HABITLENS

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Submitted in partial fulfillment of the requirements
of the degree of

B. Tech. Computer Engineering

By

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This is to certify that the project entitled **HabitLens** is a bonafide work of **Divyam Dedhia (60004210034), Tanay Parikh (60004210035), Dev Patel (60004210062) and Aayush Bhagat (60004210064)** submitted to the University of Mumbai in partial fulfillment of the requirement for the award of the degree of B. Tech. in Computer Engineering

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Date: 25/11/2024

Place: Mumbai

Declaration

I/We declare that this written submission represents my/our ideas in my/our own words and where others' ideas or words have been included, I/We have adequately cited and referenced the original sources. I/We also declare that I/We have adhered to all principles of academic honesty and integrity and have not misrepresented or fabricated or falsified any idea/data/fact/source in my/our submission. I/We understand that any violation of the above will be cause for disciplinary action by the Institute and can also evoke penal action from the sources which have thus not been properly cited or from whom proper permission has not been taken when needed.

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Abstract

The project, HabitLens: See Your Health, Shape Your Future, is a cutting-edge mobile application designed to revolutionize personal health and fitness management using advanced machine learning (ML) techniques. Modern health challenges, such as obesity and lifestyle diseases, demand solutions that are user-friendly, efficient, and personalized. Existing tools often fail due to manual data input, lack of integration, generic recommendations, and privacy concerns. HabitLens addresses these limitations with a comprehensive approach to health tracking and management.

Key features include automated food recognition, calorie estimation, activity tracking, and personalized health recommendations. The app uses ML algorithms to identify food items from images and estimate calorie content, eliminating tedious manual entry. Integrated sensors enable seamless tracking of physical activity, including steps, calories burned, and workout intensity, creating a unified platform for health monitoring. Predictive modeling analyzes historical data to provide actionable insights, while real-time adjustments ensure dynamic and context-aware recommendations.

Personalization is a cornerstone of HabitLens. By considering individual dietary habits, activity levels, and fitness goals, the app delivers tailored guidance that aligns with user preferences. Probabilistic modeling enhances accuracy by addressing uncertainties in food portions, preparation methods, and exercise intensity. Robust encryption safeguards user data, addressing privacy concerns.

The app's architecture integrates nutrition management, activity tracking, and goal monitoring into a centralized system, enabling seamless data processing and analytics. Designed to be scalable, it supports cross-platform functionality and wearable device integration, ensuring accessibility and adaptability.

HabitLens not only empowers individuals to make informed health decisions but also contributes to reducing lifestyle diseases, lowering healthcare costs, and improving societal productivity. With potential expansions into mental health monitoring and healthcare integration, HabitLens aims to provide a holistic solution for sustainable health improvements and enhanced quality of life.

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List of Abbreviations

Sr. No.	Abbreviation	Expanded form
i	GDPR	General Data Protection Regulation
ii	NNYFS	National Youth Fitness Survey
iii	PT	Persuasive Technologies
iv	BCT	Behavior Change Techniques
v	BMI	Body Mass Index

1. Introduction

1.1 Description

The project titled HabitLens: See Your Health, Shape Your Future seeks to redefine the way individuals monitor and manage their health and fitness. It aims to integrate cutting-edge machine learning (ML) techniques into a mobile application for efficient wellness tracking. The app utilizes image recognition, sensor data, and predictive modeling to streamline the tracking of dietary intake and physical activity.

Key features include:

- Automated identification of food items and calorie estimation.
- Tracking exercise patterns with real-time updates.
- Personalized health and fitness recommendations tailored to user goals.

By bridging the gaps in existing solutions, HabitLens empowers users to make informed health decisions, enhancing their quality of life.

1.2 Problem Formulation

The Challenge :

Maintaining a healthy lifestyle is a growing challenge in modern society. Many individuals struggle to achieve their health and fitness goals due to the following barriers:

- **Inefficient Tracking**: Existing tools require manual input for logging food and exercise, which is tedious and error-prone.
- **Inaccuracy**: Many applications lack the ability to accurately estimate calorie intake or exercise intensity.
- **Generalized Recommendations**: Most solutions provide generic advice, failing to account for individual differences in metabolism, preferences, and fitness goals.

- **Privacy Concerns**: Users are wary of sharing personal health data due to potential security breaches.

These issues result in low user engagement and poor health outcomes, necessitating a smarter and more intuitive approach.

1.3 Motivation

Existing Approaches and Their Drawbacks

i. Manual Food Logging:

   1. Example: Applications like MyFitnessPal rely on users to manually input every meal and portion.

   2. Drawback: Tedious, time-consuming, and prone to user error.

ii. Wearable Fitness Devices:

   1. Example: Devices like Fitbit or Garmin focus on tracking physical activity and heart rate.

   2. Drawback: These tools lack dietary tracking and are often expensive, limiting accessibility.

iii. Dietary Tracking Applications:

   1. Example: Apps like Yazio and LoseIt provide calorie-tracking features.

   2. Drawback: They fail to integrate exercise data and real-time feedback, leading to a fragmented user experience.

1.4 Proposed Solution

Methodology

The proposed solution, HabitLens, employs a combination of ML, AI, and probabilistic modeling to deliver the following features:

1. Predictive Models:

    a. Historical data is analyzed to provide insights into user habits, including dietary patterns and exercise routines.

    b. These models generate calorie and activity recommendations tailored to the user's age, gender, weight, and fitness goals.

2. Real-Time Optimization:

    a. Algorithms dynamically adjust recommendations based on real-time data such as user activity, sleep patterns, and stress levels.

    b. This ensures that the user's plan evolves alongside their progress, providing optimal results.

3. Probabilistic Modeling:

    a. This approach quantifies uncertainties such as variations in food portions, cooking methods, and exercise intensity.

    b. It enhances the reliability of recommendations, making the app adaptable to complex scenarios.

How It Solves the Problems

- Accuracy in Food Recognition: ML algorithms handle diverse food types, lighting conditions, and complex dishes, improving precision.

- Automated Tracking: Sensor integration automates the tracking of exercise routines, eliminating manual effort.

- Customized Solutions: Personalization caters to individual needs, overcoming the one-size-fits-all limitation of traditional apps.

- Enhanced Security: Advanced encryption techniques ensure user data privacy, addressing trust issues.

Impact

1. For Individual Users:
    a. Effective calorie management for weight loss or muscle gain.
    b. Improved awareness of personal habits.
    c. Increased motivation through progress visualization and social engagement features.
2. For Society:
    a. Reduced prevalence of lifestyle-related diseases such as diabetes and obesity.
    b. Decreased healthcare costs and increased productivity.

1.5 Scope of Project

Scale and Range

The project has a broad scope but operates within certain constraints:

1. Technological Challenges:
    a. Food recognition and calorie estimation rely on the availability of large, diverse datasets and advanced ML algorithms.
    b. Exercise tracking may face limitations in recognizing complex or free-form movements accurately.
2. Privacy and Security:
    a. Building user trust requires robust data encryption and compliance with privacy regulations such as GDPR.

