

SPRINT-4

TEAM ID	PNT2022TMID48406
PROJECT NAME	NUTRITION ASSISTANT APPLICATION

BASE.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">
  <title>Document</title>
  <script>
    window.watsonAssistantChatOptions = {
      integrationID: "c6db2124-7409-4fd7-96db-5a67b961c3d7", // The ID of
this integration.
      region: "au-syd", // The region your integration is hosted in.
      serviceInstanceID: "bee30323-e4b5-46bf-b044-da7a9fe71d18", // The ID
of your service instance.
      onLoad: function(instance) { instance.render(); }
    };
    setTimeout(function(){
      const t=document.createElement('script');
      t.src="https://web-
chat.global.assistant.watson.appdomain.cloud/versions/" +
        (window.watsonAssistantChatOptions.clientVersion || 'latest') +
"/WatsonAssistantChatEntry.js";
      document.head.appendChild(t);
    });
  </script>
  <style>
    body{
      height:100vh;
      display: flex;
      justify-content: center;
      align-items: center;
      padding: 10px;
      background-repeat: no-repeat;
      background-attachment:fixed;
      background-size:100% 100%;
    }
  </style>

```

```

h2 {
  background-color: rgb(243, 65, 16);
  height: 80px;
  font-size: 75px;
}

input {
  background-color: rgb(240, 18, 18);
  border: none;
  color: whitesmoke;
  padding: 15px 32px;
  text-align: center;
  text-decoration: none;
  display: inline-block;
  font-size: 16px;
  border-radius: 12px;
  margin-left: 60px;
  margin-top: -30px;
}

img {
  border: 2px solid red;
  margin-top: -500px;
  margin-left: 10px;
}

.about {
  width: 300px;
  border: 15px solid rgb(96, 94, 94);
  padding: 50px;
  margin: 20px;
  margin-left: 950px;
  color: rgb(9, 9, 9);
}
</style>
</head>
<body
background="C:\Users\R.Sneha\Desktop\nutrition\Screenshot_20221119_002234.png"
>
  <div class="container">
    <div class="row">
      <div class="col-lg-8 offset-lg-2">

          <Center><h2 class="mt-5" style="color:rgb(9, 9,
9)">NUTRITIONAL ASSISTANT</h2></Center>

```

```

        <div id="myform">
            <form method="post" action="{{ url_for('tasks') }}">
                <input type="submit" value="Stop/Start" name="click"/>
                <input type="submit" value="Capture" name="click" />
                <input type="submit" value="Detect" name="detect" />
                <input type="submit" value="Meal planner" name="click"
/>

                <input type="button"
onclick="window.location.href='calorie counter.html';" value="CALORIE
COUNTER"/>

                <input type="button"
onclick="window.location.href='bmi calculator.html';" value="BMI Calculator"/>

            </form>
        </div>
        <div class="about">
            By identifying the supplied food image, this project
            attempts to create a web application that automatically calculates food
            qualities like nutritional value. For precise food recognition and to
            determine the nutritional value of the recognized item, our solution uses a
            food detection model and food <APIs class="br">
                <ul>
                    <li>First click on start/stop. </li>
                    <li>Then click on capture to take an image for
which food item you need to know the nutritional values. </li>
                    <li>Click on detect button to view the detailed
list of nutritional value.</li>

                    <li>The health issues most of the time depends on
our diet and nutrition</li>
                </ul>
            </APIs>
        </div>
    </div>
</body>
</html>

```

Calorie counter.html

```

<html lang="en">

<head>
    <meta charset="UTF-8">

```

```

<meta name="viewport" content="width=device-width, initial-scale=1, shrink-
to-fit=no">
<meta http-equiv="x-ua-compatible" content="ie=edge">
<title>Calorie Intake Calculator</title>
<!-- MDB icon -->
<link rel="icon" type="image/png" href="https://user-
images.githubusercontent.com/34577873/43033510-24d8f684-8cd4-11e8-9b07-
d22248354f59.png">
<!-- Font Awesome -->
<link rel="stylesheet"
href="https://use.fontawesome.com/releases/v5.11.2/css/all.css">
<!-- Google Fonts Roboto -->
<link rel="stylesheet"
href="https://fonts.googleapis.com/css?family=Roboto:300,400,500,700&display=s
wap">
<style>
body{
    margin: 0;
    height: 100vh;
    padding: 0;
    border: 0;
    background: linear-gradient(to top right, );
}
.T{
    font-size: larger;
    font-family: 'Gill Sans', 'Gill Sans MT', Calibri, 'Trebuchet MS', sans-
serif;
    width: 50%;
}

