



**FITNESS-RELATED COACHING AND DIET PLANNING MOBILE
APPLICATION USING IMAGE PROCESSING AND MACHINE LEARNING**

R24-122

Status Document 1

BSc (Hons) in Information Technology Specializing in Information Technology

Department of Information Technology

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1. Gantt Chart



Figure 1 Gantt Chart

2. Work Breakdown Structure

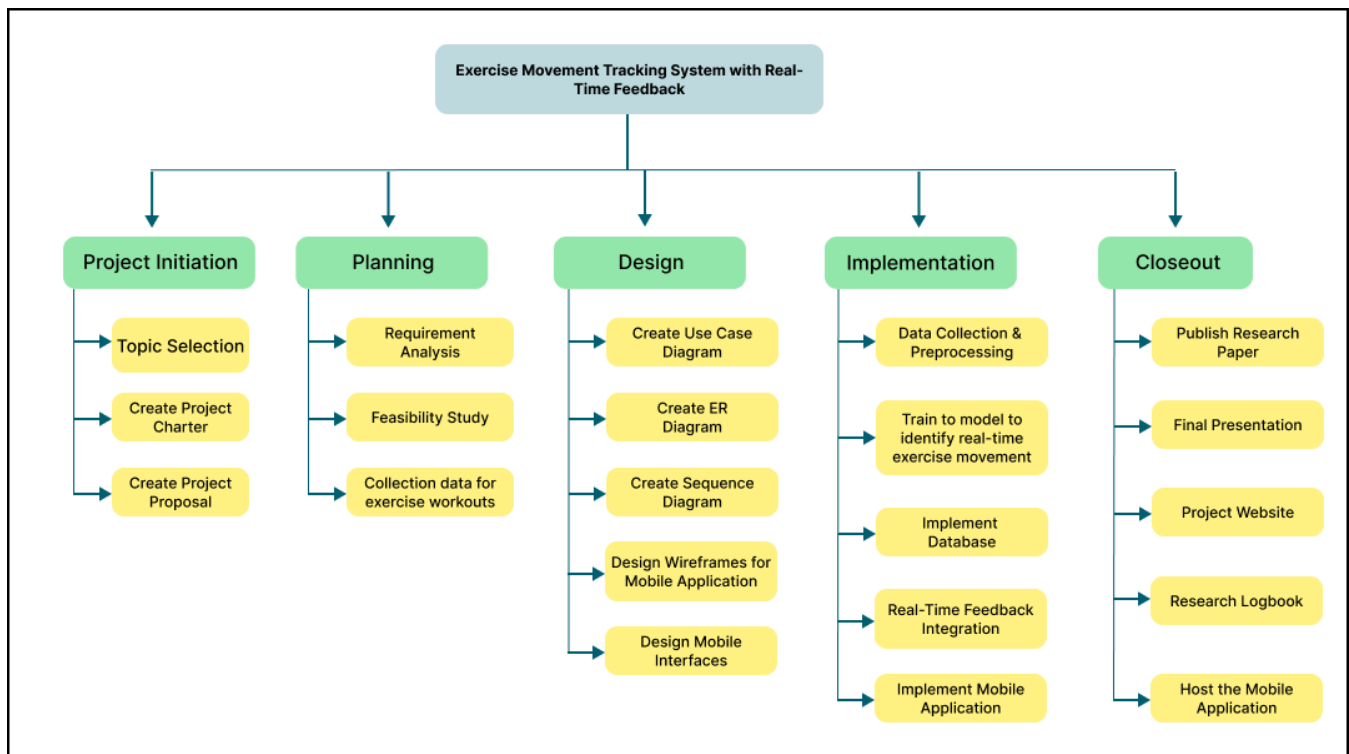


Figure 2 Work Breakdown Structure

3. Completed Individual Component

- Data Collection
- Preprocessing
- Trained model to identify exercises.
- Developed the Algorithm to identify incorrect exercises poses.

4. Documentation

- Proposal Document
- Status Document
- Logbook
- Draft Research paper

5. Emails

We reached out to a professor via email, asking them to take the position of our project co - supervisor.

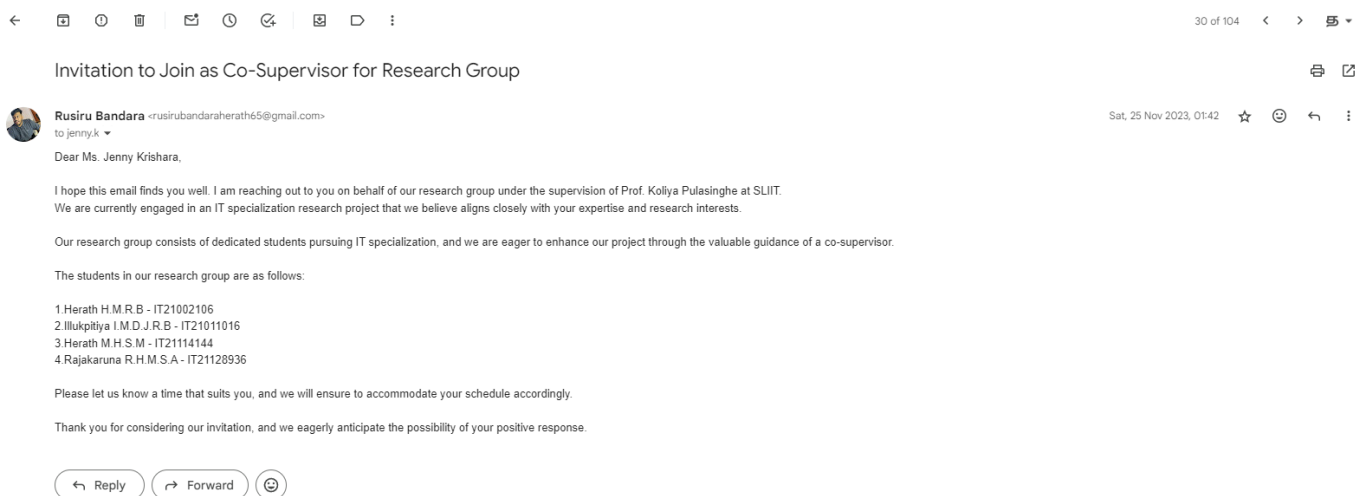
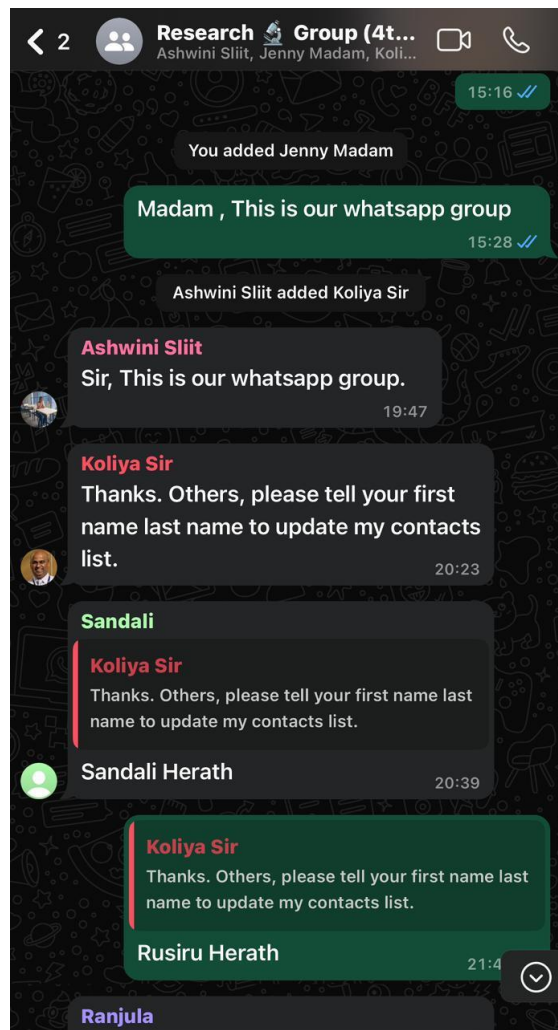


