



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

Sri Lanka Institute of Information Technology

Sri Lanka

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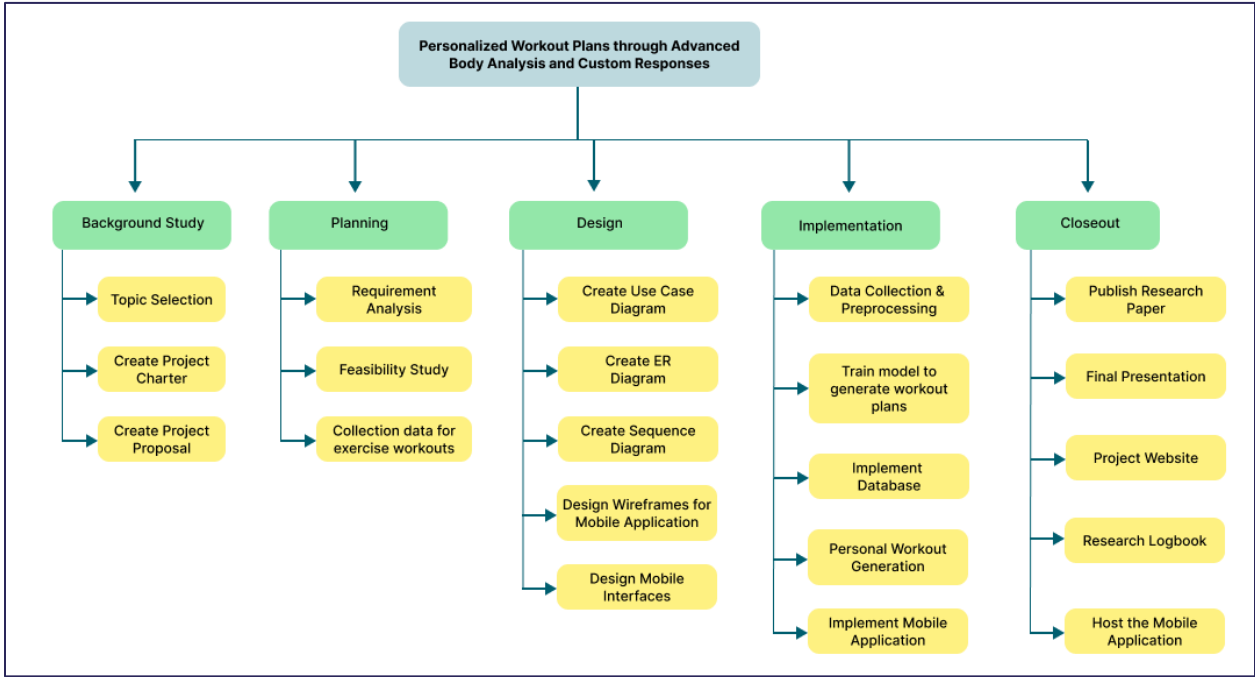
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Gantt Chart



Work Breakdown Structure



Completed Individual Component

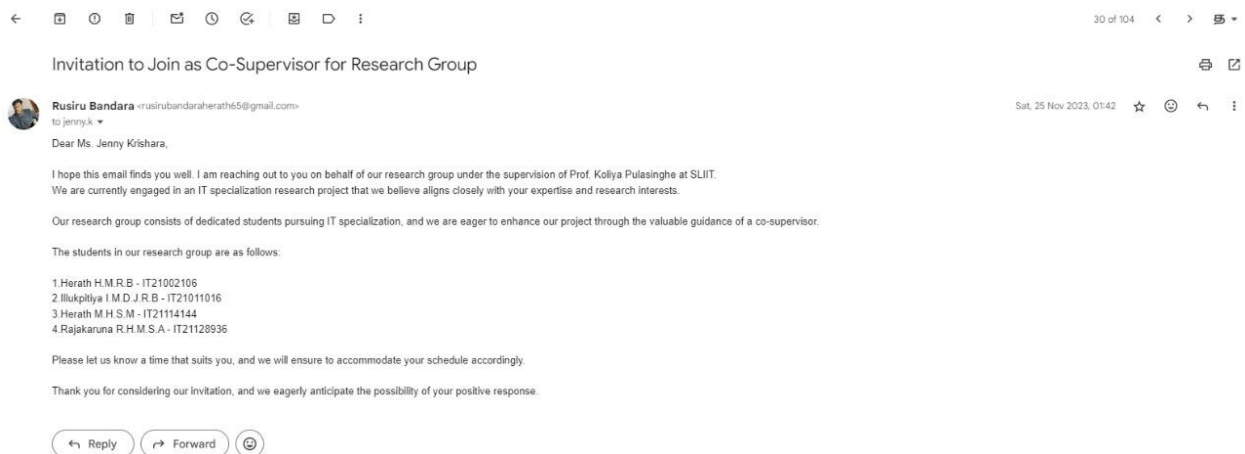
- ✓ Data Collection
- ✓ Data Preprocessing
- ✓ Create Workout Plan
- ✓ Implement the algorithm for recommend workout plans

