



PROJECT REPORT

Project Name: NutraHealth

Team Name: Team Constant

Course: Advanced Object Oriented Programming Laboratory (CSE 2118)

Section: D

Instructor: Samin Sharaf Somik

Team Members:

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Introduction:

Introducing NutraHealth: Your One-Stop Solution for a Healthier Lifestyle!

Say goodbye to the hassle of juggling multiple apps and websites for health information. NutraHealth brings everything you need – from calorie tracking to exercise recommendations and a supportive community – into one convenient platform. With NutraHealth, living a healthier life has never been easier.

Purpose:

The purpose of NutraHealth is to simplify and optimize the pursuit of a healthy lifestyle for our users. By consolidating essential health-related features such as calorie tracking, exercise suggestions, and a supportive community platform, NutraHealth aims to empower individuals to make informed choices and take proactive steps towards their well-being. Our goal is to provide a user-friendly experience that streamlines the process of accessing and implementing health information, ultimately helping users achieve their wellness goals more effectively and efficiently.

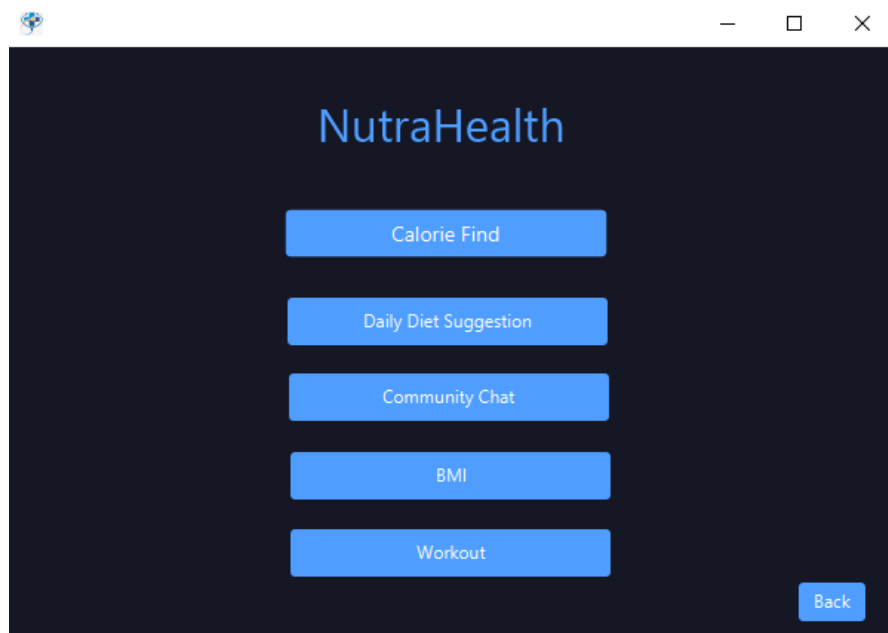
Objective:

The objective of NutraHealth is to revolutionize the way individuals approach their health and wellness by providing a comprehensive, all-in-one platform that simplifies the process of living a healthy lifestyle. Our aim is to empower users with the tools, information, and support they need to make sustainable lifestyle changes, achieve their health goals, and ultimately lead happier, healthier lives.

Motivation:

At NutraHealth, we are driven by a passion for promoting well-being and improving the lives of our users. We understand the challenges and frustrations that come with navigating the vast sea of health information available online. Our motivation stems from a desire to alleviate these challenges by offering a solution that is accessible, user-friendly, and effective. By harnessing the power of technology, we aspire to empower individuals to take control of their health, make informed choices, and embark on a journey towards lifelong wellness.

List of Project Features with image:



- ❖ **Calorie Find:** Users can track and calculate their daily calorie consumption with the help of the Calorie Finder feature. Users can enter the meals they've eaten and the app calculates the total number of calories. The units are written in such a way that is suitable for the users to understand.

Select the foods you have consumed today

☒ Rice (cup) 5

☒ Fish (piece) 1

☒ Chicken (piece) 1

☐ Beef (piece)

☐ Vegetable (grams)

☐ Polao (cup)

☐ Khichuri (cup)

☐ Roti (piece)

☐ Paratha (piece)

☐ Alu Bhaji (piece)

☐ Egg (poached)

☐ Tea (cup)

☐ Coffee (cup)

Total Calorie: 1320.0

Calculate Calorie

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- ❖ **Daily Diet Suggestions:** Personalized daily food recommendations in three categories is provided by the app with steps to make each recipe along with calories on that recipe.