Figure 3 - Email.

6. Proof of acknowledgment from both the supervisor and co-supervisor

We asked prof. Koliya Pulasinghe to be the supervisor and Ms. Jenny Kishara to be the co-supervisor of our research project. Both of them accepted the request and asked to create a WhatsApp group with all four members.



7. Physical Meeting



Figure 4 physical meeting with the supervisor – 23.02.204.

8. Screenshots of the chats in MS Teams & WhatsApp Group Chats

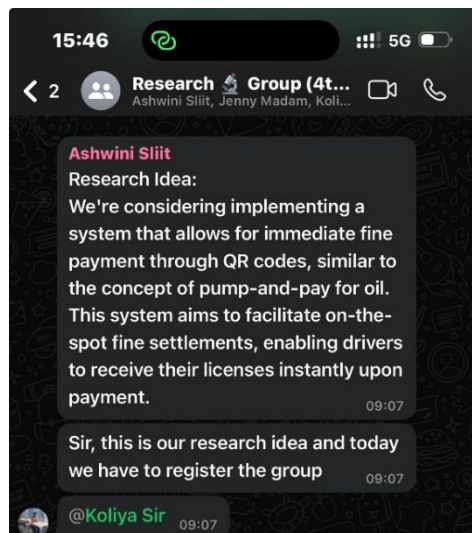


Figure 5 Confirmation of one of our conceptual hypotheses.

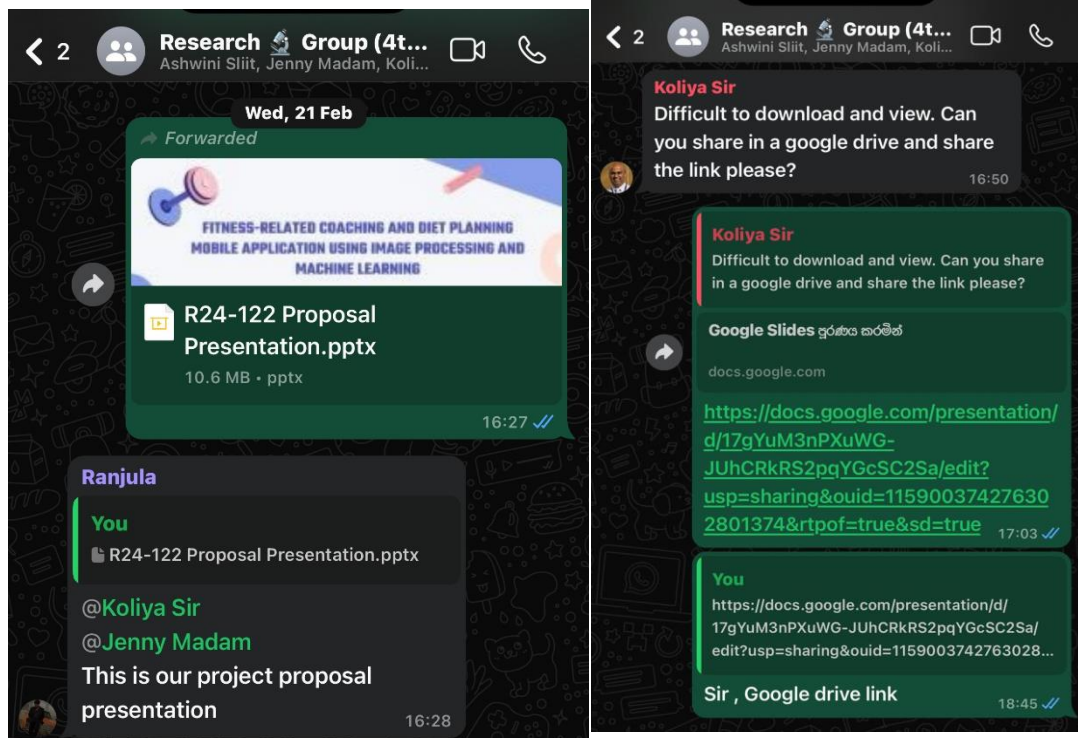


Figure 6 Reviewing our proposal report with both the supervisor and co-supervisor for feedback.