.I {
    width: 50%;
}
table,th,td{
    border-collapse: collapse;
border:2px black;
}

.SS {
    font-size: x-large;
    font-weight: 1000;
    font-family: Comic Sans MS;
}

.CD {
    font-weight: normal;
    font-size: initial;
}

```

```

    </style>
</head>

<body>

    <header>
        <nav class="navbar" style="background-color:rgb(185, 244, 76);">
            <span style="color: white; font-size: 23px; font-family: 'Gill Sans',
            'Gill Sans MT', Calibri, 'Trebuchet MS', sans-serif; "><i class="fas fa-
calculator"></i> Calorie Calculator</span></nav>
        </header>

        <main>
            <p class="text-center font-weight-bold" style="text-align:center; font-
size: 20px;"><b>Insert your data below to calculate your recommended calories
intake!</b></p>
            <div class="card text-center border-warning-color-dark" style="max-width:
50rem; margin: auto; border: 20px solid rgb(33, 223, 253); width: 50%; margin-
top: 30px; min-width: 20rem;text-align:center;">

                <table class="table" style="border-spacing:initial; border-
collapse:separate;">
                    <form>
                        <tr>
                            <td class="T">Gender</td>
                            <td class="I">
                                <input type="radio" name="gender" value="male" id="male"
checked="checked"> Male &nbsp; &nbsp;
                                <input type="radio" name="gender" value="female" id="female">
Female
                            </td>
                        </tr>
                        <tr>
                            <td class="T">Age</td>
                            <td class="I" id="AT"><input type="number" min="0" id="age"
placeholder="" style="border-width:10px; border-color: rgb(24, 125, 220);
border-radius: 5px;"><div style="display: none;" id="ATT">Please enter valid
number</div></td>
                            </tr>
                        <tr>
                            <td class="T">Weight</td>
                            <td class="I"><input type="number" min="0" id="weight"
style="border-width: 10px; border-color: argb(10, 209, 244); border-radius:
10px;" placeholder="Kg"><div style="display: none;" id="WTT">Please enter
valid number</div></td>
                            </tr>
                        <tr>
                            <td class="T">Height</td>

```

```

        <td class="I"><input type="number" min="0" id="height"
style="border-width: 10px; border-color: rgb(11, 23, 134); border-radius:
10px;" placeholder="Cm"><div style="display: none;" id="HTT">Please enter
valid number</div></td>
    </tr>
    <tr>
        <td class="T"><p>Exercise level<br>/Activity</p></td>
        <td>
            <select class="custom-select custom-select-sm" style="width: 70%;
margin: auto; border-width: 10px; border-color: rgb(99, 206, 255); border-
radius: 5px; margin-top: 12px;"> <!--KONO DIO DA -->
                <option value="0" id="0">Basal Metabolic Rate (BMR)</option>
                <option value="1" id="1">Little/No exercise</option>
                <option value="2" id="2">Low activity (exercise 1-3
times/week)</option>
                <option value="3" id="3">Active (daily exercise or intense
exercise 3-4 times/week)</option>
                <option value="4" id="4">High activity (intense exercise 6-7
times/week)</option>
                <option value="5" id="5">Very high activity (very intense
exercise daily, or physical job)</option>
            </select>
        </td>
    </tr>
</form>
</table>

    <!-- UwU -->
    <button id="B" type="button" onclick="calc()" class="btn btn-amber"
style="width: 300px; margin: auto; margin-bottom: 25px; border-radius:
25px;">Calculate</button>
</div>

    <!-- Score -->
    <div id="Final" class="card text-center" style="max-width: 25rem; margin:
auto; border: 6px solid rgb(94, 59, 149); width: 50%; margin-top: 45px;
background-color:#fff176; border-radius: 20px; color:#ff6d00; display: none;
margin-bottom: 30px; text-align:center;">
        <table style="margin-top: 15px;">
            <tr>
                <td class="T" style="font-weight: bold;">Maintain weight <p></p>
                </td>
                <td><div id="a" class="SS">&nbsp;</div><div
class="CD">Calories/day</div></td>
            </tr>
            <tr>
                <td class="T" style="font-weight: bold;">Weight loss <p style="font-
size: small; color:#888; font-weight: lighter;">0.5 kg/week</p>

```