3. Domain-Specific Limitations:

    a. The app currently focuses on diet and physical activity, with potential to expand into mental health and holistic wellness in the future.

Future Potential

With continuous advancements in AI and the expansion of wellness domains, HabitLens can evolve into a comprehensive health management platform, incorporating:

- Mental health monitoring through sentiment analysis.
- Sleep quality assessment and optimization.
- Integration with healthcare systems for advanced medical insights.

2. Literature Survey

Paper Title	Publication Year	Abstract	Advantages	Limitations
2022 Fitness Trends from Around the Globe【6】	2022	This article outlines global fitness trends, emphasizing the influence of the COVID-19 pandemic on consumer fitness behaviors. It compares regional adaptations in fitness practices across Australia, Brazil, China, Europe, Mexico, Spain, and the U.S., highlighting trends such as wearable technology, group exercise, functional training, and strength training.	1. Provides detailed regional insights into fitness trends. 2. Identifies opportunities for economic growth in the fitness industry. 3. Encourages use of certified professionals to enhance quality. 4. Serves as a reference for adapting fitness offerings in different markets.	1. Surveys may not comprehensively represent all subpopulations within regions. 2. Reliance on electronic surveys could lead to digital exclusion of some participants. 3. Limited focus on emerging markets beyond listed regions.
National Youth Fitness Survey Plan, Operations, and Analysis, 2012【7】	2014	The report describes the National Youth Fitness Survey (NNYFS), designed to assess physical activity and fitness levels in U.S. children and adolescents (ages 3–15). Using interviews and physical fitness tests, the survey provides critical	1. Offers a comprehensive dataset on youth fitness at a national scale. 2. Helps guide health policies related to childhood fitness and obesity prevention. 3. Integrates innovative survey and examination designs.4. Supports	1. Data is limited to the U.S., reducing applicability to global contexts. 2. Physical tests were conducted under space and time constraints in mobile centers. 3. Dependence on participant consent may limit sample diversity.

Paper Title	Publication Year	Abstract	Advantages	Limitations
		data to support public health policies, focusing on improving youth fitness and preventing obesity.	development of reference standards for youth fitness metrics.	
Mobile Applications to Support Physical Exercise – Motivational Factors and Design Strategies	2015	The study explores motivational factors and design strategies for mobile exercise applications, focusing on user-centered design to enhance physical activity. Conducted in Finland and India, it identifies cultural differences and presents 34 design strategies for effective application design.	- Comprehensive user-centered approach - Insights into cultural differences - 34 actionable design strategies - Application to real-world exercise enhancement	- Limited to Finland and urban India, reducing generalizability - Focuses on design insights, not effectiveness validation - Excludes some global cultural nuances
Personalizing Mobile Fitness Apps using Reinforcement Learning	2018	This study presents CalFit, a fitness app using reinforcement learning to set personalized, adaptive daily step goals. Tested on 13 students, it showed a 2,220 daily step increase compared to static goals. CalFit integrates behavior-change features like self-monitoring and dynamic goal	- Personalized and adaptive fitness tracking - Reinforcement learning enhances step goals - Statistically validated effectiveness - Real-time feedback for users	- Small sample size (13 participants) - Limited to university students, reducing generalizability - Short duration (10 weeks), limiting insights into long-term impact

Paper Title	Publication Year	Abstract	Advantages	Limitations
		setting.		
Mobile Fitness Application for Beginners	2021	The paper describes the development of a mobile fitness app tailored for beginners. It focuses on user-friendly design and appropriate exercise techniques. User feedback indicated satisfaction and effectiveness in helping beginners adopt a healthier lifestyle.	- Focused on beginner-friendly features - Includes BMI calculator and workout instructions - Positive user feedback and survey validation	- Limited target audience (beginners only) - Needs further expansion to intermediate and advanced fitness groups - No gamification features currently included
Persuasive Strategies and Their Implementations in Mobile Interventions for Physical Activity: A Systematic Review	2022	This paper systematically reviews mobile-based persuasive technologies (PTs) used from 2006–2021 to promote physical activity (PA) and reduce sedentary behavior (SB). It evaluates 198 research articles for strategies employed and their effectiveness.	1. Comprehensive evaluation of PTs over 16 years. 2. Highlights strengths and weaknesses of interventions. 3. Provides recommendations for future research.	1. Limited focus on mobile-based PTs. 2. Excludes non-mobile platforms and interventions in frequency-dependent scenarios.
Fitness Applications for Home-Based Training	2016	Reviews fitness applications for training at home, with a focus on older adults. Discusses challenges and opportunities of such apps and their effectiveness in promoting physical	1. Addresses specific needs of older adults. 2. Identifies key design challenges and solutions. 3. Promotes home-based training options.	1. Primarily focused on older adults, limiting generalizability. 2. Does not quantitatively assess long-term outcomes.

Paper Title	Publication Year	Abstract	Advantages	Limitations
		and social well-being.		
Do Physical Activity and Dietary Smartphone Applications Incorporate Evidence-Based Behavior Change Techniques?	2014	Analyzes top-rated physical activity and dietary smartphone apps to identify incorporated behavior change techniques (BCTs). Reports gaps between evidence-based guidelines and app content using taxonomy-based evaluation.	1. Evaluates 40 popular apps. 2. Highlights differences in BCT inclusion between free and paid apps. 3. Reliable taxonomy-based analysis.	1. Limited to New Zealand app store. 2. Focused only on app features without studying user impact or engagement.
Optimization of Inclusive Fitness	2006	Explores the concept of inclusive fitness, providing an explicit argument for its optimization in evolutionary biology. Uses theoretical frameworks to model social behavior and genetic interactions.	1. Provides foundational theory for inclusive fitness. 2. Offers explicit models connecting genetic frequency and fitness optimization.	1. Focused on theoretical constructs with limited empirical validation. 2. Excludes scenarios with non-additive interactions.

Table 2.a Literature survey of papers

Summary of Findings :

The literature surveyed provides a comprehensive overview of various aspects of health, fitness, and nutrition measurement, with a focus on standardized assessments and public health implications. Each publication brings unique advantages, such as extensive data collection and standardized methodologies, while also presenting limitations that may affect applicability and accuracy.

3. System Analysis

3.1 Functional Requirements

1. User Data Collection:
    a. Collect user data such as physical activity, heart rate, sleep patterns, and dietary habits.
2. Personalized Recommendations:
    a. Provide personalized fitness routines and meal plans based on user data and health goals.
3. Real-Time Tracking:
    a. Track health metrics like calories burned, steps taken, or hydration level in real-time.
4. Predictive Analytics:
    a. Use ML algorithms to predict future health trends (e.g., risk of injury, sleep quality).
5. Goal Tracking and Progress Reports:
    a. Allow users to set fitness or wellness goals (e.g., weight loss, muscle gain).
    b. Generate weekly or monthly progress reports using charts and graphs.
6. Integration with Wearables:
    a. Integrate with wearable devices (e.g., Fitbit, Apple Watch) to fetch real-time data.
7. Social Sharing and Challenges:
    a. Enable users to share achievements and participate in fitness challenges with friends.