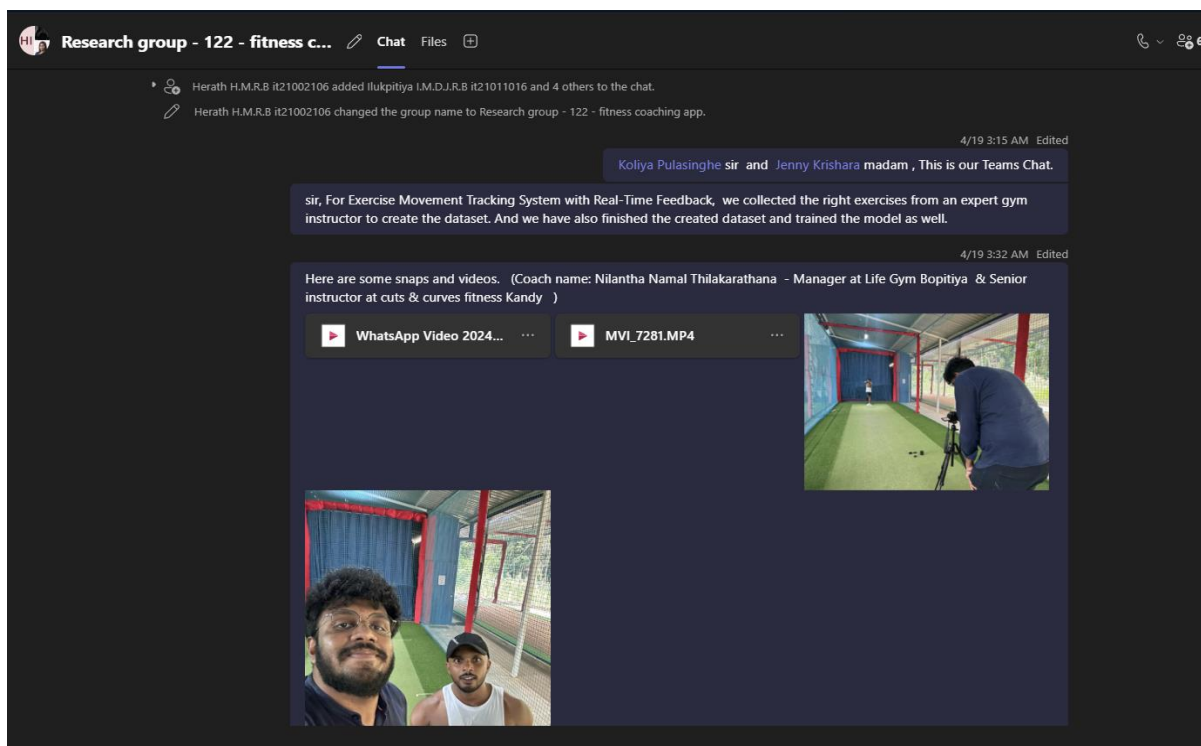


Figure 7 Informing the supervisor about collection data.