```

        </td>
        <td><div id="b" class="SS">&nbsp;</div><div
class="CD">Calories/day</div></td>
    </tr>
    <tr>
        <td class="T" style="font-weight: bold;">Weight gain <p style="font-
size: small; color:#888; font-weight: lighter;">0.5 kg/week</p>
        </td>
        <td><div id="c" class="SS">&nbsp;</div><div
class="CD">Calories/day</div></td>
    </tr>
</table>
</div>

</main>
<script>function calc() {
    let A = document.getElementById("age").value;
    let W = document.getElementById("weight").value;
    let H = document.getElementById("height").value;
    let S
    let R

    // input check
    if (document.getElementById("age").value.length == 0) {

        document.getElementById("ATT").style = "color: red;"
        document.getElementById("WTT").style = "display: none;"
        document.getElementById("HTT").style = "display: none;"

        return

    }

    if (document.getElementById("weight").value.length == 0) {

        document.getElementById("ATT").style = "display: none;"
        document.getElementById("HTT").style = "display: none;"
        document.getElementById("WTT").style = "color: red;"

        return

    }

    if (document.getElementById("height").value.length == 0) {

        document.getElementById("ATT").style = "display: none;"
        document.getElementById("WTT").style = "display: none;"
        document.getElementById("HTT").style = "color: red;"

```

```

        return

    }

    // Basal
    if (document.getElementById("male").checked) {
        S = Math.round((9.99*W)+(6.25*H)-(4.92*A)+5)
    } else if (document.getElementById("female").checked) {
        S = Math.round((9.99*W)+(6.25*H)-(4.92*A)-161)
    }

    // Activity 0 (BMR)
    if (document.getElementById("0").selected) {
        R = S
    }

    // Activity 1
    if (document.getElementById("1").selected) {
        R = S*1.2
    }

    // Activity 2
    if (document.getElementById("2").selected) {
        R = S*1.35
    }

    // Activity 3
    if (document.getElementById("3").selected) {
        R = S*1.55
    }

    // Activity 4
    if (document.getElementById("4").selected) {
        R = S*1.75
    }

    // Activity 5
    if (document.getElementById("5").selected) {
        R = S*1.95
    }

    document.getElementById("ATT").style = "display: none;"
    document.getElementById("HTT").style = "display: none;"
    document.getElementById("WTT").style = "display: none;"

    document.getElementById("age").placeholder = " "
    document.getElementById("weight").placeholder = "Kg"

```



```

document.getElementById("height").placeholder = "Cm"

document.getElementById("a").innerHTML = Math.round(R)

document.getElementById("b").innerHTML = Math.round(R*0.80)

document.getElementById("c").innerHTML = Math.round(R*1.20)

document.getElementById("Final").style = "max-width: 25rem; margin: auto;
border: 6px solid orange; width: 50%; margin-top: 45px; background-
color:#fff176; border-radius: 20px; color:#ff6d00; margin-bottom: 30px"
}
</script>

</body>

</html>

```

BMI calculator.html

```

<html>
<head>
<style>
  * {
    font-family: Quicksand;
    font-size: 16px;
    color: #333;
  }
  body {
    margin: 0;
    height: 100vh;
    padding: 0;
    border: 0;
    background: linear-gradient(to top right, #E8F5C8, #9FA5D5);
  }
  .form {
    background-color: #fff;
    height: 240px;
    width: 450px;
    border-radius: 20px;
    margin: 20px auto 20px auto;
    display: block;
    border: solid 1px #289df6;
    box-shadow: 0 0 40px 0 #ddd;
  }
  .form:hover {
    box-shadow: 0 0 60px 0 #ccc;
  }

```

```
    transition: 0.4s;
    transform: scale(1.02);
}
.row-one {
    padding: 20px;
}
.row-two {
    padding: 20px;
}
.text-input {
    width: 60px;
    height: 30px;
    border-radius: 10px;
    background-color: #dbeffe;
    border: none;
    outline: none;
    padding: 5px 10px;
    cursor: pointer;
}
.text-input:last-child {
    margin-bottom: 35px;
}
.text-input:hover {
    background-color: #cbe7fd;
}
#submit {
    border: none;
    border-radius: 10px;
    height: 40px;
    width: 140px;
    background-color: #289df6;
    color: #fff;
    margin: auto;
    display: block;
    outline: none;
    cursor: pointer;
}
#submit:hover {
    background-color: #0a8ef2;
}
.text {
    display: inline-block;
    margin: 5px 20px 5px 8px;
}
.row-one {
    padding: 30px 20px 15px 20px;
}
.row-two {
```