Documentation

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

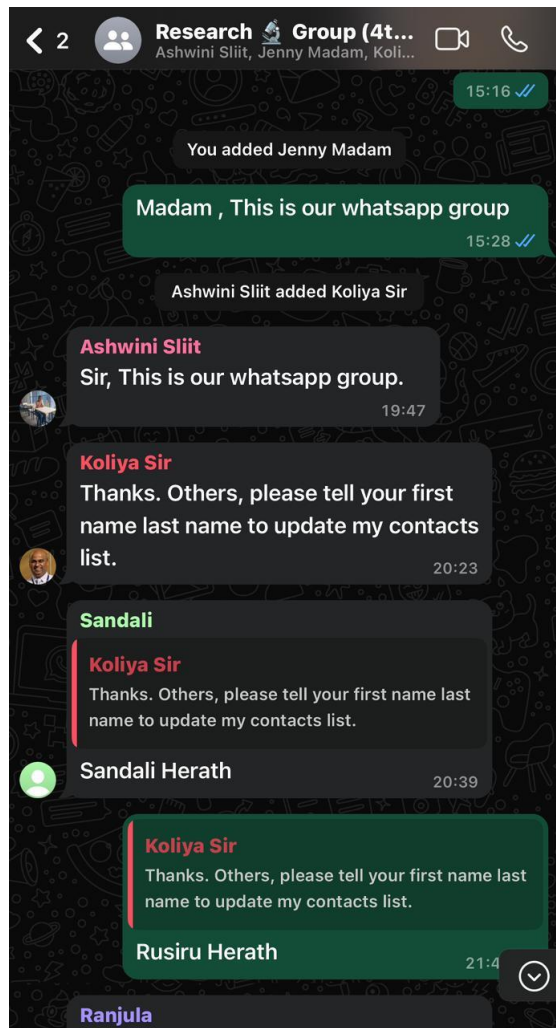
Emails

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



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.



Physical Meeting



Figure 1: Physical Meeting with the Supervisor – 23/02/2024

Screenshots of the chats in MS Teams & WhatsApp Group Chats

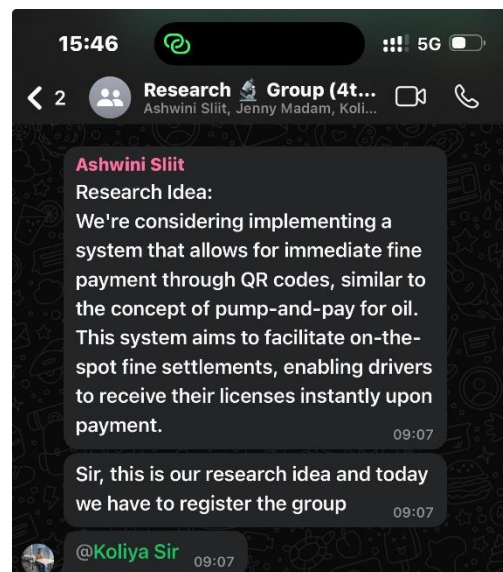


Figure 2: Confirmation of one of our conceptual hypotheses

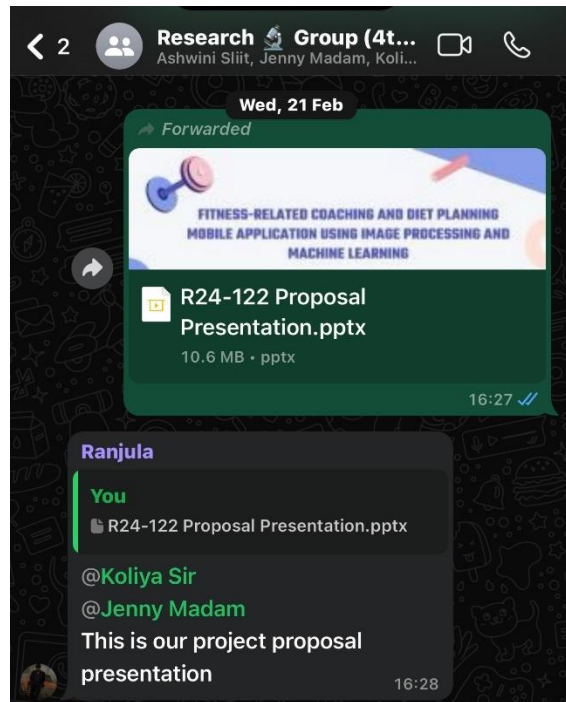
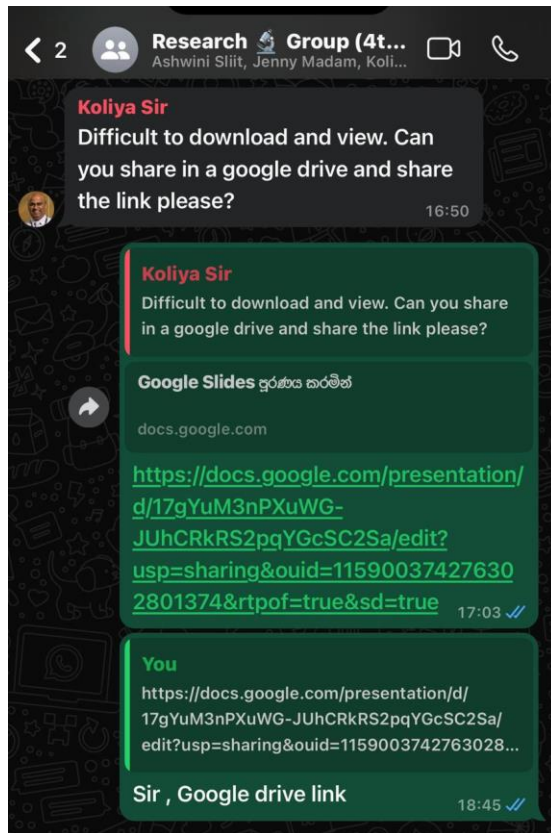


Figure 3: Reviewing our proposal report with both the supervisor and co-supervisor for feedback