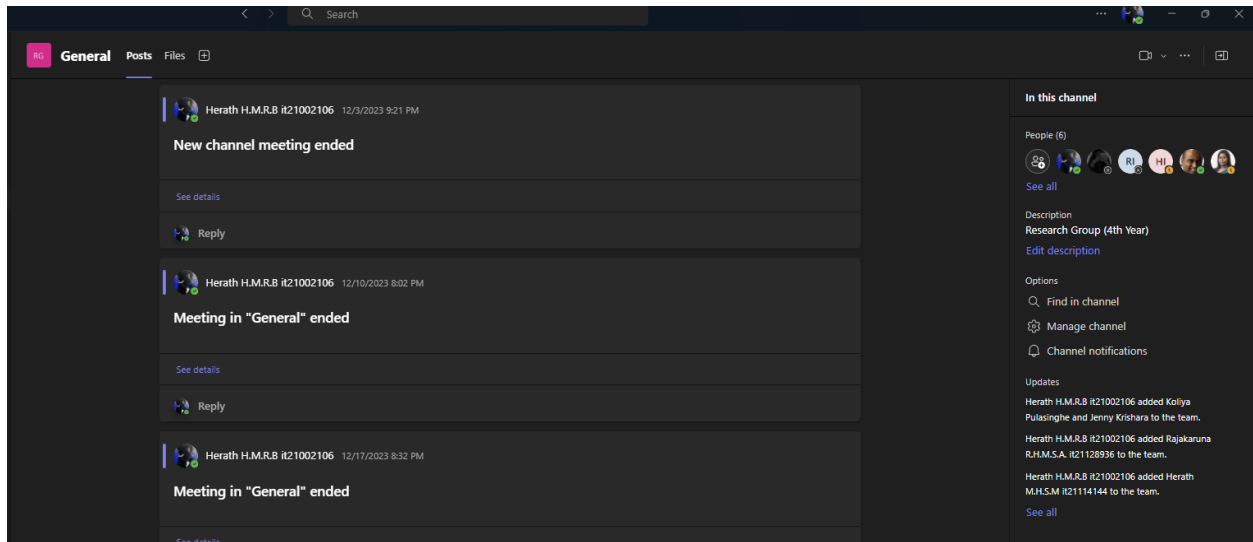


Figure 8. Team Channel in the MS Team

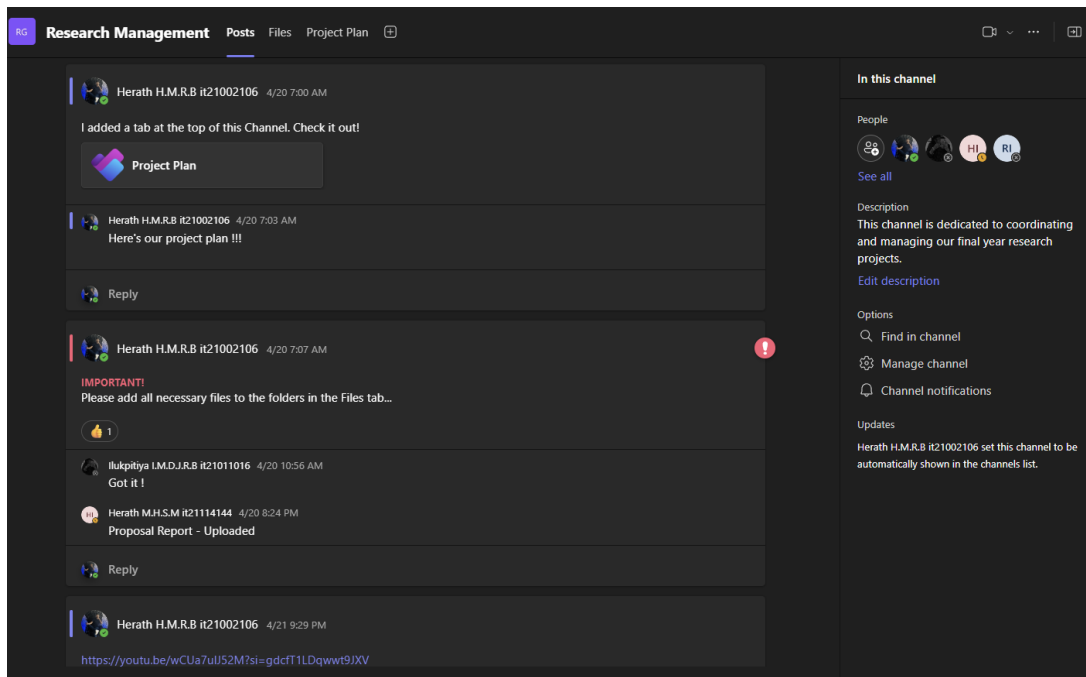


Figure 9 Chats in the MS Teams

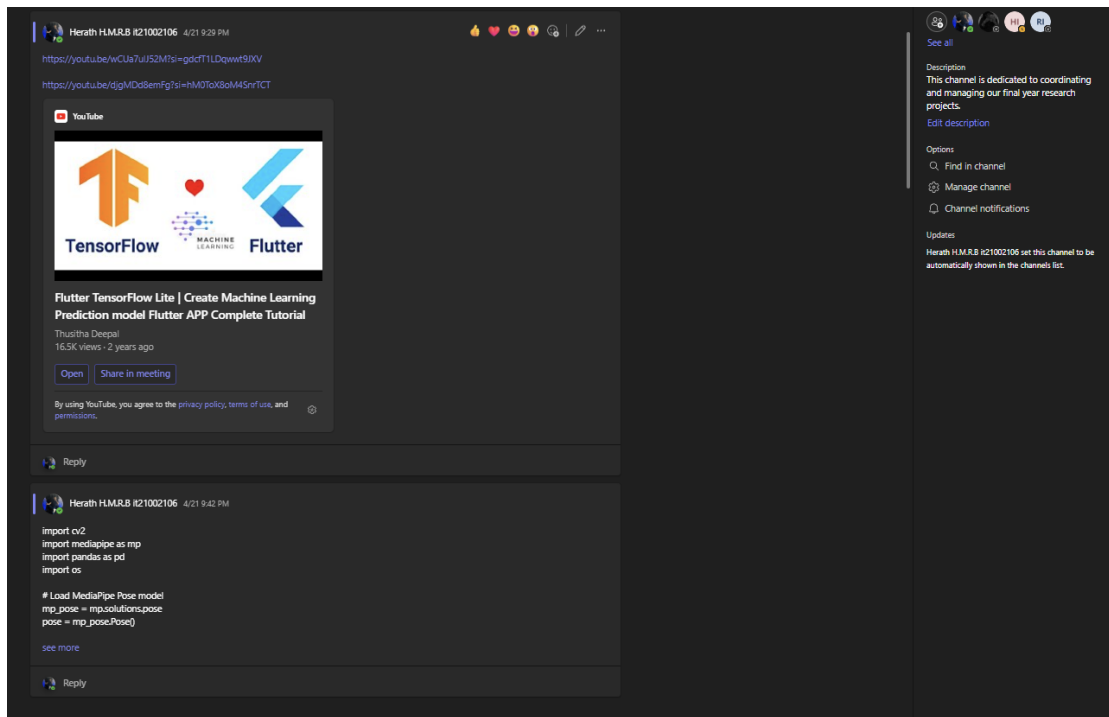


Figure 10 Chats in the MS Teams

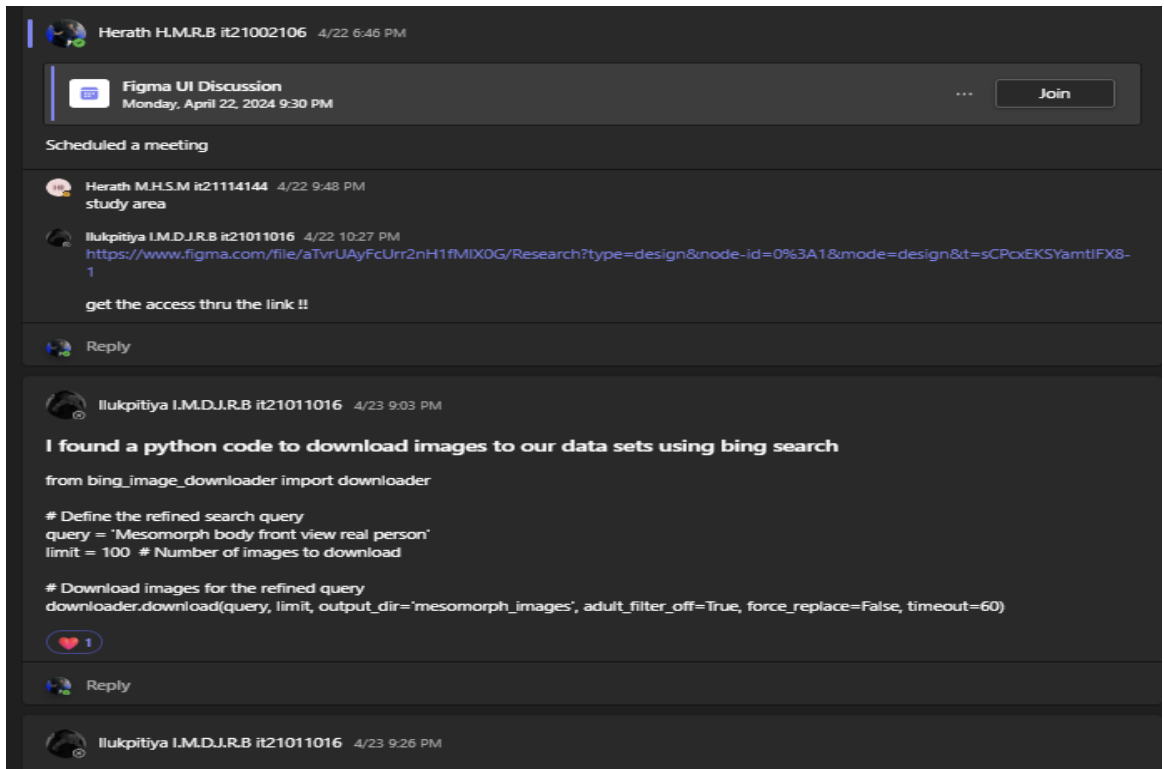