```
padding: 15px 20px 30px 20px;
}
.container {
  display: inline-block;
  position: relative;
  padding-left: 30px;
  cursor: pointer;
  user-select: none;
}
.container input {
  position: absolute;
  opacity: 0;
}
.checkmark {
  position: absolute;
  top: 0;
  left: 0;
  height: 25px;
  width: 25px;
  background-color: #dbeffe;
  border-radius: 50%;
}
.container:hover input ~ .checkmark {
  background-color: #cbe7fd;
}
.container input:checked ~ .checkmark {
  background-color: #289df6;
}
h1 {
  font-size: 30px;
  font-weight: 300;
  text-align: center;
  color: #289df6;
  padding-top: 15px;
  display: block;
}
h2 {
  font-size: 22px;
  font-weight: 300;
  text-align: center;
}
h3 {
  font-size: 24px;
  font-weight: 300;
  text-align: center;
  padding: 15px;
}
h3 b {
```



```

var height = document.getElementById("height");
var weight = document.getElementById("weight");
var male = document.getElementById("m");
var female = document.getElementById("f");
var form = document.getElementById("form");
function validateForm() {
    if (
        age.value == "" ||
        height.value == "" ||
        weight.value == "" ||
        (male.checked == false && female.checked == false)
    ) {
        alert("All fields are required!");
        document
            .getElementById("submit")
            .removeEventListener("click", countBmi);
    } else {
        countBmi();
    }
}
document.getElementById("submit").addEventListener("click", validateForm);
function countBmi() {
    var p = [age.value, height.value, weight.value];
    if (male.checked) {
        p.push("male");
    } else if (female.checked) {
        p.push("female");
    }
    form.reset();
    var bmi = Number(p[2]) / (((Number(p[1]) / 100) * Number(p[1])) / 100);
    var result = "";
    if (bmi < 18.5) {
        result = "Underweight";
    } else if (18.5 <= bmi && bmi <= 24.9) {
        result = "Healthy";
    } else if (25 <= bmi && bmi <= 29.9) {
        result = "Overweight";
    } else if (30 <= bmi && bmi <= 34.9) {
        result = "Obese";
    } else if (35 <= bmi) {
        result = "Extremely obese";
    }
    var h1 = document.createElement("h1");
    var h2 = document.createElement("h2");
    var t = document.createTextNode(result);
    var b = document.createTextNode("BMI: ");
    var r = document.createTextNode(parseFloat(bmi).toFixed(2));
    h1.appendChild(t);

