

# FitMe

by Ameya, Akshit, Harshit, Jeremie



# Background

- Having entered the new year recently, there is a lot of buzz about adopting healthy lifestyles recognizing its physical and mental benefits
- Consequently, monitoring results becomes an integral part of one's lifestyle-changing process in order to successfully accomplish fitness goals
- Our goal is to deploy a tool that helps users stay in tune with their health goals like sleep, activity levels, weight management and caloric requirements using their smart watch data
- Each of these health goals constitute individual use cases, where users will be presented with relevant insights that help them monitor and accomplish their goals

# Data

- The FitBit Fitness Tracker Data is a rich collection of 18 different csv files that collates information about daily activities, calorie, heart rate, sleep cycles, intensities and steps, among others
- Thirty eligible Fitbit users consented to the submission of personal tracker data, including minute-level output for physical activity, heart rate, and sleep monitoring

# Use cases

- **Activity & Weight Analysis**

Gives users insight into how their daily activity affects their weight

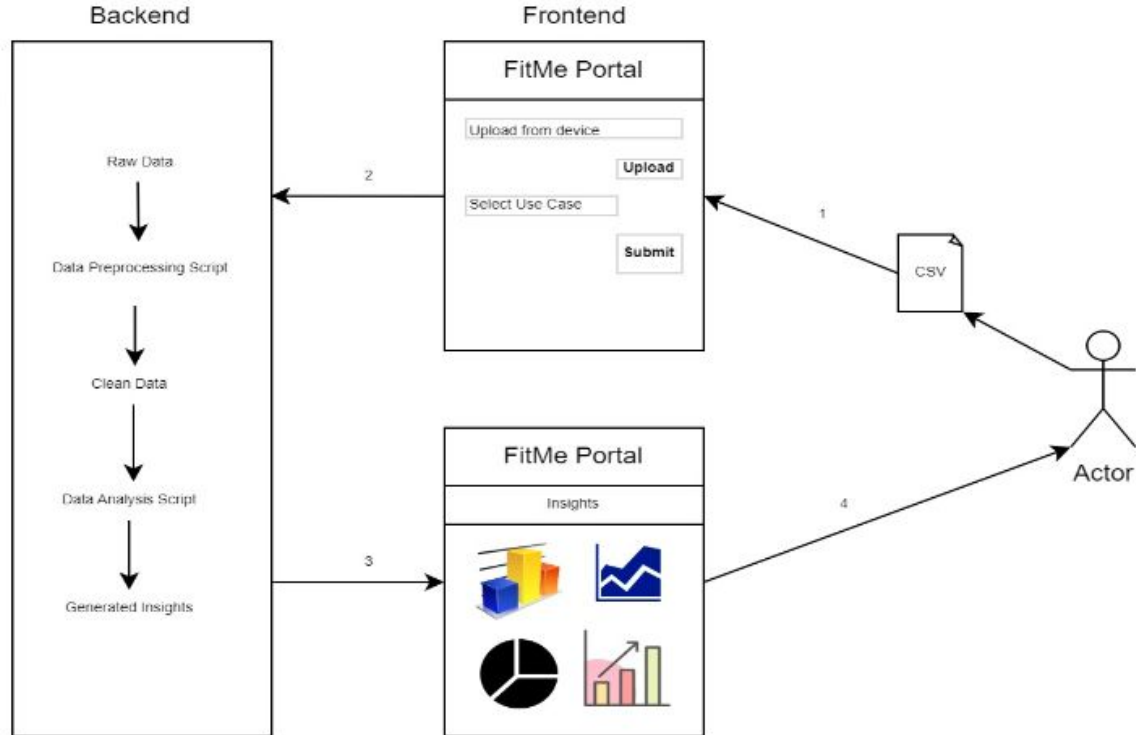
- **Heart Rate Analysis**

Displays how users heart rate varies with their activity and sleep duration

- **Total Caloric Intake Prediction**

An ML model which allows users to tweak various parameters to display how many calories they should consume

# Component Design



# Takeaways and Future scope

- We experienced Hofstadter's law - it always takes much longer to complete a task than you expect
- Deploy our app on the cloud
- Display important insights along with visuals
- Insights and model monitoring