Figure 11 Chats in the MS Teams

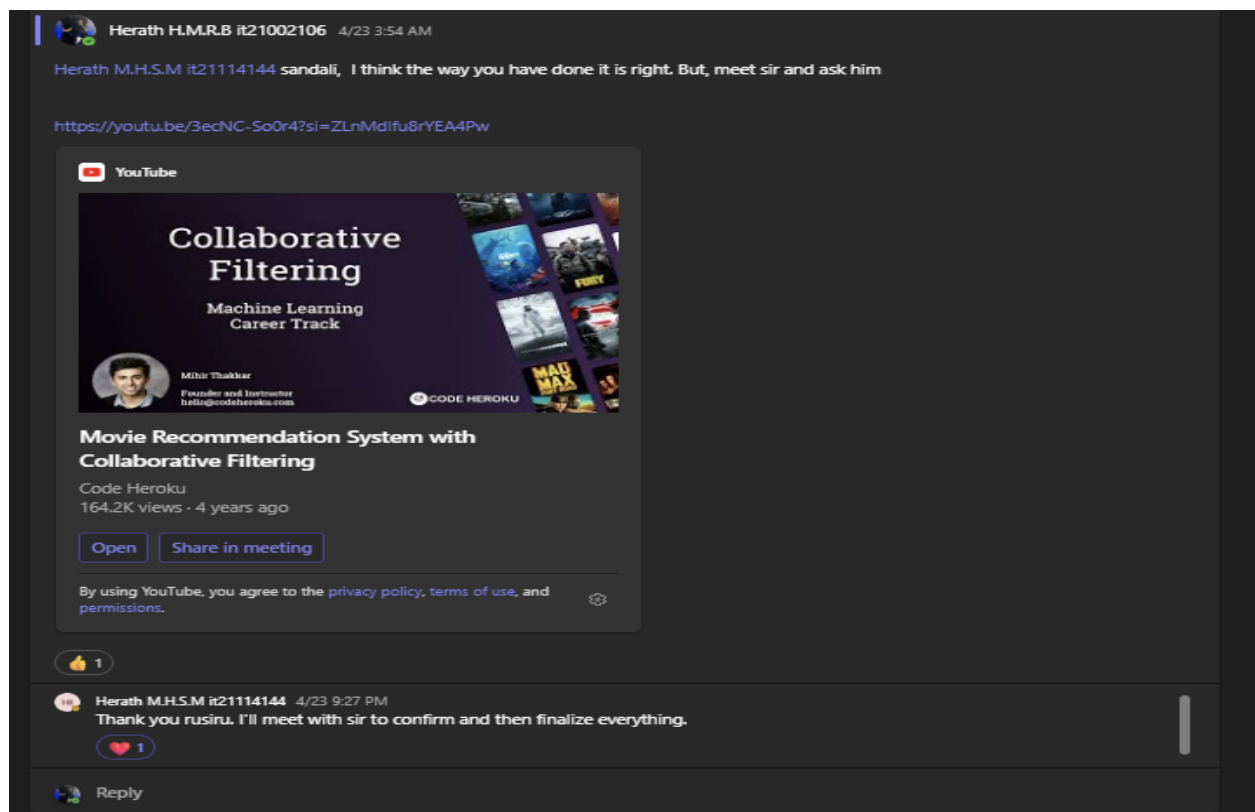


Figure 12 Chats in the MS Teams

9. Screenshots of the calls in MS Teams

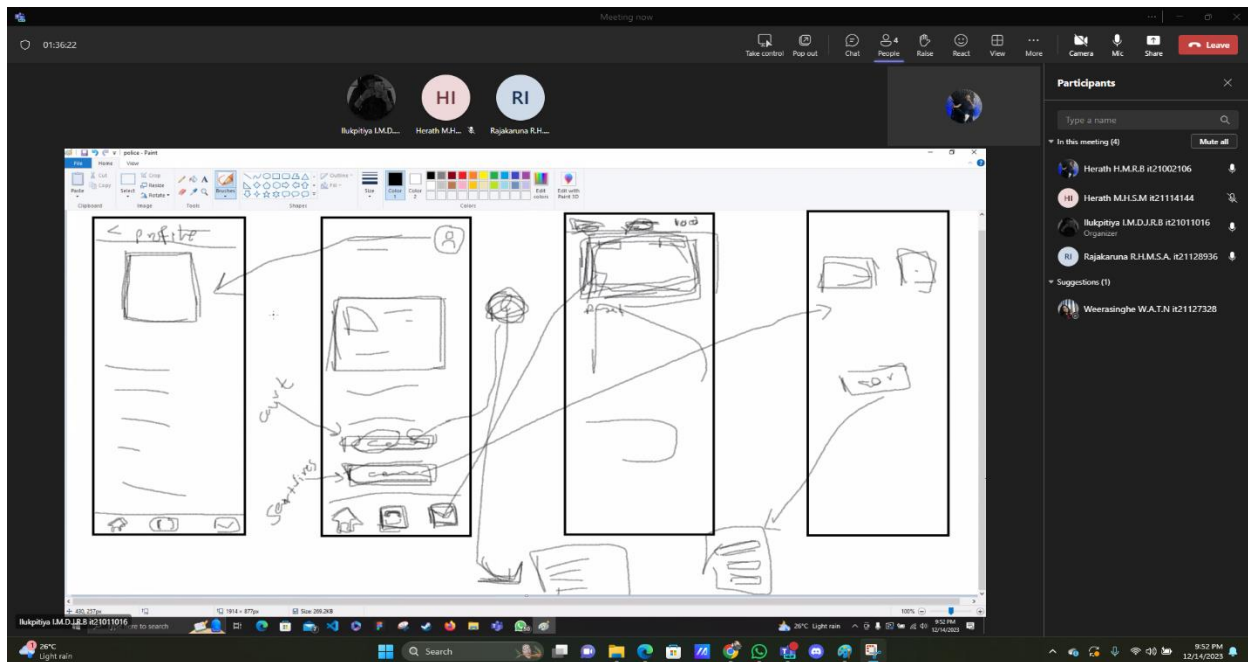


Figure 13 Online Meeting with team members through Microsoft Teams - 14.12.2023.

