A Mini Project Synopsis on

HEALTHZA

S.E. - I.T Engineering

Submitted By

ABHITI RACHEL.K.	**21104093**
URVI JOSHI	**21104100**
SAKSHI JAGTAP	**21104082**

Under The Guidance Of

Prof. Sonal Balpande

DEPARTMENT OF INFORMATION TECHNOLOGY

A.P. SHAH INSTITUTE OF TECHNOLOGY

G.B. Road, Kasarvadavali, Thane (W), Mumbai-400615 UNIVERSITY

OF MUMBAI

Academic year: 2022-23

CERTIFICATE

This to certify that the Mini Project report on **HEALTHZA** has been submitted by

Abhiti Rachel , **Joshi Urvi** and **Sakshi Jagtap** who are a Bonafede students of A. P.

Shah Institute of Technology, Thane, Mumbai, as a partial fulfilment of the requirement

for the degree in **Information Technology**, during the academic year **2022-2023** in the

satisfactory manner as per the curriculum laid down by

University of Mumbai.

Prof.Sonal Balpande
Guide

Dr. Kiran Deshpande   Dr. Uttam D.Kolekar
Head Department of Information Technology   Principal

External Examiner(s)
1.
2.

Place: A.P. Shah Institute of Technology, Thane Date:

<u>ACKNOWLEDGEMENT</u>

TABLE OF CONTENTS

CHAPTER 1

1. INTRODUCTION:

In the modern era there has been an increasing amount of interest in physical fitness and health with the most people, there are people who have a full desire for that, but it may force them time or place conditions

This system acts in a similar way as that of a dietician. The system will give more accurate results as it accepts the data entered by the user and processes it depending on some metrics already known to the application on the basis of which a diet plan is generated and ask the user if the user accepts the diet plan. If not accepted the system may also give and alternative diet plan

In building your plan, some of the major factors that will be considered are:

- *Your eating preference and traditional cooking routine at home.* So your diet plan doesn't turn a burden for the person who manages your kitchen, nor it becomes dull self -sacrificial and difficult to follow by you, in fact, the diet should become your friend for rest of your life.

- *Your daily diet should be upgraded every week as per your daily and weekly progress.*

- *You should eat a variety of foods:* a plan including all major macronutrients best supports long term health and
eliminates ongoing feelings of deprivation

1.1 PURPOSE:

Since everyone's body chemistry is slightly different the system will devise a calorie range for and determine macronutrient proportions to develop a personalized diet chart for you.

The major objective of this software is to provide the customer best service which includes diet plans, feedbacks and many other functionalities that aim towards the satisfaction of the consumer. This software is going to boost up the confidence of the user and make them more physically and mentally fit. Registered users can avail many other functions as well such as personal trainer and light exercises.

1.2 OBJECTIVE:

- To build a user friendly diet system .

- To make up a personalized diet plan that allows them to enjoy a broader range of meals.

- The usage of this application greatly reduces the time required to get the best diet plan as it is standalone application and there is no danger of one point failure.

1.3 SOCPE:

Heathza has been developed to run on any platform and environment. This project also provides security with the use of Login-id and password, so that any unauthorized users cannot use the account. Only authorized users can access the software. The proposed system's scope is limited to functionalities as mentioned below:

- REGISTRATION -The new user would need to create an account by entering these details -name, email-id and phone number, username and password.

- LOGIN -The registered users can log in to the software directly by entering their username and password.

- GENERATION OF DAILY PLAN -The user needs to attempt a questionnaire and based upon it the system will generate a personalized diet plan

- MANAGE PROGRESS REPORT -With this feature users will be given daily weekly and daily goals which will allow them to monitor all the progress.

CHAPTER 2

2. PROBLEM STATEMENT:

Due to the modern lifestyle, carefree attitude and being materialistic, people are taking their health and diet otherwise. Therefore, to facilitate them with a proper diet chart according to their lifestyle and cope up with their busy schedule, a need for such kind of technology emerges that can provide diet consultancies to the people at their preferred time and mobile phones without having to visit a dietician. The users can take advantage of the web app by registering themselves, entering the basic details and signing in with a username and password.

CHAPTER 3

3.PROPOSED SYSTEM:

The prime objective of the app is to create a personalized diet plan along with the nutrient value of the food items for the user in accordance with his/her lifestyle by taking their height, weight, working hours, and eating hours and practices as inputs.