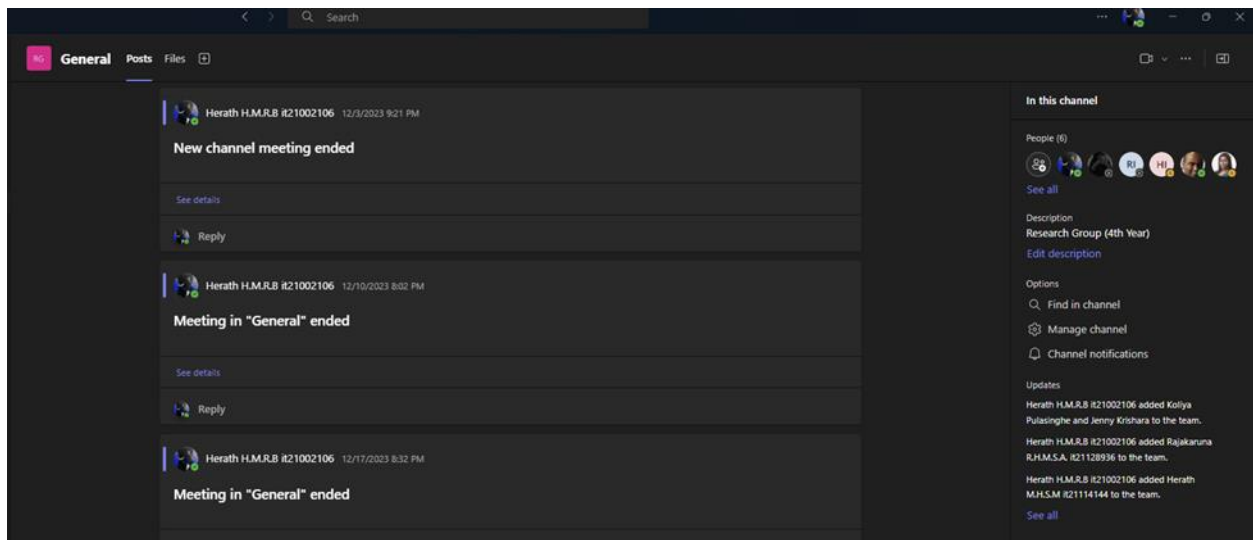


Figure 4: Team Channel in the MS Team

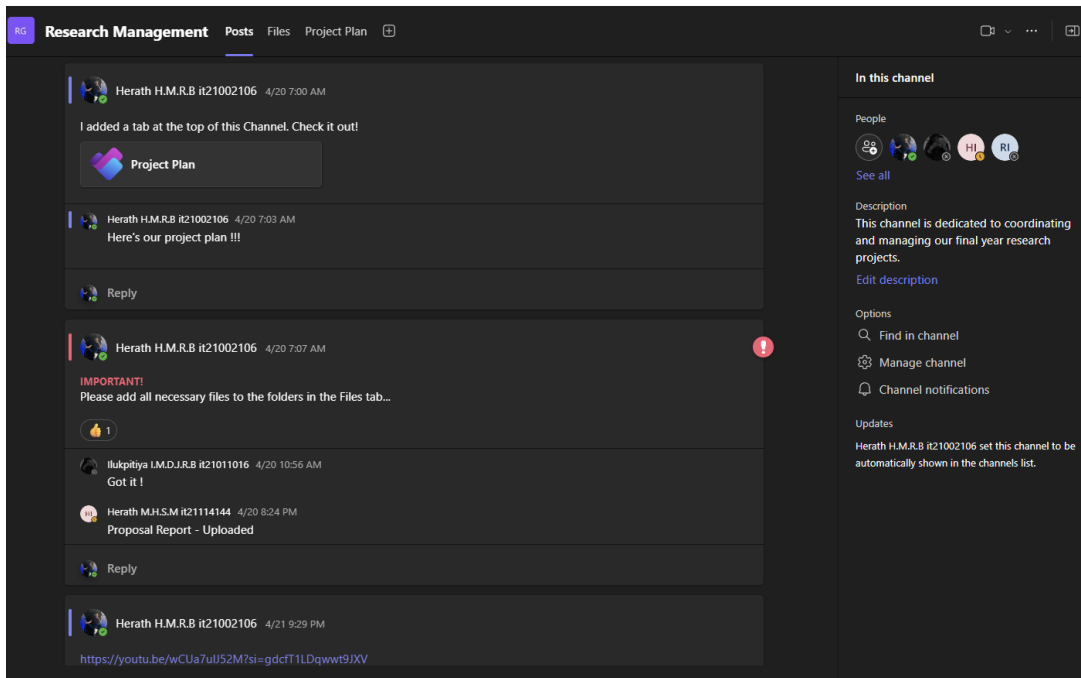


Figure 5: Chats in the MS Teams

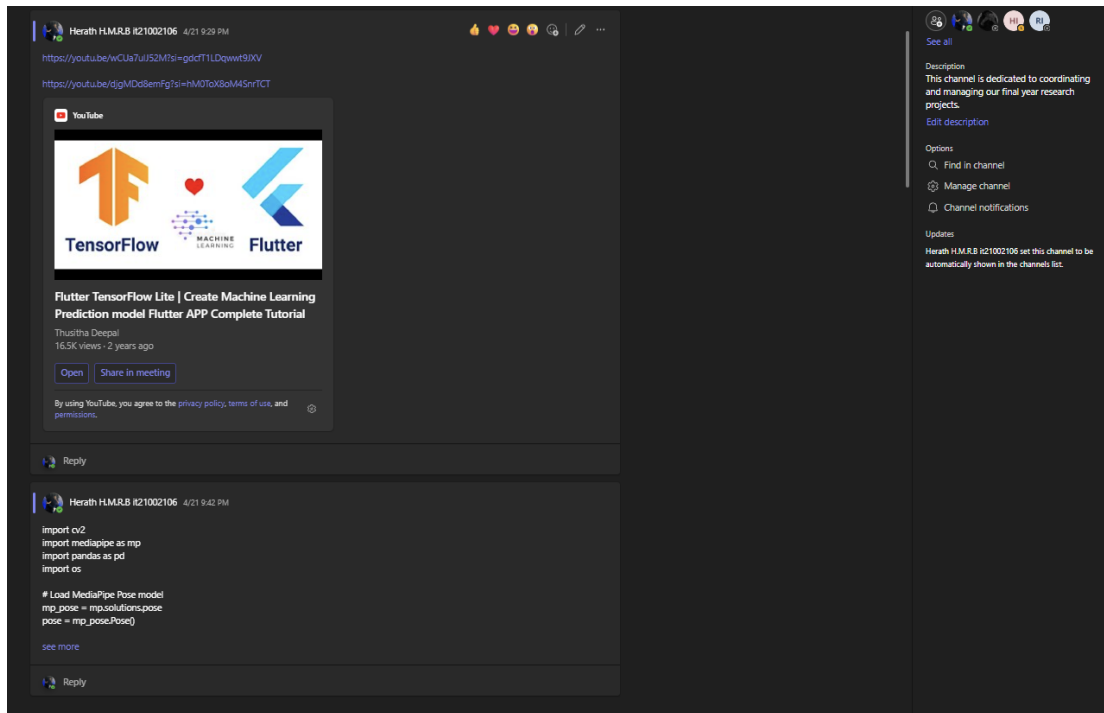


Figure 6: Chats in the MS Teams

