

Project Design Phase-I
Proposed Solution Template

Date	24 September 2022
Team ID	PNT2022TMID34090
Project Name	AI-powered Nutrition Analyzer for Fitness Enthusiasts.
Maximum Marks	2 Marks

Proposed Solution Template:

S.No.	Parameter	Description
1.	Problem Statement (Problem to be solved)	Nowadays , people are not taking a balanced diet rather eating all sorts of harmful foods. It is more important than ever to tell people about the importance of balanced diet. One can always adopt a healthy lifestyle by starting to consume a balanced diet. In short term, poor nutrition can contribute to stress, tiredness, and our capacity to work, causes obesity, Diabetes, Cancer etc.,
2.	Idea / Solution description	<p>Nowadays new dietary assessment and nutrition analyzers enable more opportunities to help people understand their daily eating habits, exploring nutrition patterns and maintain a healthy diet.</p> <p>Fitness is a key factor in our day-to-day life, it is essential to avoid exhaustion and burnout. Fitness enthusiasts often take supplements to get adequate and measurable essential nutrients. With the help of Artificial Intelligence in powered nutrition analyzer and fitness enthusiasts we can understand the nutritional information calculated includes everything from calories to vitamins and minerals, also provides information about processing, quality control and contamination of food to stay fit and healthy.</p>
3.	Novelty / Uniqueness	Monitoring personal health with quantified activity tracker-generated data provides patients with an opportunity to self-manage their health. Many have been conducted within short-time frames; makes it difficult to discover the impact of the activity tracker's novelty effect or the reasons for the device's long term use. This explores the impact of novelty effect on activity tracker adoption and the motivation for sustained use beyond the novelty period.

4.	Social Impact / Customer Satisfaction	<p>In India, this global trend has had a positive impact on scores of startups and websites catering to this segment. AI and its various subsets have been leveraged by these platforms to identify the calorie intake and also to make food recommendations for a healthy diet. In most cases, what we see is that these platforms act as a data repository where while providing real-time information to its users, it also makes available to numerous clients who work in this field for a determined rate.</p>
5.	Business Model (Revenue Model)	<p>AI is becoming more integrated and allowing exercise along with fitness classes. With the advancement, technology is also furnishing an automated trainer, which is one example of how AI propels the wellness industry forward.</p> <p>As the world is changing with dynamics, AI is becoming an irrefutable fact and an integral aspect of the fitness business. In addition to boosting positive effects on health by monitoring it with technological advancement in the digitally driven era, AI is increasingly being used to modify individual habits. For norms, artificial intelligence can track health behaviors and repetitive exercise routines, in addition to using the data to help in the fitness journey. As a result, AI is transforming the way we live and perform operations</p>
6.	Scalability of the Solution	<p>The diversity and scale of data continues to grow at a fast rate, which leaves Data Scientists and Data Analysts working to find new methods for managing and analyzing this data. Because of how diverse the AI workflows are, it's important for those working with the data to incorporate a combination of various languages, hardware architectures, frameworks, and tools to manage the data store.</p> <p>These AI models are used to address complicated, large-scope problems, everything from monitoring disease outbreaks during pandemics to tackling online bullying threats. It's extremely helpful for extracting value from large data sets and spotting patterns or trends that would be difficult or impossible for a human to notice.</p>