# Quotation for Delivery

**AI-Powered Weight Loss Web App**

## 1. Project Scope

This web application is designed to help users lose weight using AI, daily food tracking, and personal trainer oversight. The application will include:

* AI-based calorie estimation from food photos
* Daily calorie tracking
* Alerts and reminders
* Personal trainer dashboard to view client chats
* Learning/course content visibility
* Backend to manage users

## 2. Functional Modules

| Module | Description | Technologies |
| --- | --- | --- |
| **1. User Sign-Up & Intake** | Collects name, number, email, current & ideal weight, and timeline. App calculates daily calorie target. | React, Python, Firebase |
| **2. User Login** | Secure login system. | Firebase Auth / JWT |
| **3. Meal Logging with AI** | Users upload food pictures. AI estimates calories. User can add text details. | React, Python (AI Model or API like CalorieMama), Cloud Storage |
| **4. Calorie Tracking & Recalculation** | Tracks daily calories. Alerts user if they exceed limit. Adjusts weight loss timeline. | Python, Firebase |
| **5. Inactivity Notifications** | Sends reminders if user hasn’t uploaded food within a set time. | Firebase Cloud Messaging / Email |
| **6. Personal Trainer Portal** | Trainers can view AI-user conversations of their clients. | Role-based access, React Admin Panel |
| **7. Learning/Course Visibility** | Displays HighLevel learning content within the app. | iFrame embedding / External Link Integration |
| **8. Backend Management** | Manages users, calorie data, AI logs, and trainer access. | Python (FastApi), Firebase, Admin Interface |

## 3. Timeline Estimate (4 Weeks)

| Week | Work Description |
| --- | --- |
| Week 1 | Setup, UI design, and user onboarding |
| Week 2 | AI food logging, calorie calculation, tracking |
| Week 3 | Alerts, reminders, and personal trainer portal |
| Week 4 | Learning visibility, backend setup, testing |

## 4. Deliverables

* Full web app with listed features
* Backend with admin access
* AI integration for food photo calorie estimates
* Personal trainer access module