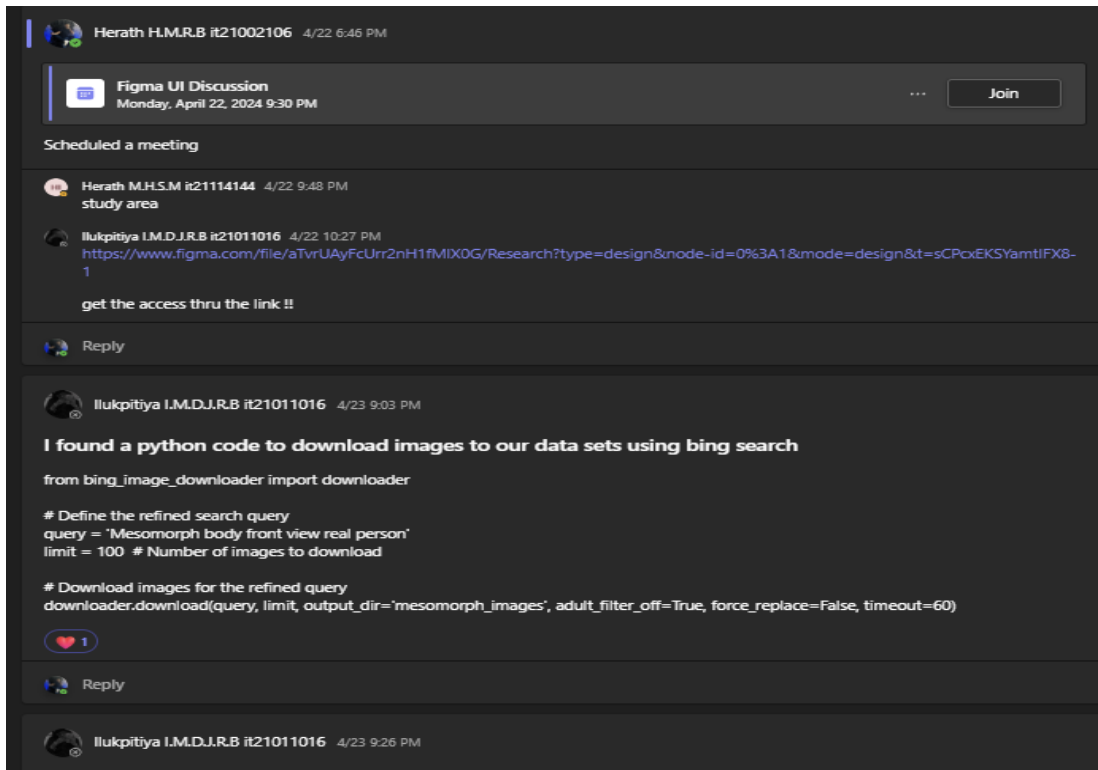


Figure 8: Chats in the MS Teams

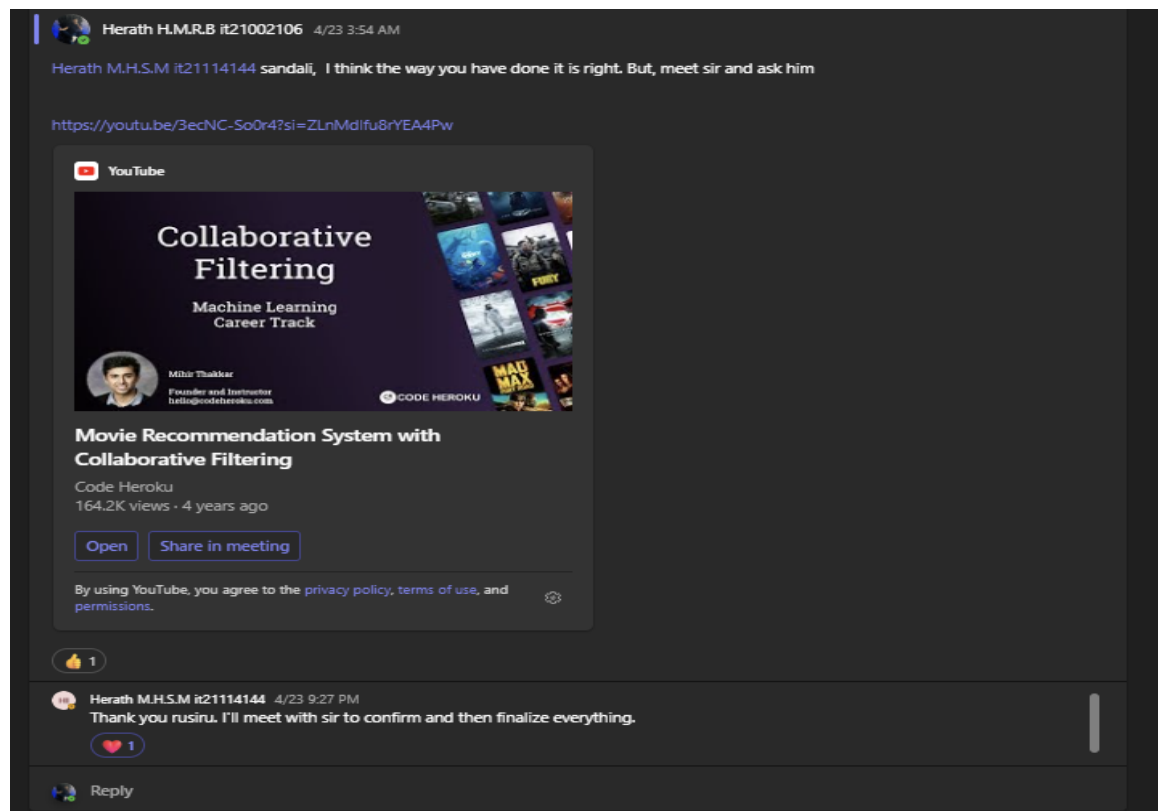


Figure 7: Chats in the MS Teams

Screenshots of the calls in MS Teams

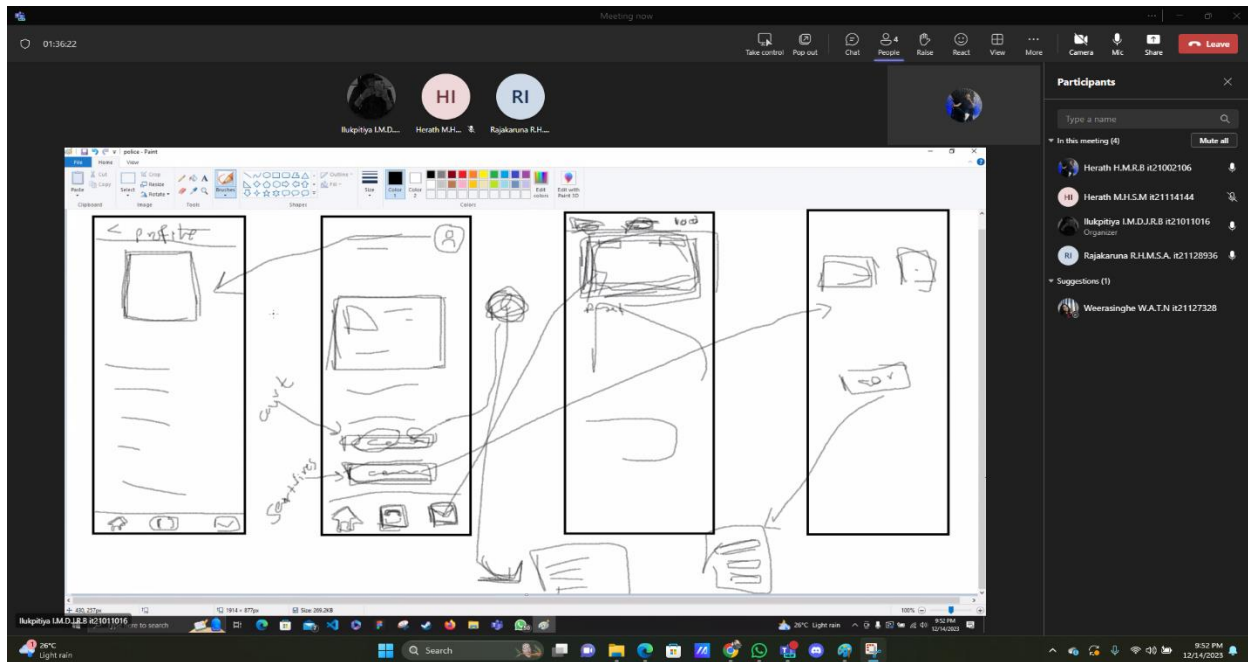