3.2 NON- Functional Requirements

1. Performance:
    a. Ensure the system processes user data and delivers recommendations within 1–2 seconds.
2. Scalability:
    a. Scale seamlessly to accommodate additional users and new features.
3. Security:
    a. Ensure user data is encrypted during storage and transmission.
    b. Implement multi-factor authentication for access.
4. Accuracy:
    a. Ensure ML models achieve at least 95% accuracy in prediction and classification tasks.
5. Usability:
    a. Design an intuitive UI/UX suitable for all age groups.
6. Availability:
    a. Ensure 99.9% uptime for the application and supporting services.
7. Energy Efficiency:
    a. Optimize ML computations to reduce energy consumption, especially on mobile devices.

8. Data Privacy:

    a. Provide users with control over their data, including the ability to delete their information.

3.3 Specific Requirements

1. ML Model Requirements:

    a. Use models like decision trees for classification of user health metrics.

    b. Use neural networks for predictive analysis of sleep and stress levels.

2. Data Sources:

    a. Integrate datasets such as public health data, fitness logs, and device APIs.

    b. Collect user consent before accessing third-party data sources.

3. User Notifications:

    a. Send reminders for hydration, exercise, or medication at user-defined intervals.

4. Customization:

    a. Allow users to customize dashboards to view specific health metrics.

5. Platform Support:

    a. Deploy on iOS, Android, and web platforms.

    b. Ensure compatibility with major wearable devices.

6. Feedback System:

    a. Implement user feedback loops to improve ML recommendation algorithms.

7. Integration with Healthcare Professionals:

a. Enable users to share fitness and wellness data with their doctors or trainers securely.

