

**PILLAI COLLEGE OF ENGINEERING,
New Panvel**

**Department of Information technology
Academic year: 2032-24**

GYM NUTRITION SYSTEM

Unleash Your Inner Beast
with Proper Nutrition

PROJECT CARRIED UNDER GUIDANCE OF : PROF. ROHIT SHARMA.

MEMBERS

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INTRODUCTION:

- Precision nutrition project for tailored meal plans.
- Significance in addressing personalized nutrition needs



TARGET AUDIENCE:

- Focus on individuals seeking personalized nutrition.
- Notably, gym and fitness enthusiasts.

PROJECT

OBJECTIVE:

- Bridge the fitness and nutrition gap.
- Deliver customized meal plans and insights.



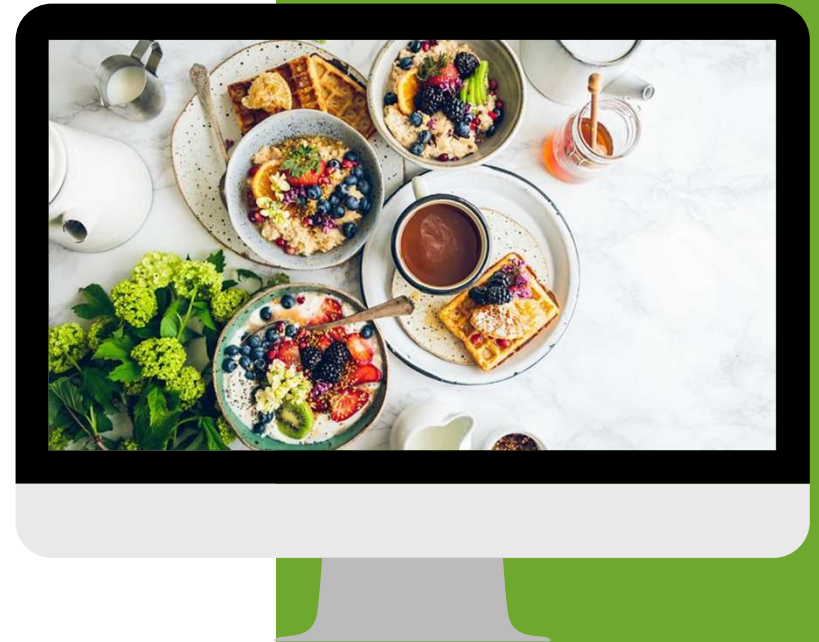
SIGNIFICANCE:

- Personalized nutrition for diverse goals and lifestyles.
- Inclusion of gym and fitness enthusiasts as a crucial audience.

PROJECT SCOPE:

FOUR KEY MODULES:

- Front End: User interface and design.
- Nutrition Database: Storage and management of nutritional data.
- Suggestion Provider:
Personalized meal suggestions.
- Food Details: In-depth
information about foods.



BODY MASS INDEX



FRONT END:

**HTML, CSS
and JAVASCRIPT**

BMI Calculator

Calories Required Calculator

NUTRITION DATABASE MODULE:

- Core function: Stores and manages comprehensive nutritional data.
- Essential role: Forms the foundation for personalized meal plans.



TECHNOLOGY USED:

- Backend technology: Python ,Mysql and Django.
- Robust and reliable tools for data management and retrieval

FOOD DETAILS : CATEGORIES OF NUTRITIOUS FOODS:

- Fruits and Vegetables
- Lean Proteins
- Whole Grains
- Healthy Fats
- Dairy and Dairy Alternatives



REVOLUTIONIZING NUTRITION

- Tailors nutrition to individual goals and needs.
- Makes personalized nutrition accessible to all.
- Closes the gap between fitness and dietary choices





CONCLUSION

- **PERSONALIZED NUTRITION**
- **BRIDGE TO FITNESS**
- **COMMITMENT TO PROGRESS**
- **DATA-DRIVEN HEALTH**
- **FUTURE OUTLOOK**

The image is a collage of various Indonesian dishes. In the top left, there's a plate of fried chicken (ayam goreng). In the top right, a small pink bowl contains a red sauce. The bottom left shows a plate with fresh lettuce and pieces of seafood. The bottom right features a plate with a colorful salad of tomatoes, cucumbers, and other vegetables. A central, semi-transparent rectangular box with a thin green border contains the text 'THANK YOU' in white, bold, sans-serif capital letters. The background of the collage is a light-colored woven bamboo mat.

THANK YOU