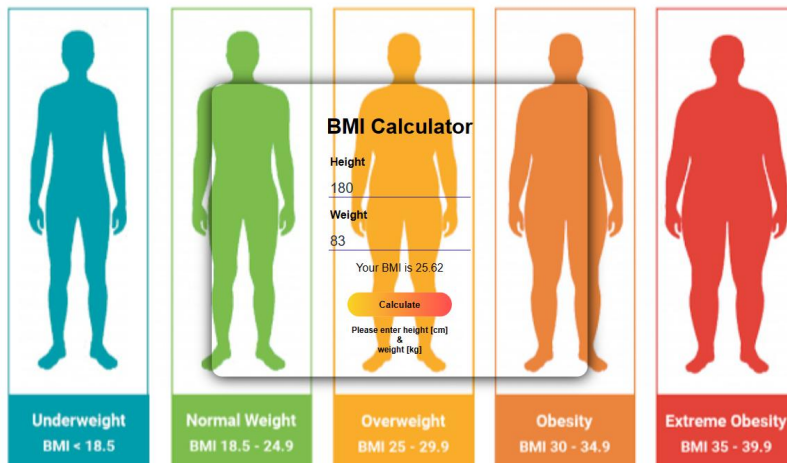| Date	18 NOVEMBER 2022
Team ID	PNT2022TMID48373
Project Name	AI-Powered Nutrition Analyzer for fitness enthusiasts

DASH BOARD PAGE

Dashboard page which consists of four different navigation the user can

- ❖ **Calculate their BMI value**
- ❖ **Know the calorie value in fruits and vegetables**
- ❖ **Get a diet plan**
- ❖ **Workout plans**

Dash board snap

BMi calculator

Calorie counter
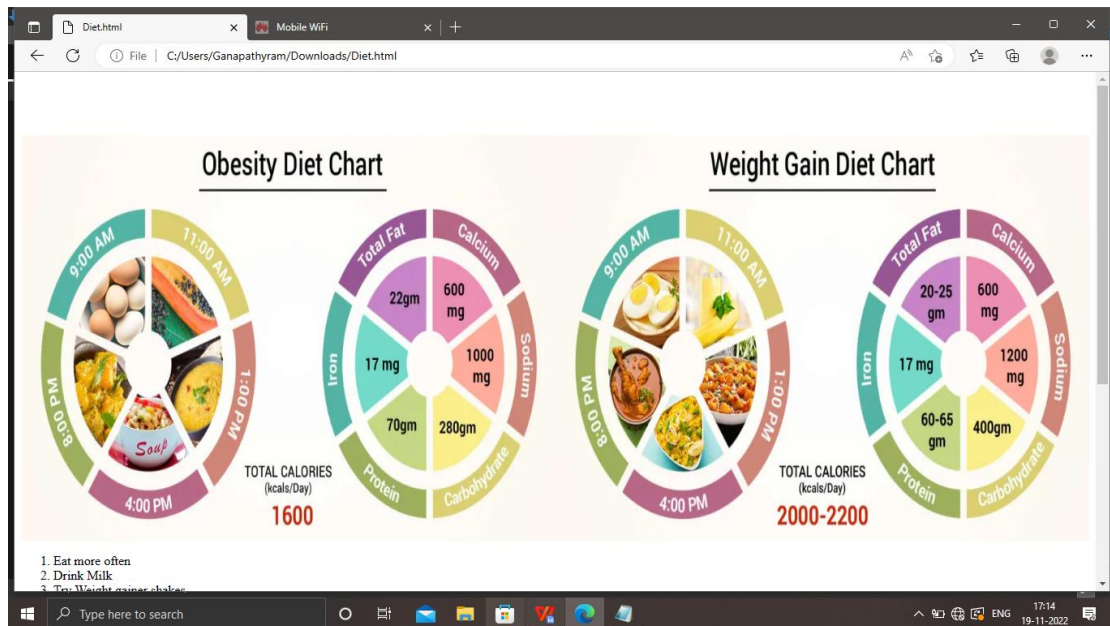

Upload image to classify

Choose...

Food Classified is:
ORANGE

[{'sugar_g': 2.6, 'fiber_g': 1.2, 'serving_size_g': 100.0, 'sodium_mg': 4, 'name': 'tomato', 'potassium_mg': 23, 'fat_saturated_g': 0.0, 'fat_total_g': 0.2, 'calories': 18.2, 'cholesterol_mg': 0, 'protein_g': 0.9, 'carbohydrates_total_g': 3.9}]

Get a diet plan

Diet.html × | Mobile WiFi × | +

File | C:/Users/Ganapathyram/Downloads/Diet.html

Obesity Diet Chart

9:00 AM
11:00 AM
1:00 PM
4:00 PM
8:00 PM
Soup

Total Fat 22gm
Iron 17 mg
Protein 70gm
Calcium 600 mg
Sodium 1000 mg
Carbohydrate 280gm

TOTAL CALORIES (kcals/Day)
1600

Weight Gain Diet Chart

9:00 AM
11:00 AM
1:00 PM
4:00 PM
8:00 PM

Total Fat 20-25 gm
Iron 17 mg
Protein 60-65 gm
Calcium 600 mg
Sodium 1200 mg
Carbohydrate 400gm

TOTAL CALORIES (kcals/Day)
2000-2200

1. Eat more often
2. Drink Milk
3. Try Weight gainer shakes

Type here to search — 17:14 ENG 19-11-2022

Work out plan

1. MONDAY: No Equipment Day
4 Rounds:
Max Plank (Hold plank for 30 seconds if you're a complete beginner)
8 Squats
8 Lunges (each leg)
8 Push Ups
8 Laying Down Leg Raises
Max Mountain Climbers (Do 20 each leg if you're just starting)
8 Pike Push Ups

2. TUESDAY: Basic Beginner Day
4 Rounds:

7 Close Hands Chin Ups
5 Pull Ups
6 Dips
15 Push Ups
5 Leg Raises
9 Jump Squats
15 Australian Pull Ups

3. WEDNESDAY: Rest Day!

4. THURSDAY: On The Go Day

Type here to search — 21:00 ENG 19-11-2022