4. Analysis Modelling

4.1 Data Modelling

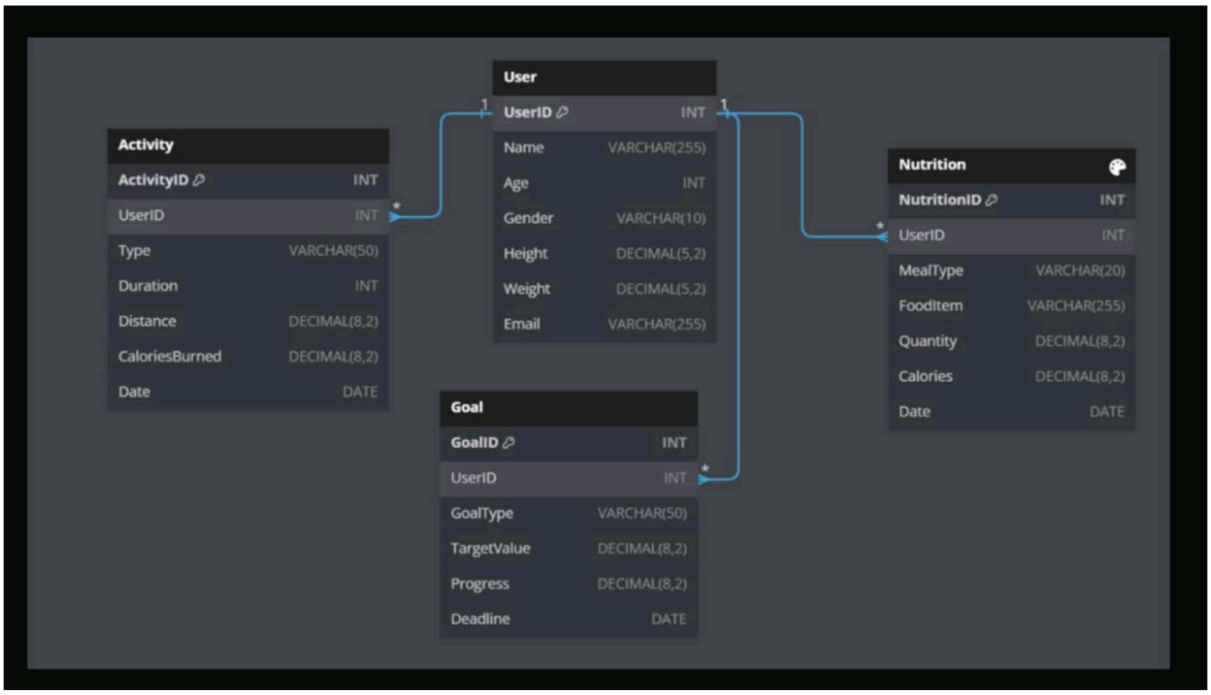

Fig 4.1.a ERD Diagram of Habitlens

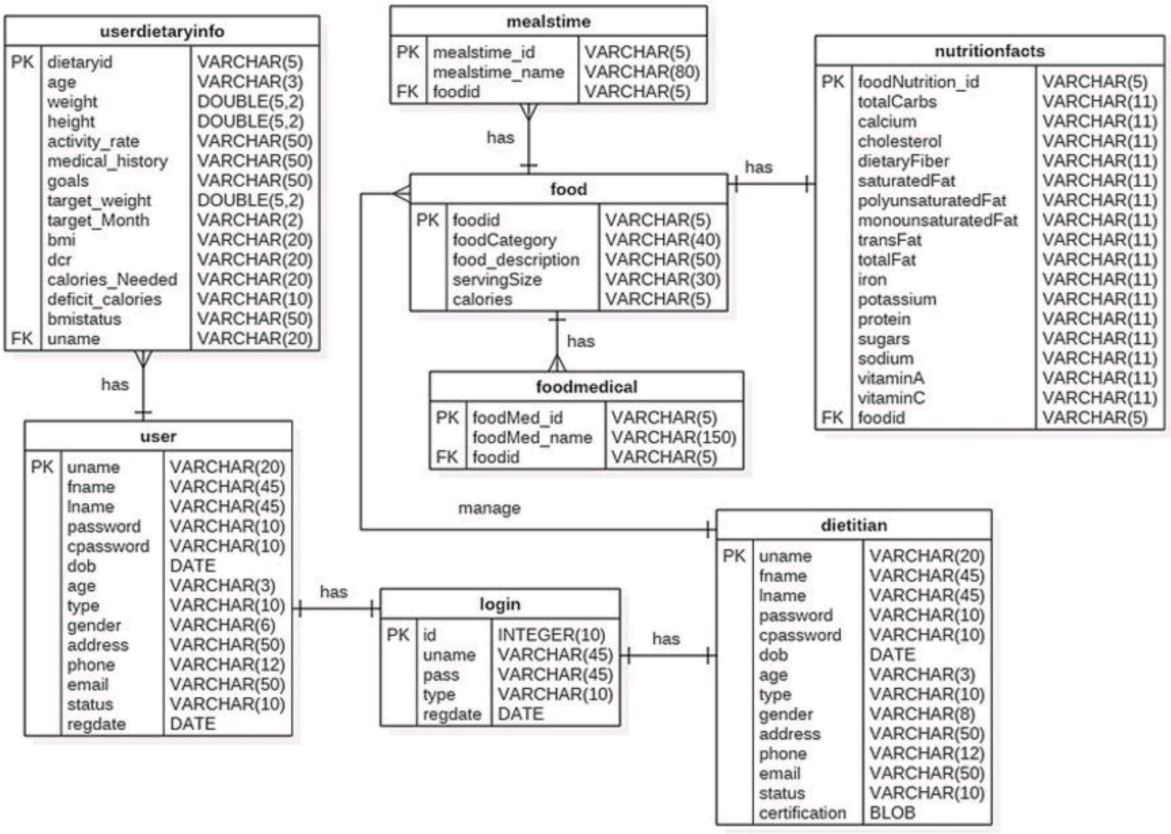

Fig 4.1.b Detailed ERD of Nutritional Aspects proposed for computation

Entities and Attributes

1. User

The central entity in the diagram, representing the core user information.

- UserID (INT): Primary key uniquely identifying each user.
- Name (VARCHAR(255)): Full name of the user.
- Age (INT): User's age.
- Gender (VARCHAR(10)): Gender of the user (e.g., Male, Female).
- Height (DECIMAL(5,2)): Height of the user in meters (or another unit).
- Weight (DECIMAL(5,2)): Weight of the user in kilograms (or another unit).
- Email (VARCHAR(255)): User's email address for communication.

2. Activity

Tracks the user's exercise-related data.

- ActivityID (INT): Primary key uniquely identifying each activity log.
- UserID (INT): Foreign key linking the activity to a user.
- Type (VARCHAR(50)): The type of activity (e.g., running, cycling, yoga).
- Duration (INT): Duration of the activity in minutes.
- Distance (DECIMAL(8,2)): Distance covered during the activity (e.g., kilometers).
- CaloriesBurned (DECIMAL(8,2)): Number of calories burned during the activity.
- Date (DATE): Date on which the activity occurred.

3. Nutrition

Stores detailed nutritional information for the user's meals.

- NutritionID (INT): Primary key uniquely identifying each nutrition entry.
- UserID (INT): Foreign key linking the nutrition record to a user.
- MealType (VARCHAR(20)): Type of meal (e.g., breakfast, lunch, dinner, snack).
- FoodItem (VARCHAR(255)): Description of the food item consumed.
- Quantity (DECIMAL(8,2)): Quantity of the food item consumed (e.g., grams).
- Calories (DECIMAL(8,2)): Caloric content of the food item consumed.
- Date (DATE): Date the food was consumed.

4. Goal

Tracks the user's fitness and nutrition goals.

- GoalID (INT): Primary key uniquely identifying each goal.
- UserID (INT): Foreign key linking the goal to a user.
- GoalType (VARCHAR(50)): The type of goal (e.g., weight loss, muscle gain, calorie tracking).
- TargetValue (DECIMAL(8,2)): The target value for the goal (e.g., target weight or calorie intake).
- Progress (DECIMAL(8,2)): The progress made towards achieving the goal.
- Deadline (DATE): The deadline for achieving the goal.

Relationships

1. User to Activity (1:N):
    a. A single user can log multiple activities.
    b. The foreign key UserID in the Activity table links it to the User table.
2. User to Nutrition (1:N):
    a. A single user can log multiple nutrition entries (meals or snacks).
    b. The foreign key UserID in the Nutrition table links it to the User table.
3. User to Goal (1:N):
    a. A single user can set multiple fitness or nutrition-related goals.
    b. The foreign key UserID in the Goal table links it to the User table.

Use Case Highlights

- Tracking Activities: Users can log their exercise sessions with details like type, duration, and calories burned.
- Monitoring Nutrition: Users can keep track of their meals and caloric intake through nutrition logs.
- Setting Goals: Users can define specific fitness or dietary goals and monitor their progress over time.

Key Features of the Schema

- Centralized User Information:
    - The User entity acts as a hub, connecting all related entities like activities, nutrition, and goals.
- Data Analysis Potential:
    - By linking activity and nutrition data, the system

can generate insights (e.g., calories consumed vs. burned).

- Extensibility:
    - Additional entities (e.g., dietitian profiles, wearable integrations) can be connected via the UserID.
- Goal Progress Tracking:
    - The system allows users to set measurable goals and track their progress dynamically.

