The Weight Loss Coaching System is an innovative, AI-powered platform designed to guide users in achieving their health and weight loss goals through personalized coaching. This system combines the power of OpenAI, structured logic through Bolt.new, gamification strategies, and progress tracking to deliver a seamless and engaging weight loss journey.

This platform caters to:

1. Users seeking to lose weight and improve their health.

2. Admins managing the system and overseeing progress.

3. Distributors promoting health supplements and engaging clients.

The system emphasizes four essential pillars for success: caloric intake/eating, supplementation, physical activity, and rest/sleep.

Features

Key Features

• Personalized Weight Loss Plans: AI-generated plans tailored to individual goals, preferences, and progress.

• Gamification and Engagement: Streaks, rewards, and leaderboards to keep users motivated.

• Progress Tracking: Visual tools, including photo uploads and trend analytics, to monitor weight loss.

• Supplement Management: Integration of natural, healthy supplements with tracking for distributors.

• Multi-Language Support: Available in English and Spanish, with future expansion capabilities.

• Admin Dashboard: Tools for user management, supplement promotion, and analytics.

• Automated Adjustments: Weekly plan revisions based on user inputs and progress metrics.

Benefits

• Encourages long-term weight loss and healthy habits.

• Supports distributors with tools for supplement promotion.

• Provides visual feedback for users to track their journey.

• Combines advanced technology with human-centered engagement.

Quick Start Guide

Prerequisites

Before you begin, ensure you have:

• Node.js installed.

• Access to an OpenAI API Key.

• A platform to host the application (e.g., Replit or a local server).

Installation

1. Clone the repository to your local machine:

```
git clone <repository-url>
cd <repository-folder>
```

2. Install dependencies:

```
npm install
```

Configuration

1. Create a .env file in the root directory and add your OpenAI API key:

OPENAI_API_KEY=<your-api-key>

2. Ensure your system environment meets the required specifications.

Running the Application

1. Start the server:

npm start

2. Access the application via the local server (e.g., http://localhost:3000) or the provided deployment URL.

Project Structure

• index.js: Main server file, defining API endpoints and system logic.

• package.json: Dependency and script manager.

• .env: Secure storage for API keys and sensitive configurations.

Documentation

For detailed instructions, see:

- User Manual

- Development and Deployment Guide

- System Architecture and Logic

- Gamification and Engagement Strategy

- Support and Error Handling

- Supplement Management Guide

- Localization Guide

- Progress Tracking and Data Visualization

Contribution Guidelines

We welcome contributions to improve this system. Please submit pull requests or report issues in the GitHub repository.

Contact Information

For inquiries or support:

- Email: support@myweightlossdashboard.com
- Website: Weight Loss Dashboard