Figure 9: Online Meeting with team members through Microsoft Teams - 14/12/2023

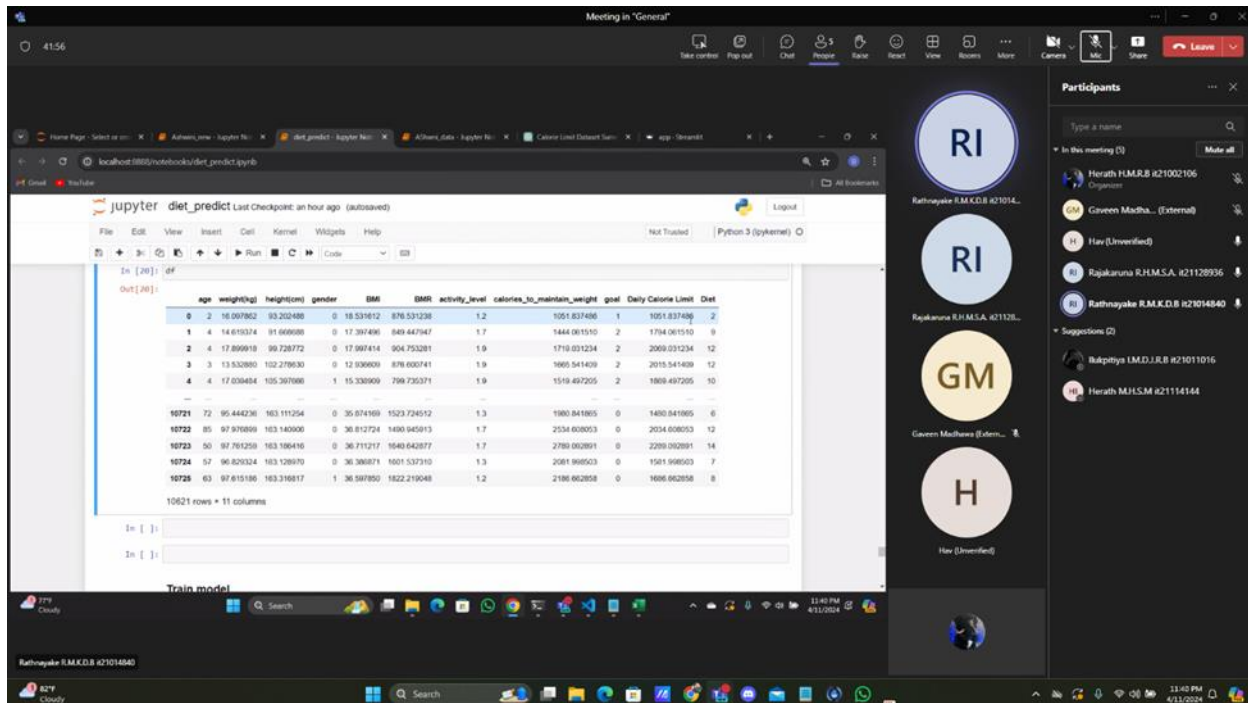


Figure 10: Meeting with a Senior Graduate - 11/04/2024

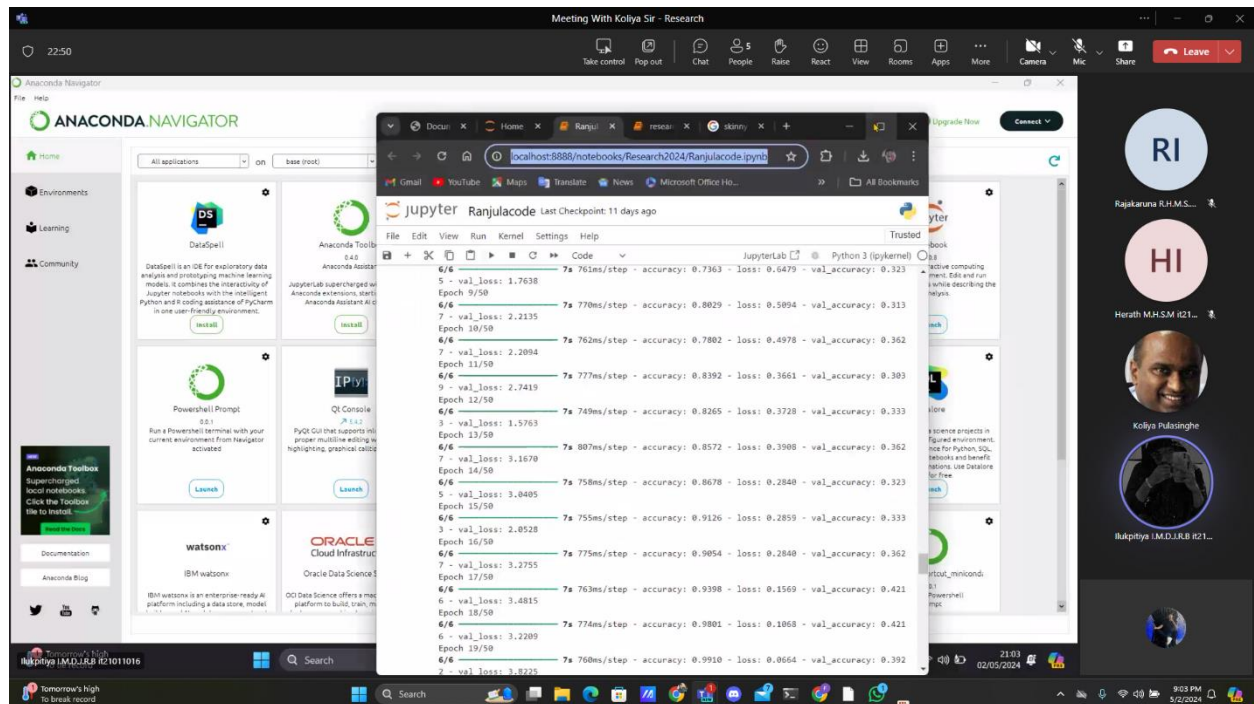