4.2 Activity Diagram

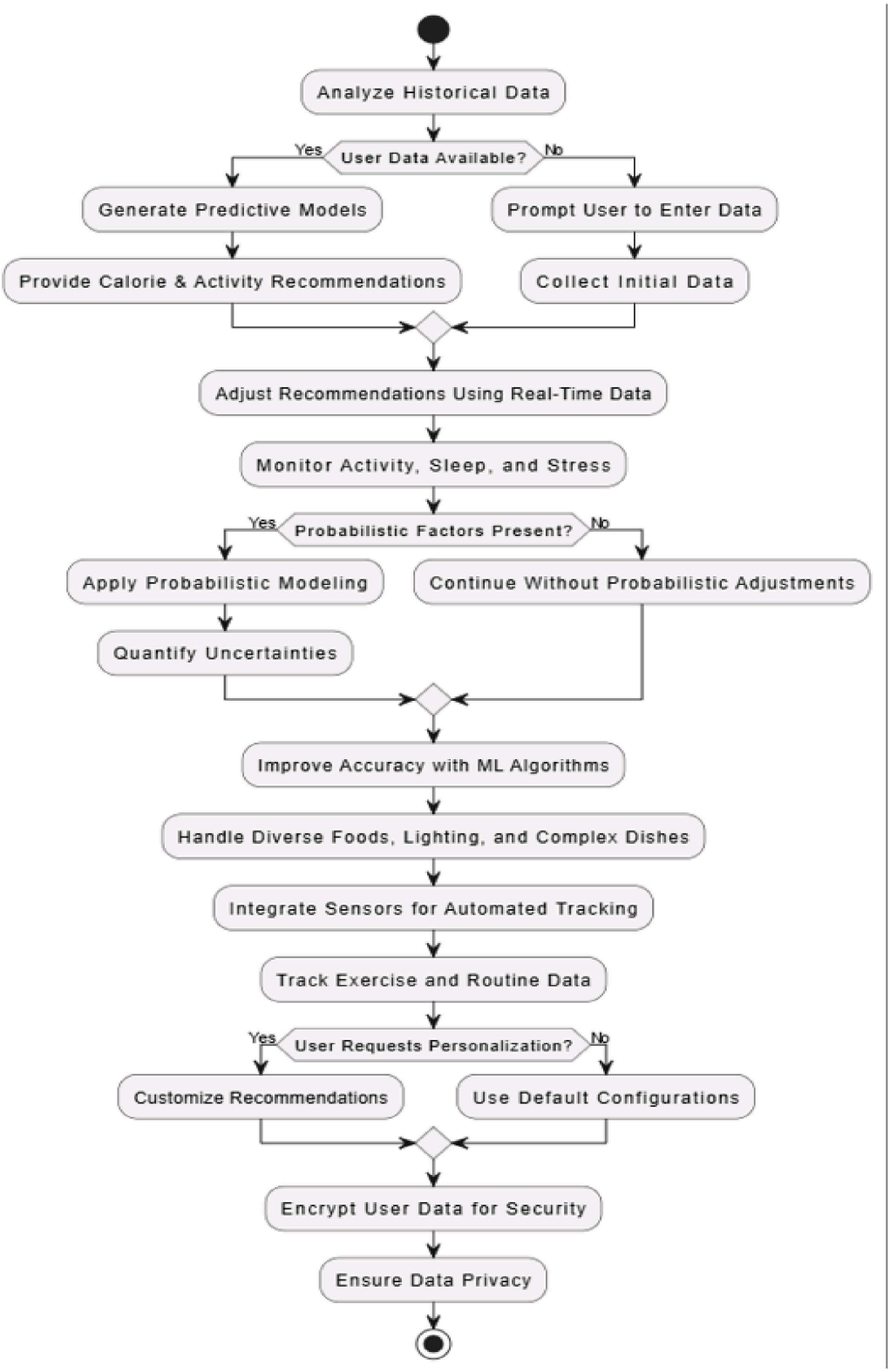

Fig 4.2.a Activity Diagram

4.3 Functional Modelling

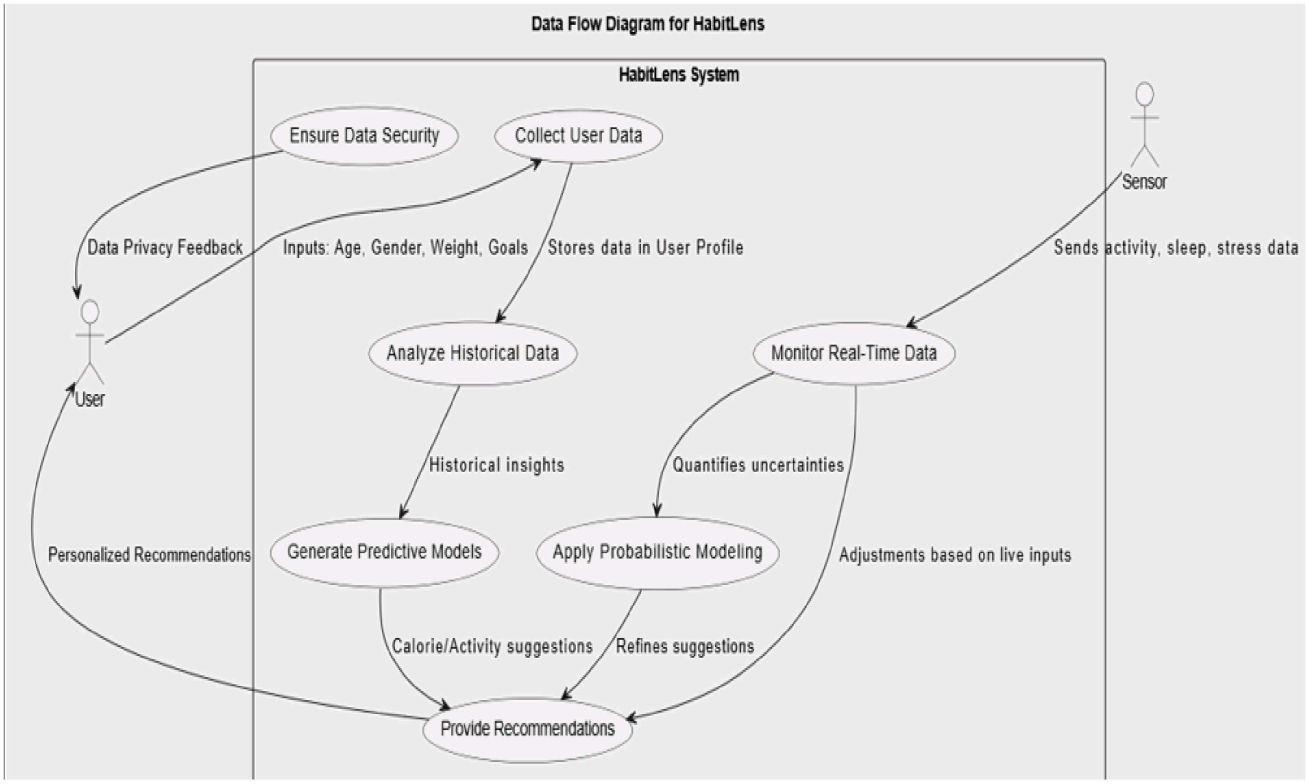

Fig 4.3.a Functional Modelling

4.4 Time Chart

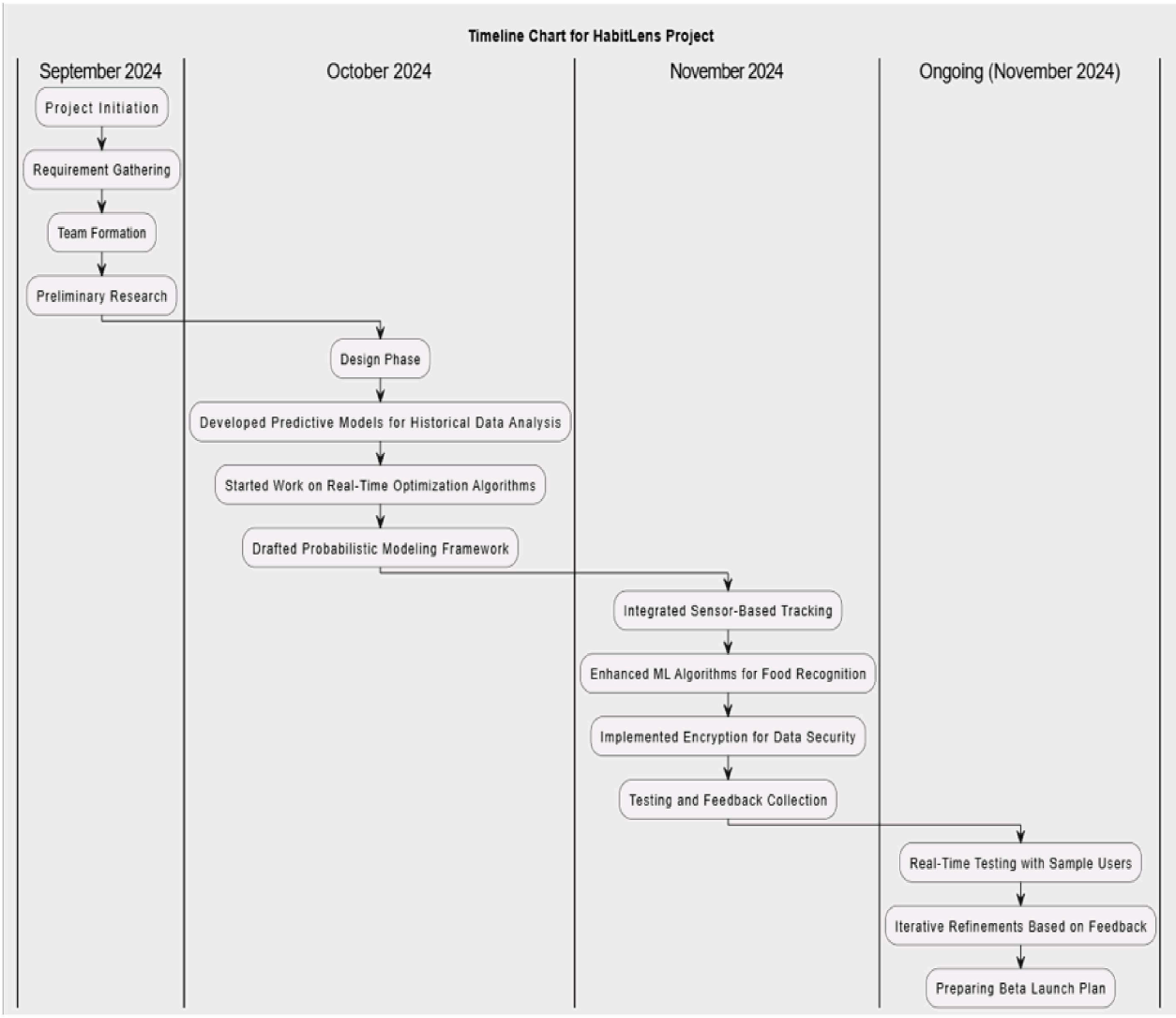

Fig 4.4.a Time Chart

5. Design

5.1 Architectural Design

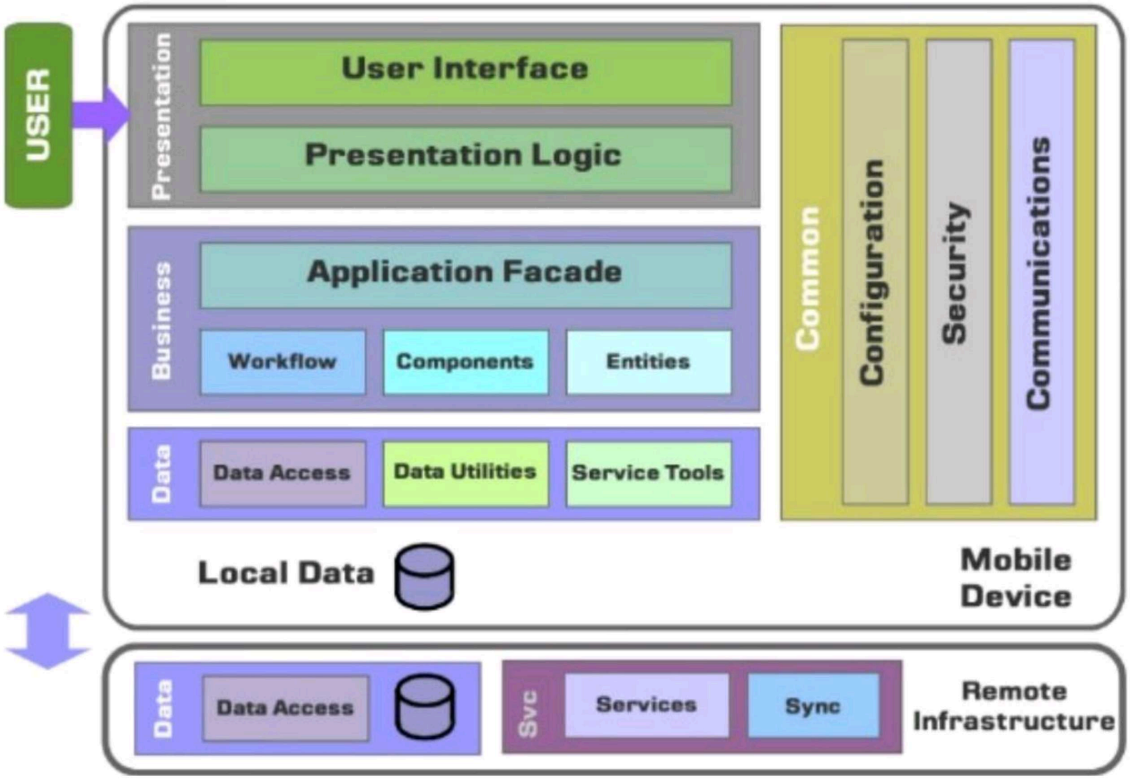

Fig 5.1.a Overall Architectural of the proposed System for Habitlens

The key components and architectural considerations for this fitness and nutrition based app are:

1. User Management:

    a. The "user" entity stores core user information like name, age, gender, height, weight, email, etc. This would be the central hub for user profiles.

    b. The "login" entity handles user authentication through an ID, username, password, and other login-related fields.

    c. The "dietitian" entity represents health professionals who can manage user nutrition and fitness goals.

2. Activity Tracking:

    a. The "activity" entity logs user exercise activities, including type, duration, distance, and calories burned.

    b. This data can be used to track user progress and fitness goals over time.

3. Nutrition Management:

    a. The "nutrition" entity stores detailed nutritional information for food items, including macros, vitamins, minerals, etc.

    b. The "mealtime" entity links users to their food consumption, allowing tracking of meals, snacks, and caloric intake.

    c. The "foodMed" entity can store information on any dietary restrictions or medical considerations for users.

4. Goal Management:

    a. The "goal" entity allows users to set fitness, nutrition, and weight-related targets.

    b. Progress towards these goals can be tracked and monitored over time.

5. Integration and Workflows:

    a. Users should be able to log activities, log meals, and view nutrition/fitness data through a cohesive user interface.

    b. Dietitians should be able to access user profiles, activity data, and nutrition information to provide personalized guidance and meal plans.

    c. Automated alerts, reminders, and notifications could be useful for keeping users engaged and on track with their goals.

6. Data Storage and Security:

a. Consider using a relational database like PostgreSQL to store the structured data represented in the ERDs.

b. Implement robust authentication, authorization, and data encryption mechanisms to protect user privacy and sensitive health information.

c. Ensure data integrity, consistency, and backup/recovery strategies are in place.

7. Analytics and Reporting:

    a. Leverage the rich user activity, nutrition, and goal data to provide comprehensive analytics and reporting for users and dietitians.

    b. Identify key performance indicators and visualize user progress, trends, and insights.