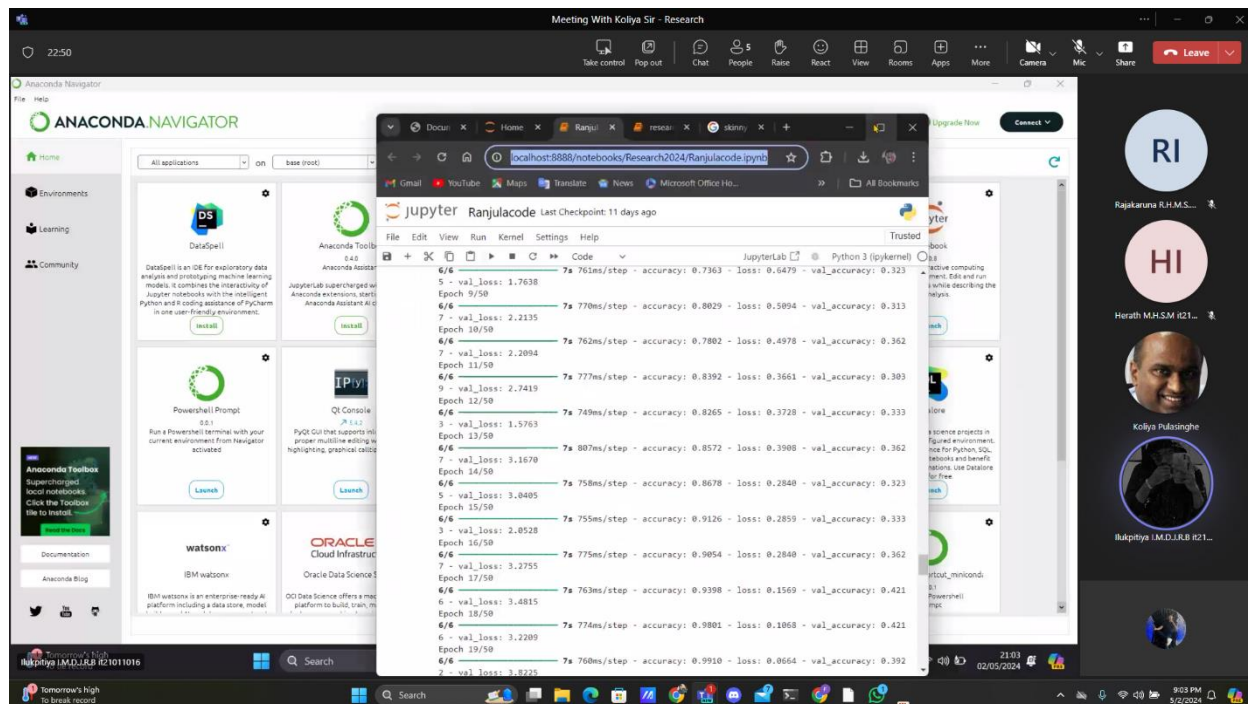


Figure 14 Meeting with a senior graduate - 11.04.2024.

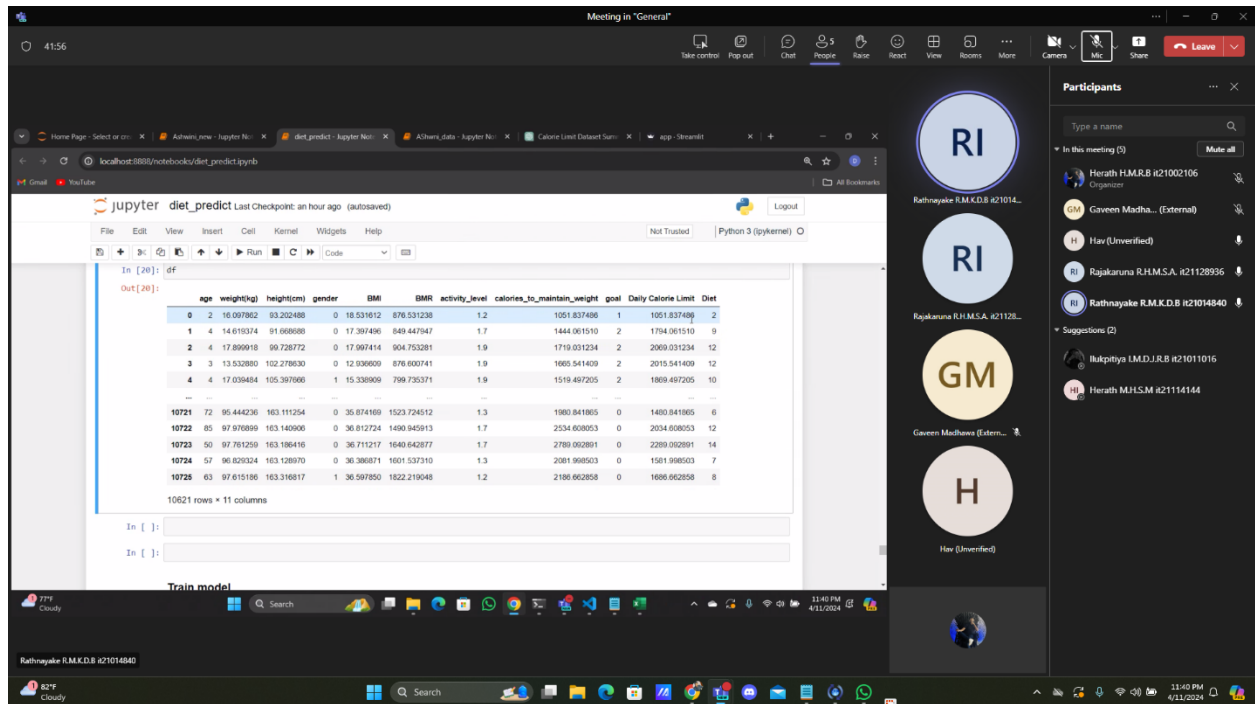


Figure 15 Meeting with a senior graduate.