3.1 FEATURES AND FUCTIONALITY:

- **DAILY GOALS**: It helps to make and track health goals. The goals which are realistic and achievable .The goals are set taking into consideration the age ,the health problems one is facing ,the BMI etc.
- **CALORIE COUNTER**: The app makes it easy to track the user's diet –the nutritional content, the calories in each serve etc. It also helps the user to explore new recipes by providing healthy and delectable recipes.
- **WATER REMINDERS**: This app helps you to hit your daily hydration goals .You can customize it according to your own daily hydration goals. It also provides list of other healthy drinks you can opt for if you are bored of drinking only water
- **REWARD POINTS :** Based upon the performance of daily goals the user will be given weekly reward points. The main goal of this is to motivate the user.
- **HELP DESK**: If any user finds it difficult in using the app they can approach the help desk anytime

CHAPTER 4

4.PROJECT OUTCOME:

- Using this system user can maintain his or her diet easily by just following the plan also user can keep track on his or her goals
- User eventually will see the result in themselves as this is quick and easy way to find a proper diet
- Apps can be useful tools for people who want to manage their weight and lifestyle. But it takes two things from the user—motivation to make a change and using the app enough to produce the desired effect.
- To help you in a healthy , sustainable lifestyle. No magic pills, no crazy diets – just a simple, easy-to-use program that helps you stay in your calorie budget.

CHAPTER 5

5.SOFTWARE REQUIREMENTS:

- JAVA JDK VERSION 19 :

Java JDK 19 delivers thousand of performance, stability and security improvements, including enhancements to the platform that will help to improve productivity

- SWING:

Swing in java is part of Java foundation class which is lightweight and platform independent. It is used for creating window based applications. It includes components like button, scroll bar, text field etc. Putting together all these components makes a graphical user interface

- MYSQL FOR DATABASE :

MySQL is the world's most popular open source database is that it provides comprehensive support for every application development need.

MySQL can run on very modest hardware and puts very little strain on system resources; many small users serve up information to their organizations by running MySQL on modest desktop systems. The speed with which it can retrieve information has made it a longstanding

CHAPTER 6

6.PROJECT DESIGN:

In the Design Process, we first designed the flow of events in which the application would work, which can be seen in the flowchart below. We have to design a user registration system to be able to gain user information to calculate their details, we designed the registration and login system using Eclipse. MySQL database to store our data and authentication. It has a very easy to use interface and the Doc helps in implementing it. In the questionnaire process the app will take the details of users like age, height, weight, gender etc. And store it in the database. There will be a dashboard card, where after the user logs in can view his details and also edit/ update the data. The Diet Plan card will give the user his data based on the details provided by the user while registering. All the calculations to get results was through research & getting the right formulas.
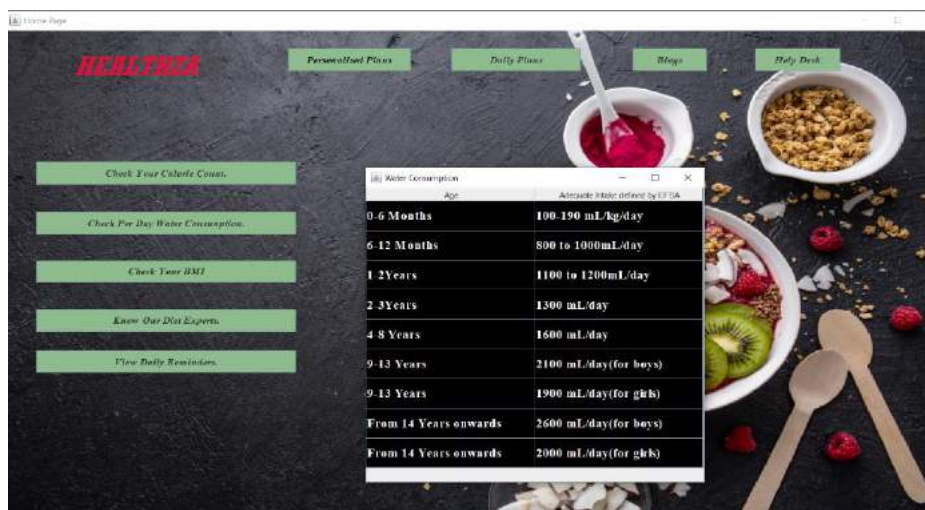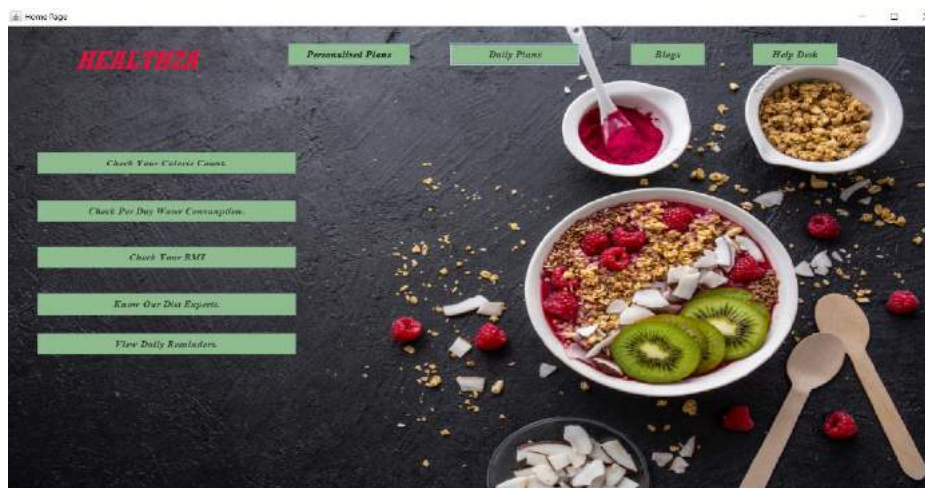
Dietitian Olivia