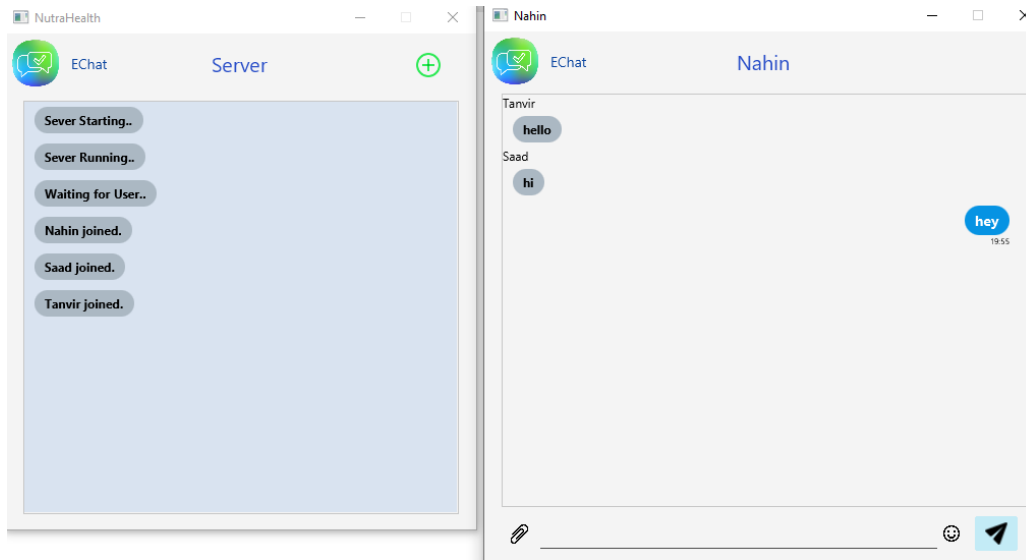
NutraHealth

personalized-diet plan based on individual preference

Standard	Non-Vegetarian	Vegan
Chicken Tikka Caesar Salad	Tandoori Chicken Breast	Masala Quinoa Salad
Spicy Chicken Biryani	Salmon Tikka	Chana Masala Stir Fry
Fish Curry with Lemon and...	Beef Bhuna Stir Fry	Aloo Gobi Bowl
Paneer Stir Fry	Prawn Curry Pasta	Avocado and Mint Chutne...
Beef and Lentil Stuffed Par...	Seekh Kebab	Vegetable Biryani

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- ❖ **Community Chat:** Through the Community Chat function users can connect with one another exchange files, images. It creates a feeling of community among users inspiring them to pursue better health.



- ❖ **BMI:** Body Mass Index (BMI) Calculator is an easy way to determine how much weight a person is in relation to their height. BMI is a reliable indicator of body fatness.

Enter your height: 70 m in

Enter your weight: 155 Pound

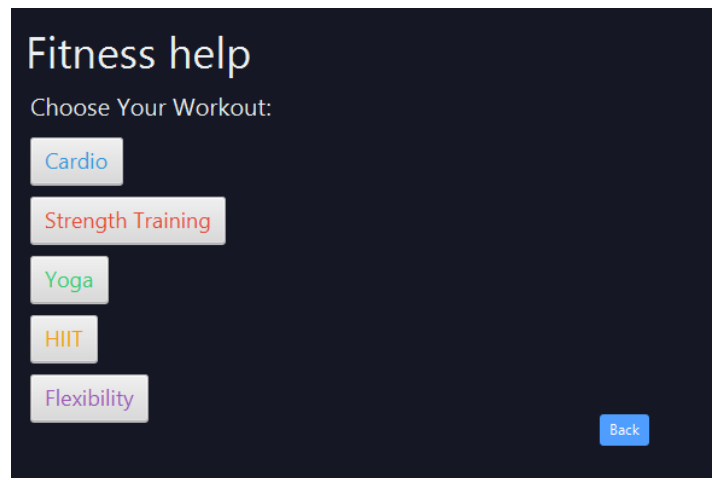
Your BMI: 22.24

Calculate BMI

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- ❖ **Workout:** Some exercises that are easier to perform and gain fitness are given in the app along with steps, web links, calories burned so that a user can

understand how much calories they have burned through an exercise and which exercises they should perform.



Future works:

- 1.Enhanced Personalization: Implementing advanced algorithms to provide personalized recommendations for diet, exercise, and health goals based on individual preferences, health status, and progress.
- 2.Integration with Wearable Devices: Incorporating compatibility with wearable fitness trackers and health monitoring devices to seamlessly sync data and provide real-time insights into users' health and fitness metrics.
- 3.Expanded Content and Resources: Continuously updating and expanding the app's database with a wider range of nutritional information, exercise routines, recipes, and educational resources to cater to diverse user needs and interests.
- 4.Gamification Features: Introducing gamification elements such as challenges, rewards, and milestones to increase user engagement, motivation, and adherence to healthy habits.
- 5.Partnerships and Collaborations: Collaborating with health professionals, nutritionists, fitness experts, and wellness brands to offer exclusive content, expert advice, and promotional offers within the app.

6. Community Building: Fostering a vibrant and supportive community within the app where users can share their experiences, seek advice, and motivate each other on their health and fitness journeys.

Conclusion:

In conclusion, NutraHealth is a health and wellness partner that encourages healthy living. NutraHealth combines fitness and nutrition informations with technology to make it a useful tool for users looking to live a healthier life. Despite trying best, the app has some limitations. In future, we can use various more features along with improving some aspects of current features to provide any user a complete solution to achieve good health.