**Fitness Controlling System using deep learning techniques**

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**Project Name:**

Fitness Controlling System using deep learning techniques.

**Project Proposal:**

Nowadays, everyone's daily routine includes a focus on fitness to stay healthy. But access to gyms and a private trainer is out of reach for the average person. Therefore, most individuals attempt to do exercise activities on their own. However, we cannot receive flawless direction regarding whether to which extent we are performing the exercise appropriately.

The Fitness Controller system recommends a few exercises based on the structure of our bodies and attempts to correct us if we carry out an incorrect action during that activity by providing us with the proper instructions to make it right. Its value proposition is that it enables even common people to work on challenging fitness activities without going to gyms or relying on personal trainers.

**Dataset:**

To train the model for each exercise, we are planning to gather a variety of posters, try to train the posters data by labelling them so that each point in the exercise can be seen from a variety of angles and try to create a threshold for each point so we can determine if the poster is proper or not. We will attempt to categorize each of the collection's diverse posters with a number between 0 and 2, where 0 indicates that the poster falls below a threshold, 1 indicates that it is accurate, and 2 indicates that it exceeds the threshold.

We are also planning to use Keras for creating an Artificial Neural Network which stimulates the network of neurons, activation functions, loss function in different layers.