Figure 11: Meeting with the Supervisor - 02/05/2024

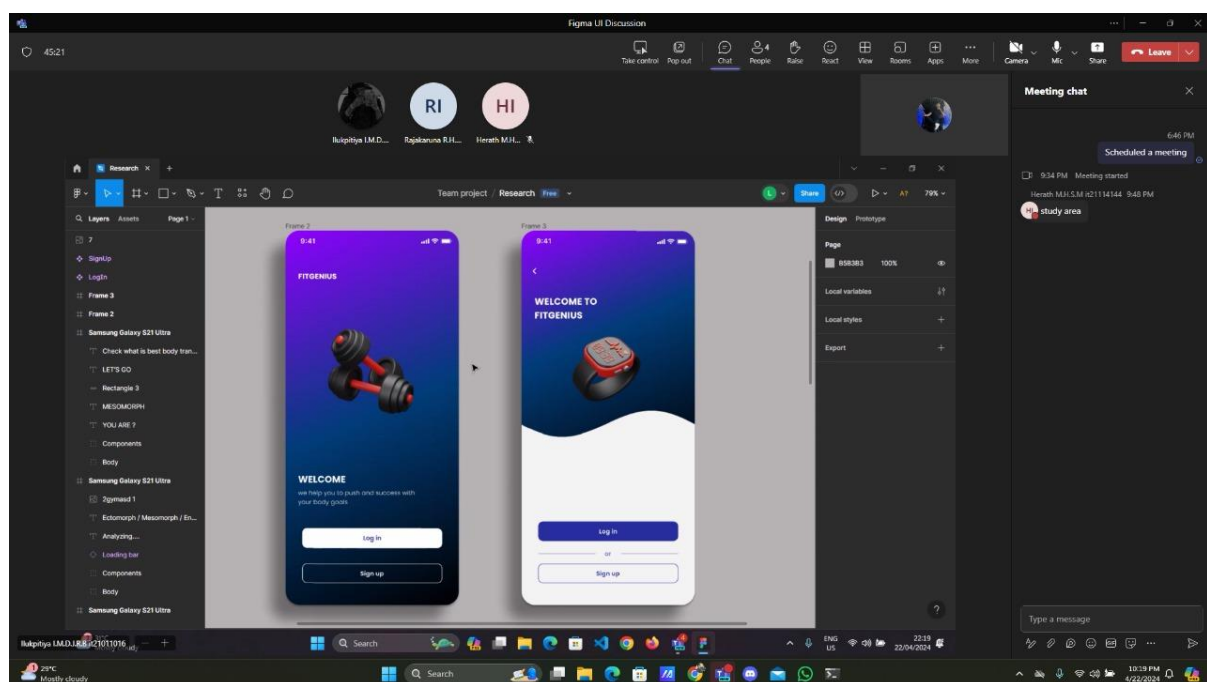


Figure 12: Online Meeting with team members through Microsoft Teams - 22/04/2024

Teams Task Planner