One of the famous Dietitians in India is Dt. Olivia. She runs her clinic in Chandigarh and provides all health facilities across the world. Dt. Olivia offers easy diet plans with a positive output. With her work, she pleased many clients.

Celebrate Your Successes

Losing weight is hard, so celebrate all your successes to keep yourself motivated.Give yourself some credit when you accomplish a goal. Social media or weight loss sites with community pages are great places to share your successes and get support. When you feel pride in yourself, you will increase your motivation.Moreover, remember to celebrate behavior changes and not just reaching a certain number on the scale.However, it's important to pick appropriate rewards. Avoid rewarding yourself with food. Also, avoid rewards that are so expensive you would never buy it, or so insignificant that you would allow yourself to have it anyway.The following are some good examples of rewards:Getting a manicure

Keep a Weight Loss Journal

Self-monitoring is crucial to weight loss motivation and success.Research has found that people who track their food intake are more likely to lose weight and maintain their weight loss,However, to keep a food journal correctly, you must write down everything you eat. This includes meals, snacks and the piece of candy you ate off your coworker's desk.You can also record your emotions in your food journal. This can help you identify certain triggers for overeating and help you find healthier ways to cope.
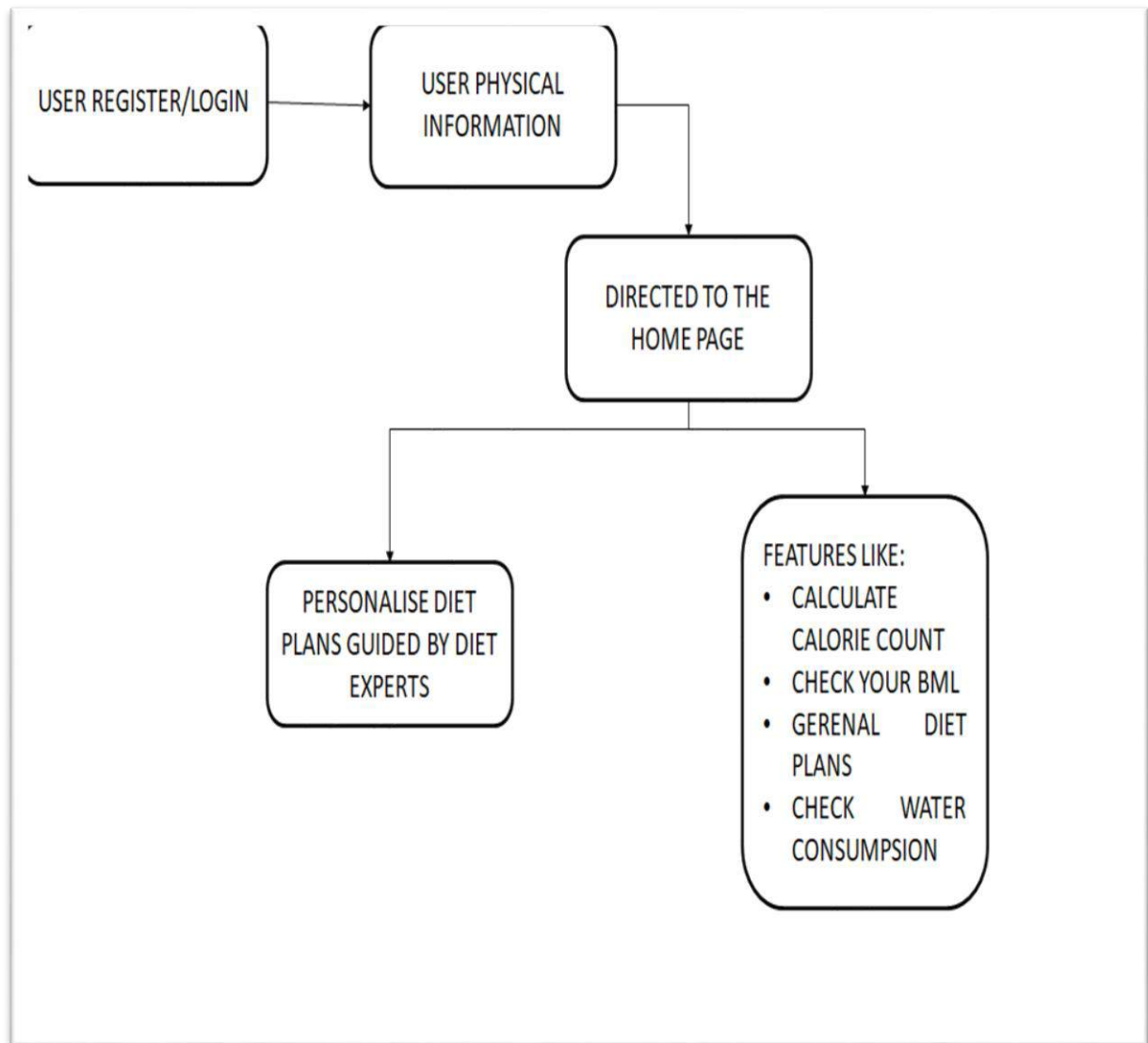


```
MySQL 8.0 Command Line Client

mysql> use student;
Database changed
mysql> select * from sample2;
+----------+----------+
| username | password |
+----------+----------+
| urvi     | URVI     |
| abhiti   | Rachel   |
| sakshi   | SAKSHI   |
| admin    | ADMIN    |
| admin    | 12345    |
| Siya     | 0000     |
| Nayana   | 100abc   |
| Nissi    | Ball     |
| Darshit  | cube     |
| Sunanda  | sunnada  |
+----------+----------+
10 rows in set (0.01 sec)

mysql> select * from sample4;
+----------+----------+
| username | password |
+----------+----------+
| urvi     | urvi     |
| user     | useruser |
+----------+----------+
2 rows in set (0.01 sec)
```