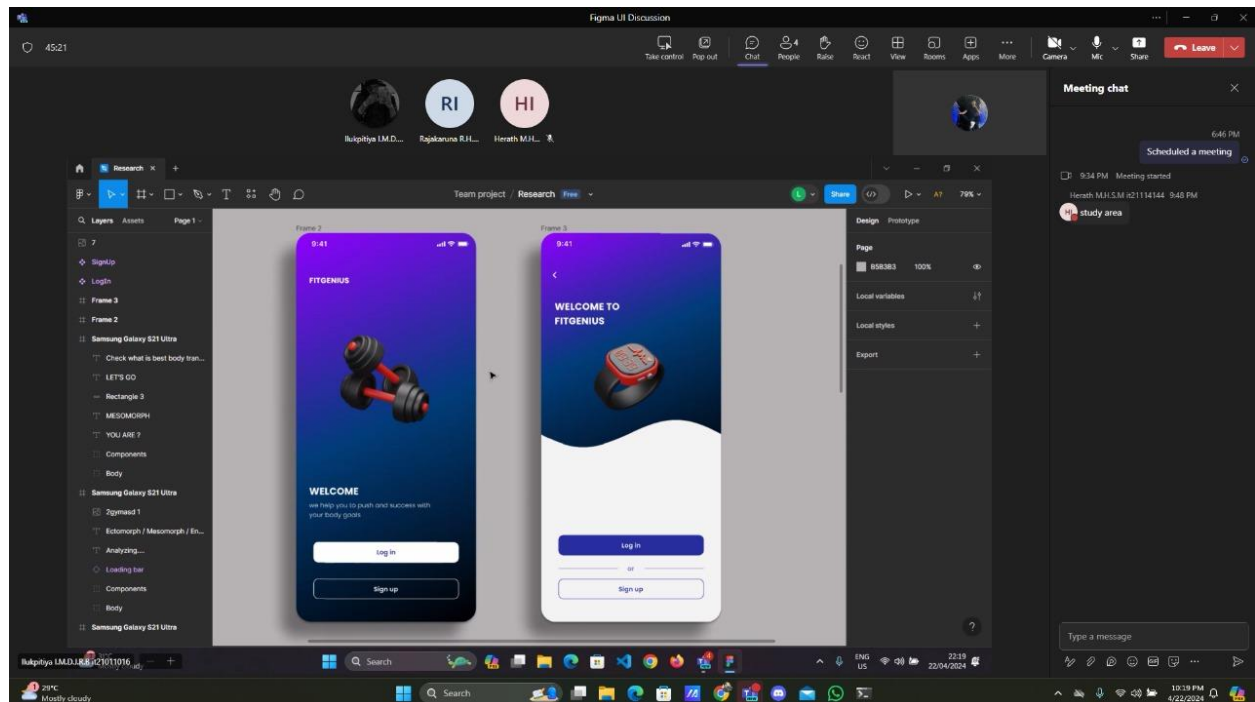


Figure 16 Online Meeting with team members through Microsoft Teams 22.04.2022.

10. Teams task planner

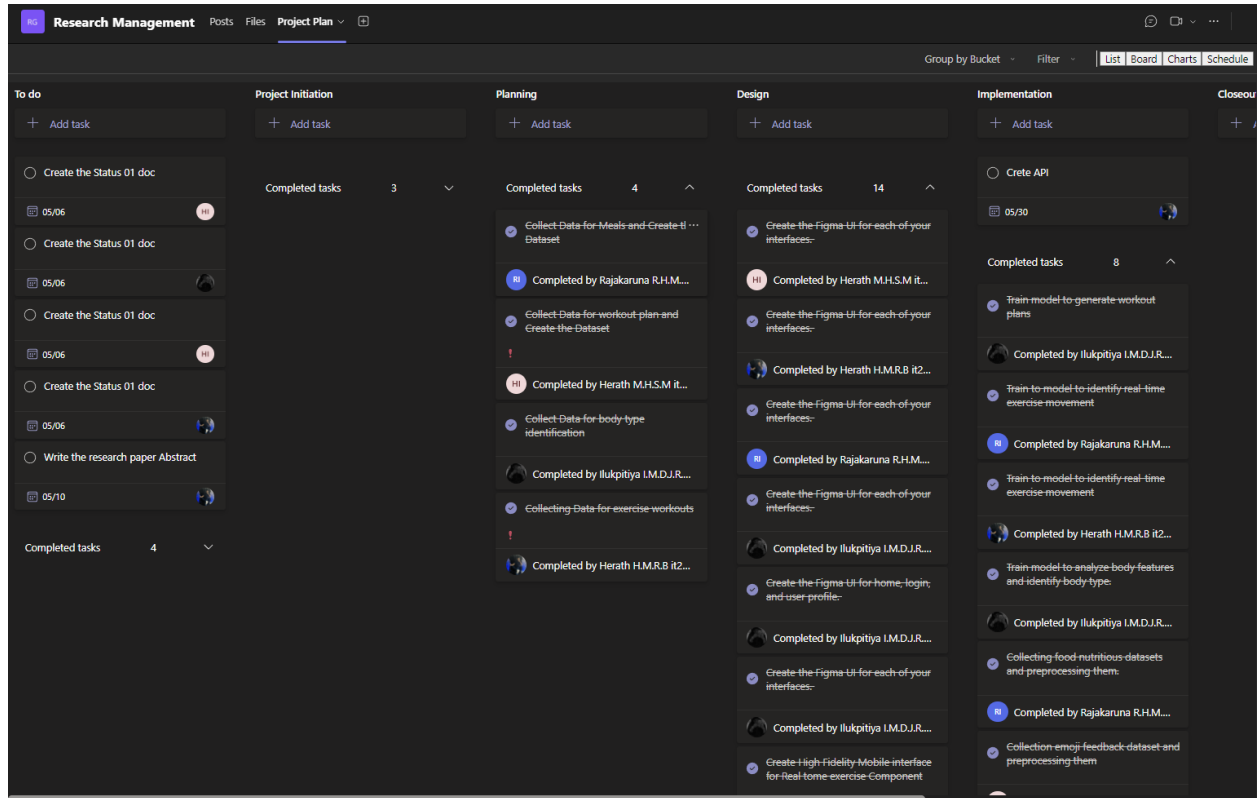


Figure 17 Teams task planner Dashboard.