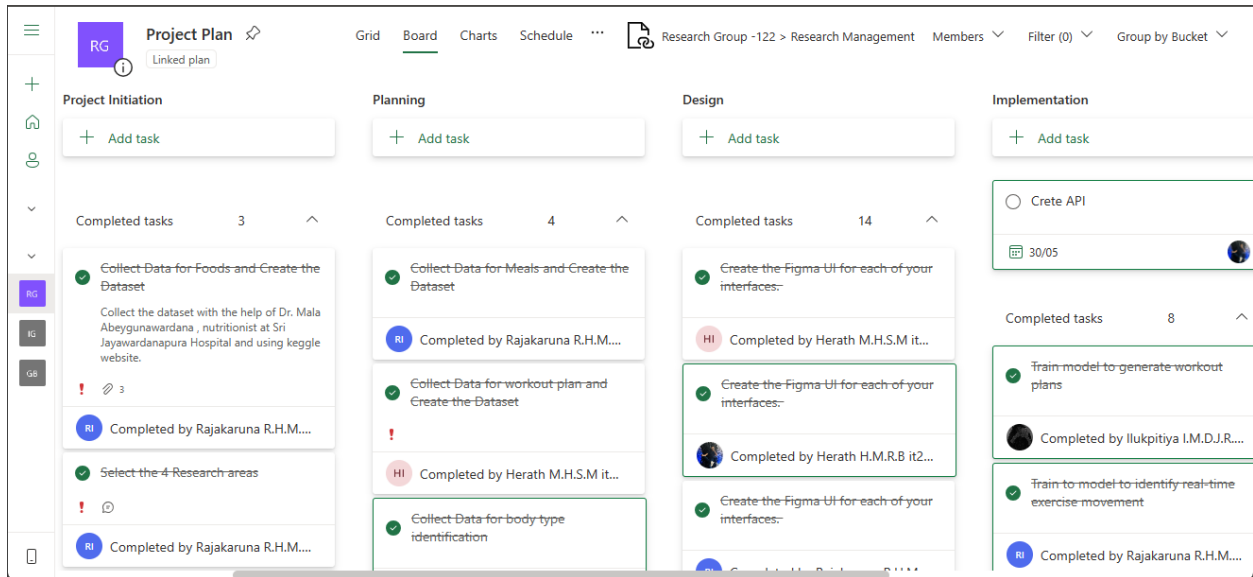


Figure 13: Teams Task Planner Dashboard

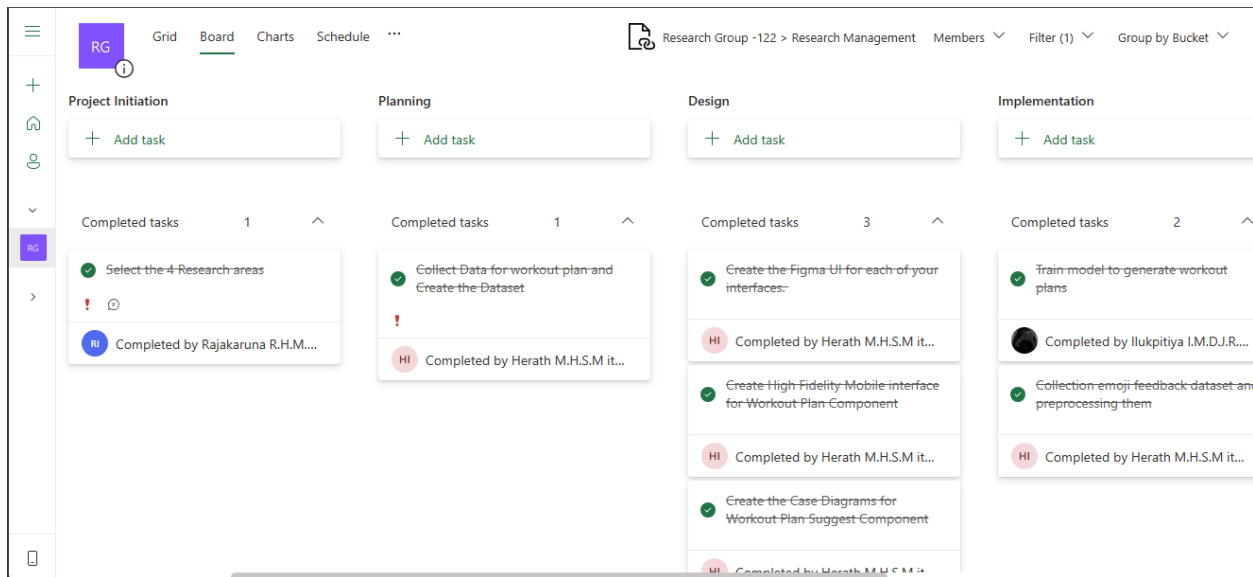


Figure 14: Teams Task Planner Dashboard - IT21114144

Teams Planner Charts

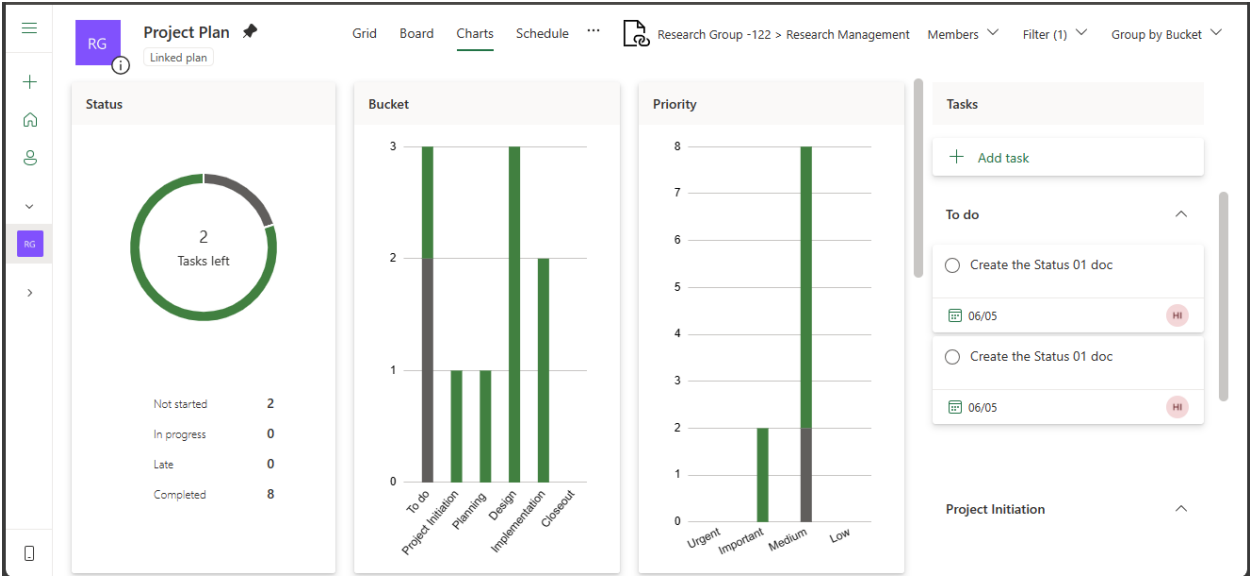