Login Page

LOGIN

UserID:

Password:

Login   Reset

Not Have an account: Register Here

Sign Up

Sign Up!!

USERNAME:

PASSWORD:

CONFIRM PASSWORD:

LET'S BE HEALHTY!!

```
USER REGISTER/LOGIN  →  USER PHYSICAL
                         INFORMATION
                              │
                              ▼
                         DIRECTED TO THE
                         HOME PAGE
```

PERSONALISE DIET PLANS GUIDED BY DIET EXPERTS

FEATURES LIKE:
- CALCULATE CALORIE COUNT
- CHECK YOUR BML
- GERENAL DIET PLANS
- CHECK WATER CONSUMPSION

CHAPTER 8

8.CONCLUSION:

      With the proposed application on desktop site, we will be able to bring the Dietitian App on the palm of every individual. The application can be deployed on the cloud by integrating different servers through the cloud in its future iterations. With respect to the feedback of the App users' further improvements can be incorporated within the system to make it more users friendly. In our approach for implementing this project is we have implemented a virtual dietitian using android. Our system comprises of main components such as of a user login and an admin login. The software system allows the user to create their profiles and upload all their details and their BMI is calculated by the system. The admin can check each user details and can remove faulty accounts. People who are in need of a serious health care but are busy with their schedules, can start using our application and start following the diet and workout programs. With the help of this application, user doesn't have to go to an actual dietitian he can have a dietitian in the palm of his hands.

REFERENCES :

- Connor, S. Underreporting of Dietary Intake: Key Issues for Weight Management Clinicians. Curr. Cardiovasc. Risk Rep. 2020, 14, 16

- Lee, M.; Lee, H.; Kim, Y.; Kim, J.; Cho, M.; Jang, J.; Jang, H. Mobile AppBased Health Promotion Programs: A Systematic Review of the Literature. Int. J. Environ. Res. Public Health 2018, 15, 2838.

- Chiarini, G.; Ray, P.; Akter, S.; Masella, C.; Ganz, A. mHealth Technologies for Chronic Diseases and Elders: A Systematic Review.

- IEEE J. Sel. Areas Commun. 2013, 31, 6–18

- Vlahu-Gjorgievska, E.; Unnikrishnan, S.M.; Win, K.T. mHealth applications: A tool for behaviour change in weight management. Stud. Health Technol. Inform. 2018, 252, 158–163.