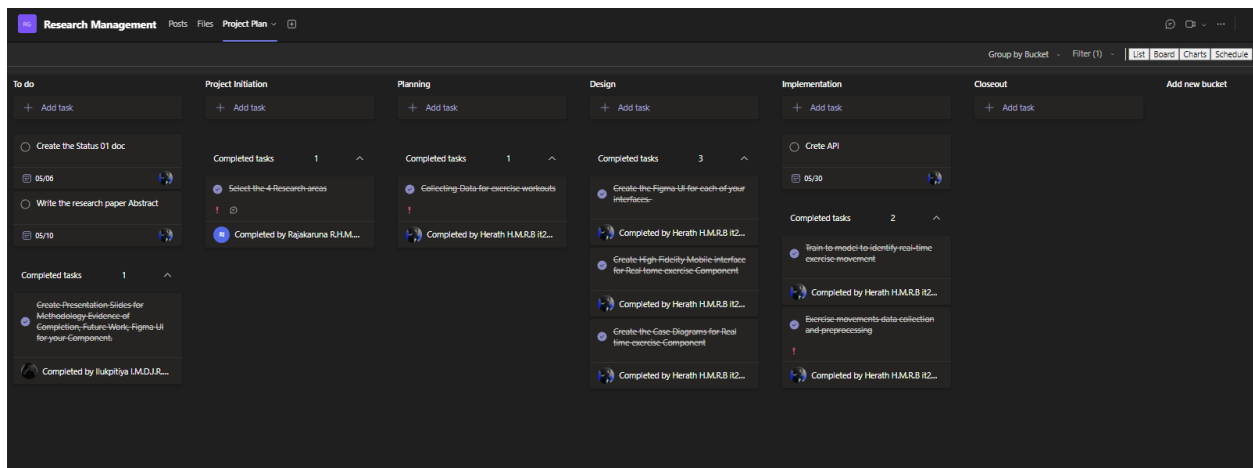


Figure 18 Teams task planner Dashboard – IT21002106

11. Teams Planner Charts

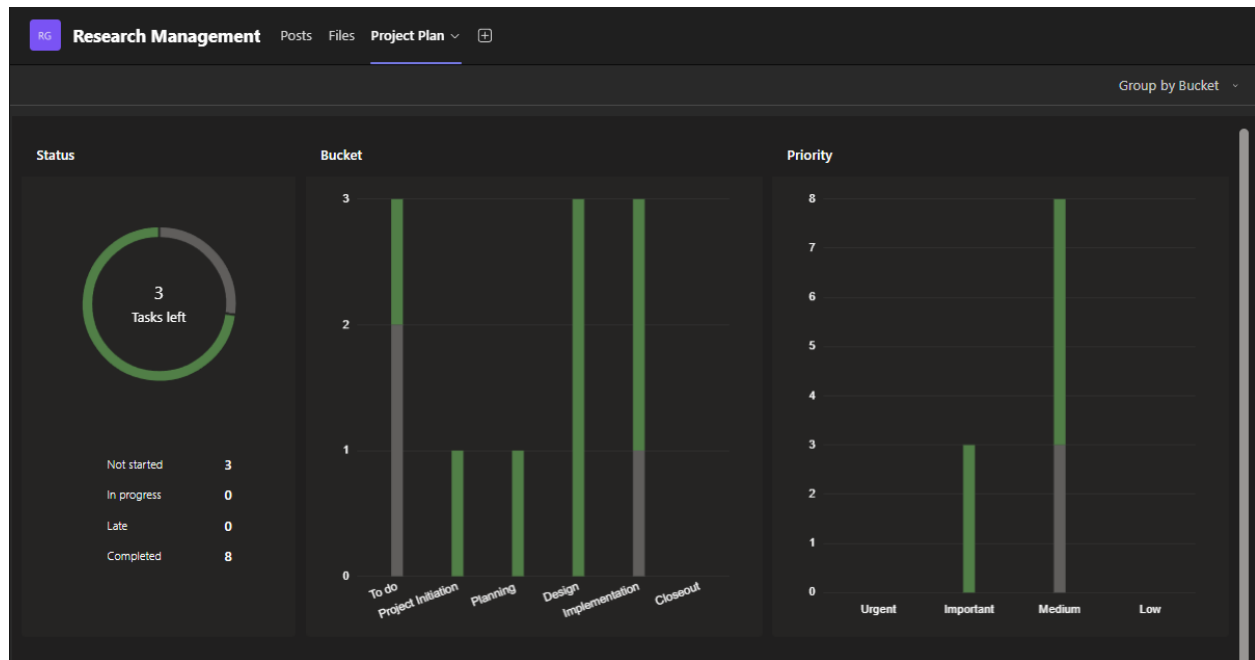


Figure 19 Teams' planner chart - IT21002106

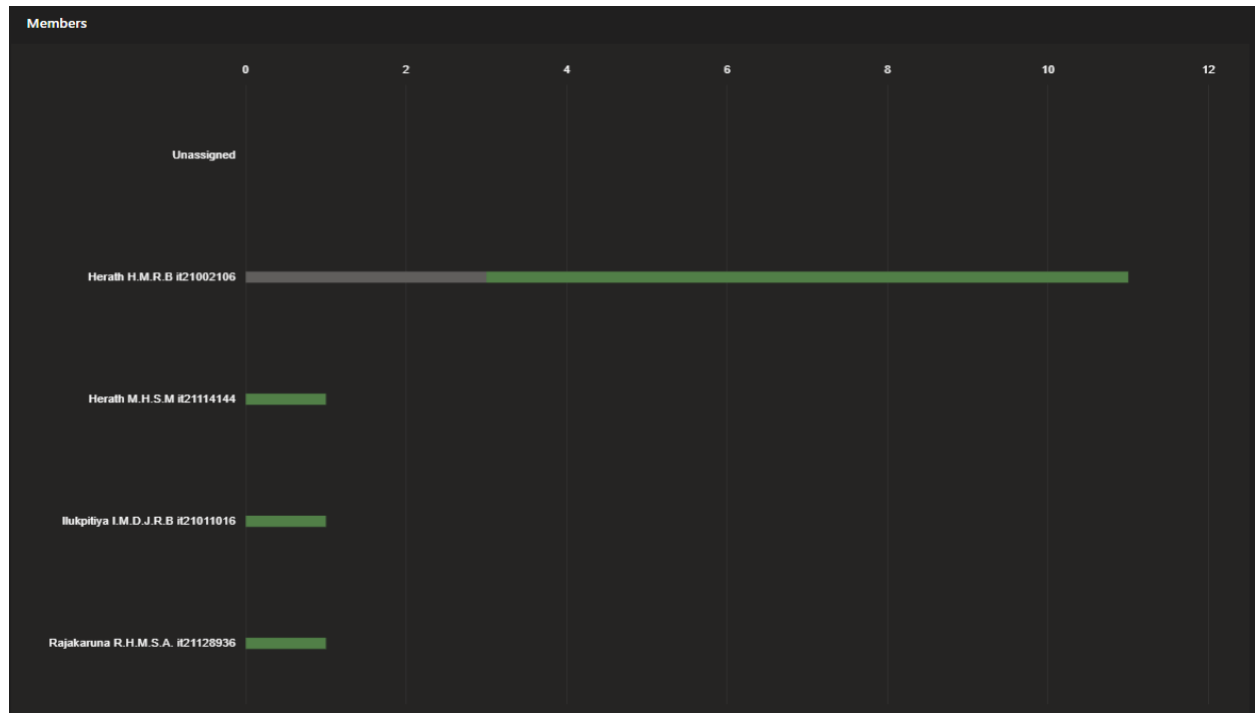


Figure 20 Teams' planner chart - IT21002106

12. Field visit for data collection

With Nilantha Namal Thilakarathana - Manager at Life Gym Bopitiya & Senior instructor at cuts & curves fitness Kandy,



Collected the right exercises from an expert gym instructor to create the dataset,