Figure 15: Teams Planner Chart – IT21114144

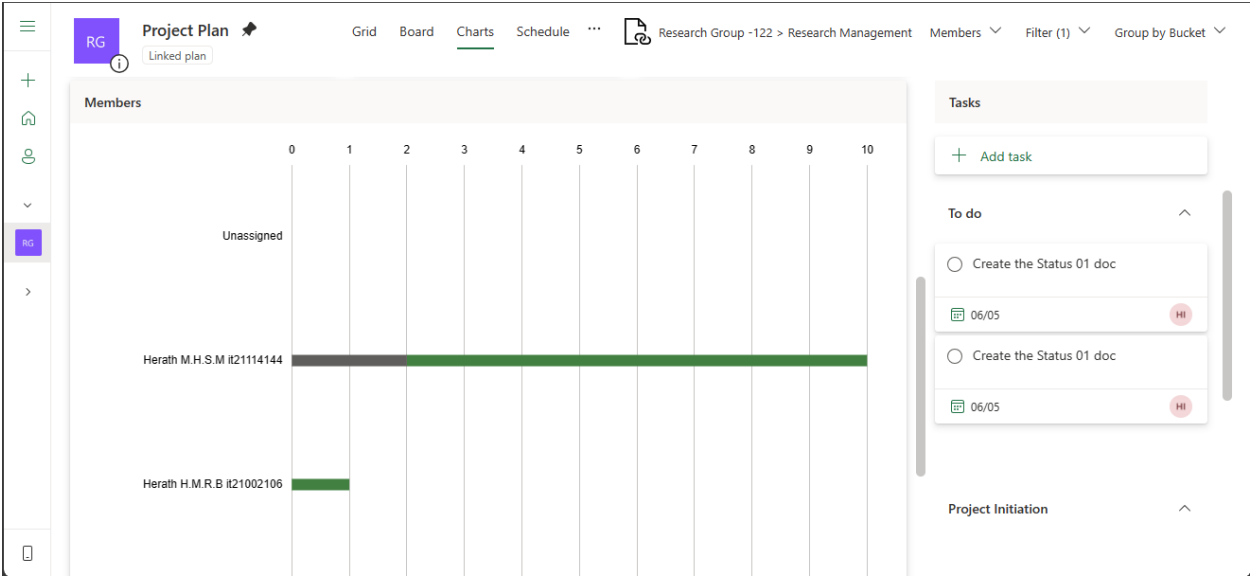


Figure 16: Teams Planner Chart – IT21114144

Field visit for Data Collection



Figure 17: Field Visit - Powermax Fitness Center