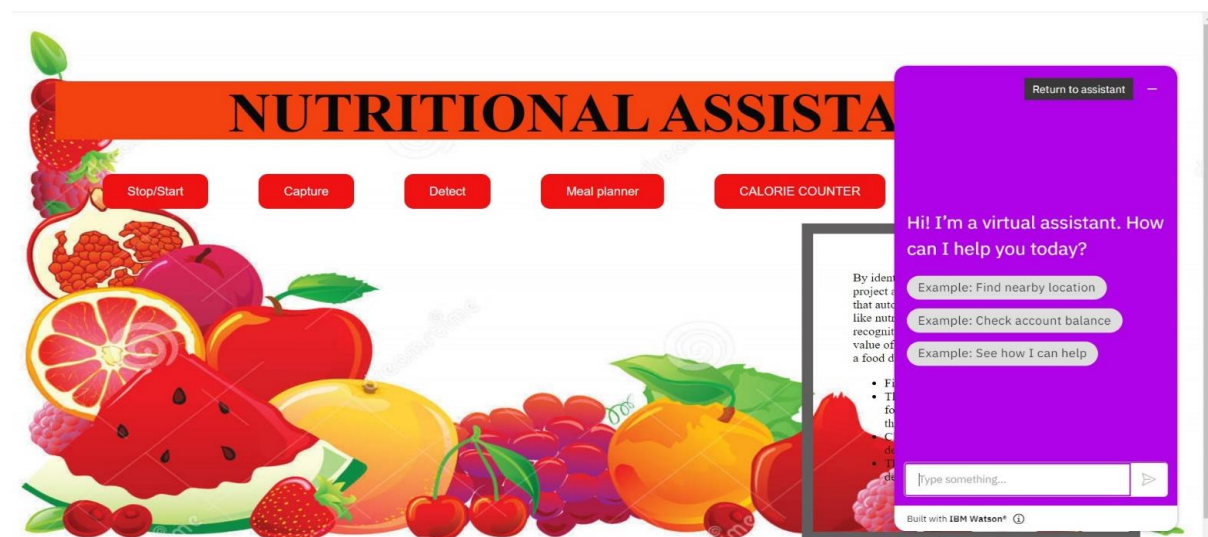
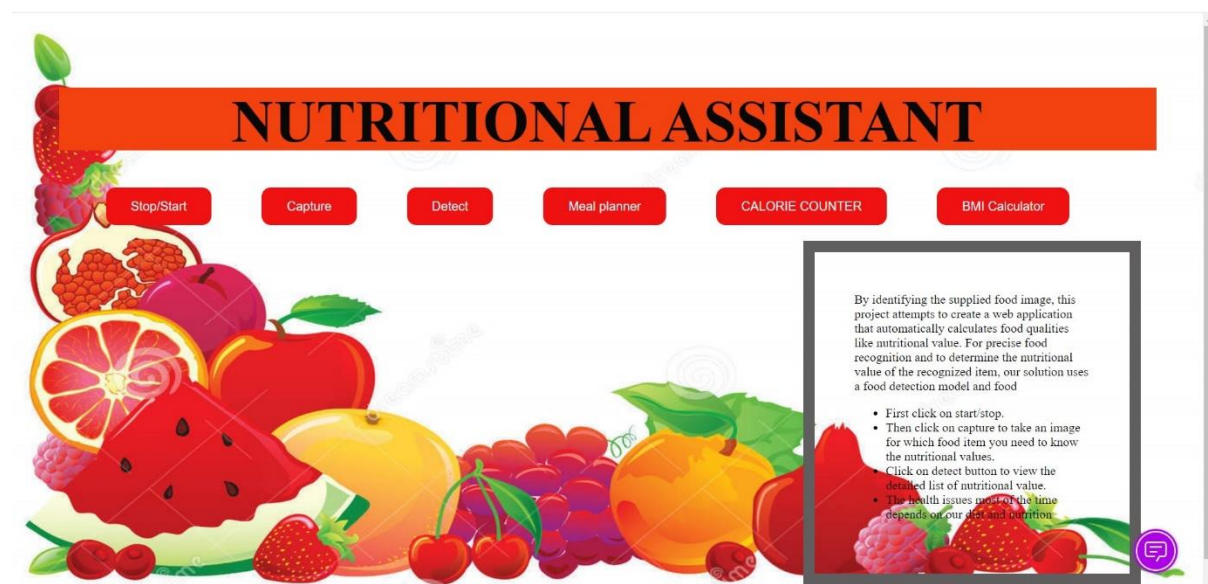
```

```

h2.appendChild(b);
h2.appendChild(r);
document.body.appendChild(h1);
document.body.appendChild(h2);
document.getElementById("submit").removeEventListener("click", countBmi);
document
    .getElementById("submit")
    .removeEventListener("click", validateForm);
}
document.getElementById("submit").addEventListener("click", countBmi);
</script>
</form>
</body>
</html>

```

OUTPUT:



Calorie Calculator

Insert your data below to calculate your recommended calories intake!

Gender	<input checked="" type="radio"/> Male <input type="radio"/> Female
Age	<input type="text"/>
Weight	<input type="text"/> Kg
Height	<input type="text"/> Cm
Exercise level /Activity	<input type="text"/> Basal Metabolic Rate (BMR) <input type="button" value="v"/>
<input type="button" value="Calculate"/>	

Calorie Calculator

Insert your data below to calculate your recommended calories intake!

Gender	<input type="radio"/> Male <input checked="" type="radio"/> Female
Age	<input type="text"/> 23
Weight	<input type="text"/> 58
Height	<input type="text"/> 163
Exercise level /Activity	<input type="text"/> Basal Metabolic Rate (BMR) <input type="button" value="v"/>
<input type="button" value="Calculate"/>	

Maintain weight 1324
Calories/day

Weight loss 1059
0.5 kg/week Calories/day

Weight gain 1589
0.5 kg/week Calories/day

Body Mass Index Calculator

<input type="text"/> Age	<input type="radio"/> Female	<input type="radio"/> Male
<input type="text"/> Height (cm)	<input type="text"/> Weight (kg)	
<input type="button" value="Submit"/>		

Body Mass Index Calculator

Age

☐ Female

☒ Male

Height (cm)

Weight (kg)

Submit

Healthy

BMI: 21.67