**FITNESS DIARY**

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**PROJECT GOAL AND OBJECTIVES**:

**MOTIVATION:**

we believe that best way to lose weight is simply to keep track of foods we take in. Without a proper diet and tracking we think we waste a lot of time and energy simply having unhealthy food and later stressing to reduce the consequences of it. So we would like to design an app that make calorie counting and food tracking easy so we could track the health and weight anywhere anytime. This would give you a brief description of what to and what not to until you attain your goal.

**UNIQUENESS:**

The benefits of keeping track of food you eat and the activity you do. It’s simply- the more consistently you track your food intake the more likely you are to lose weight. Every successful weight management program suggests that to keep a food diary or an activity log but recording everything you eat without the right tools can be tedious at best or simply impossible at worst.

We focus on making sure that users can log their meals as quickly and as easily as possible. Our idea is, the easier we make it for users the more likely they are to stay on track and the more likely they are to succeed in their weight loss goals.

We will create a place where the user either want to increase the weight or to decrease the weight. We want to show them how many calories have been taken and show suggestions accordingly so that they can either increase or decrease the weight. We create a home page where users must set their goal and what they have taken in. The app searches for the calorie count automatically and we also provide a custom calorie count option where the user enters the calorie of unknown food. We also provide a feature where it takes input as ingredients and gives output as what food is best keeping goal in mind. It will automatically generate a book or diary of your daily events so that you can track your changes.

**OBJECTIVES:**

Lose or gain the weight in a healthy manner by keeping track of food we eat and activities we do and finding nutritional values for the food we take. Getting low calorie or high protein or high nutritional recipes with the ingredients left in our home.

**SYSTEM FEATURE**S:

* Food dairy
* Calorie counter
* Food search
* Recipes for Left off ingredients
* Nutrition Piechart
* Exercise search
* Goals and their progress
* Fitness wear shopping links

**Related work**

<https://github.com/vikshv/foodiary>

<https://github.com/ffdiary>

<https://github.com/ASE-Team16/RooKart>

**BACKUP PROJECT**

CHEAP GAS AROUND YOU

Web application to provide the latest gas prices in your area. It helps you map out the cheapest gas prices helping you save gas money.

* Search by gas brands
* Search by lowest price
* Search by nearest station

**BIBLIOGRAPHY**

<http://www.supercook.com/#/recipes>

[**https://www.nutritionix.com/**](https://www.nutritionix.com/)

[**https://www.fatsecret.com/**](https://www.fatsecret.com/)