8. Mobile-Friendly Design:

    a. Given the fitness and nutrition focus, a mobile-first or responsive web design approach would be beneficial for users.

    b. Consider developing native mobile apps (iOS, Android) for seamless activity tracking, meal logging, and goal monitoring on-the-go.

9. Extensibility and Integrations:

    a. Plan for the ability to integrate with wearable fitness trackers, smart scales, and other health/wellness devices to automatically sync user data.

    b. Allow for future expansion, such as incorporating recipe suggestions, meal planning tools, or community features.

5.2 User Interface Diagram

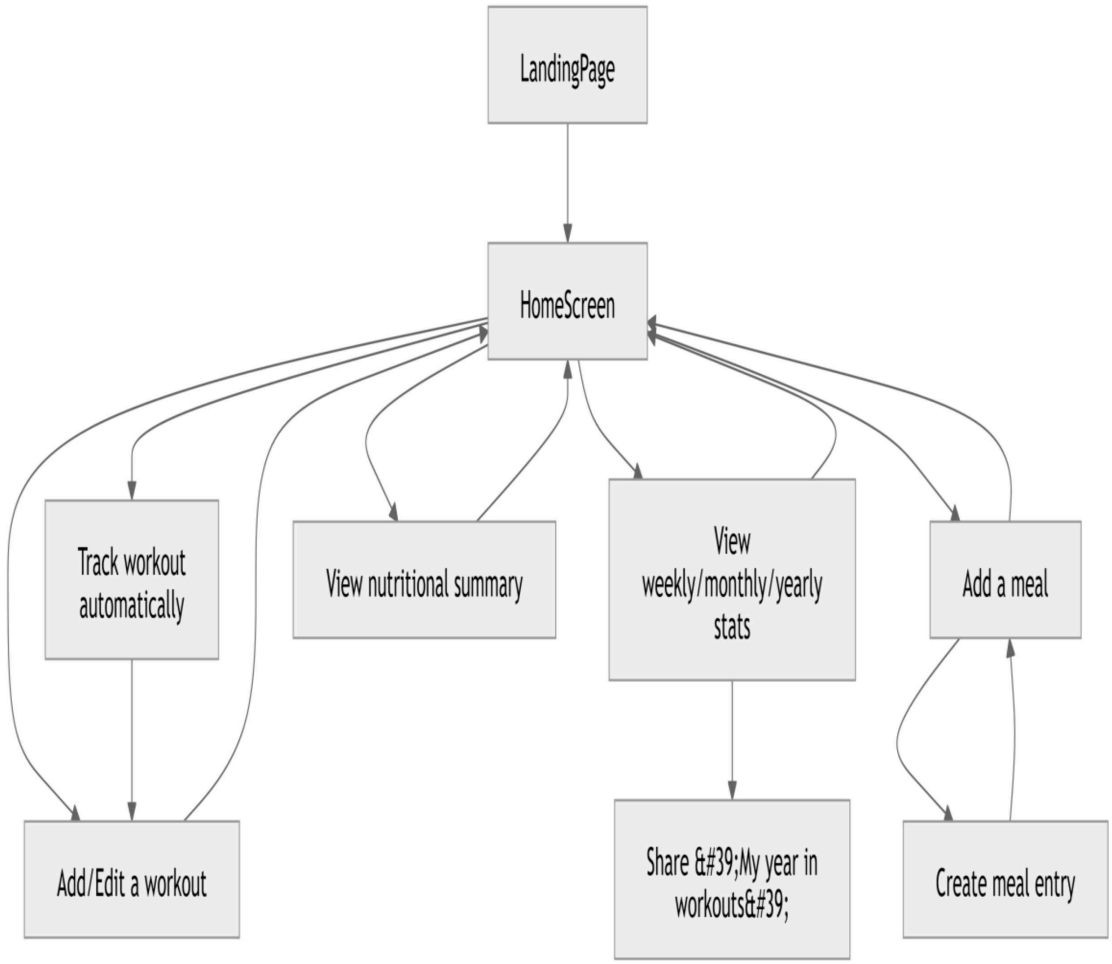

Fig 5.2.a Habitlen user interface flowchart

6. Implementation

6.1 Module Implemented

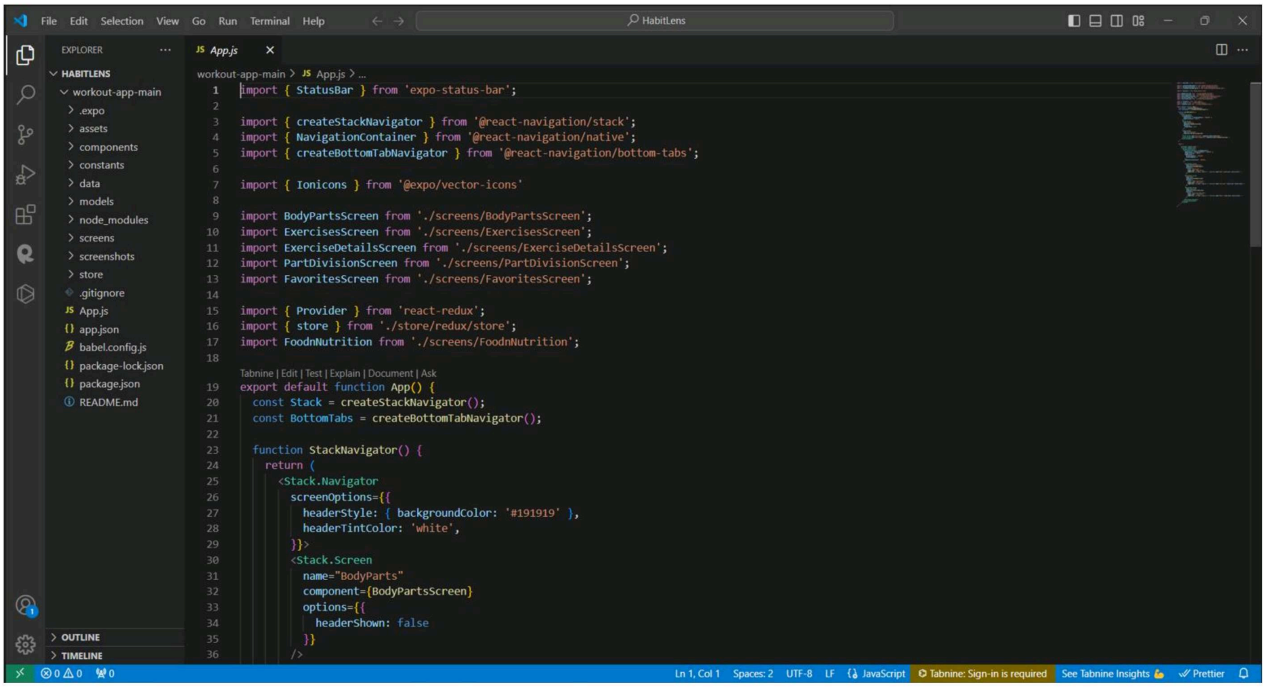

Fig 6.1.a Code Implementation -1

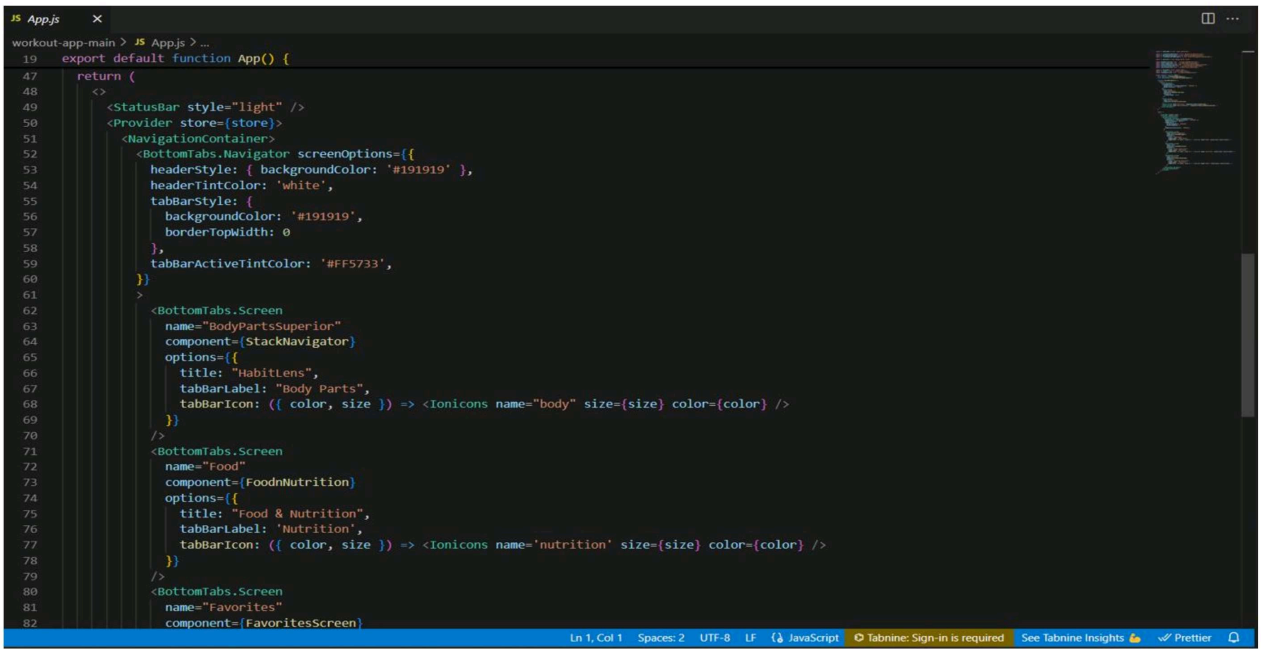

Fig 6.1.b Code Implementation -2

6.2 Output

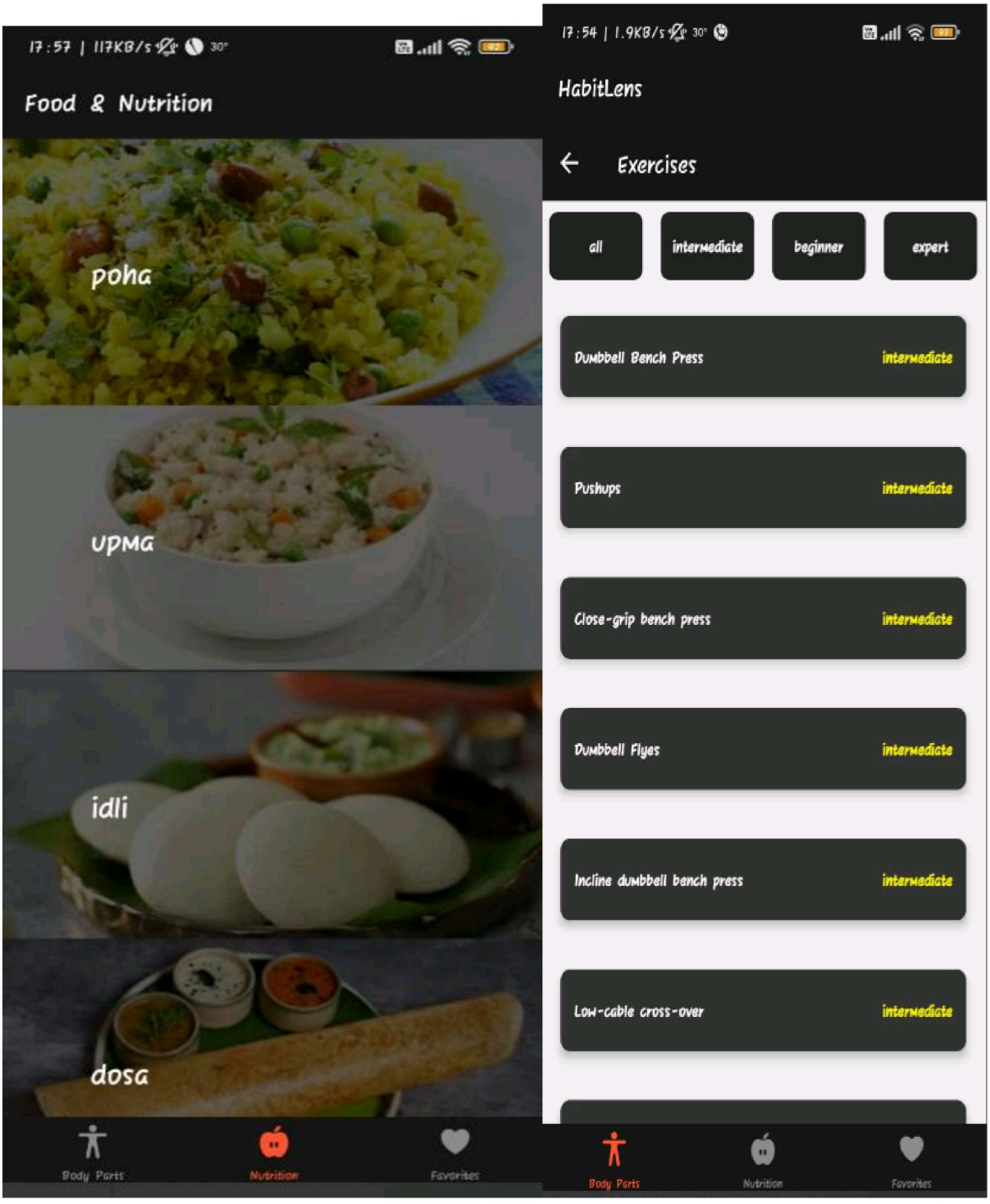

Fig 6.2.a Nutritional Screen and Exercise Screen

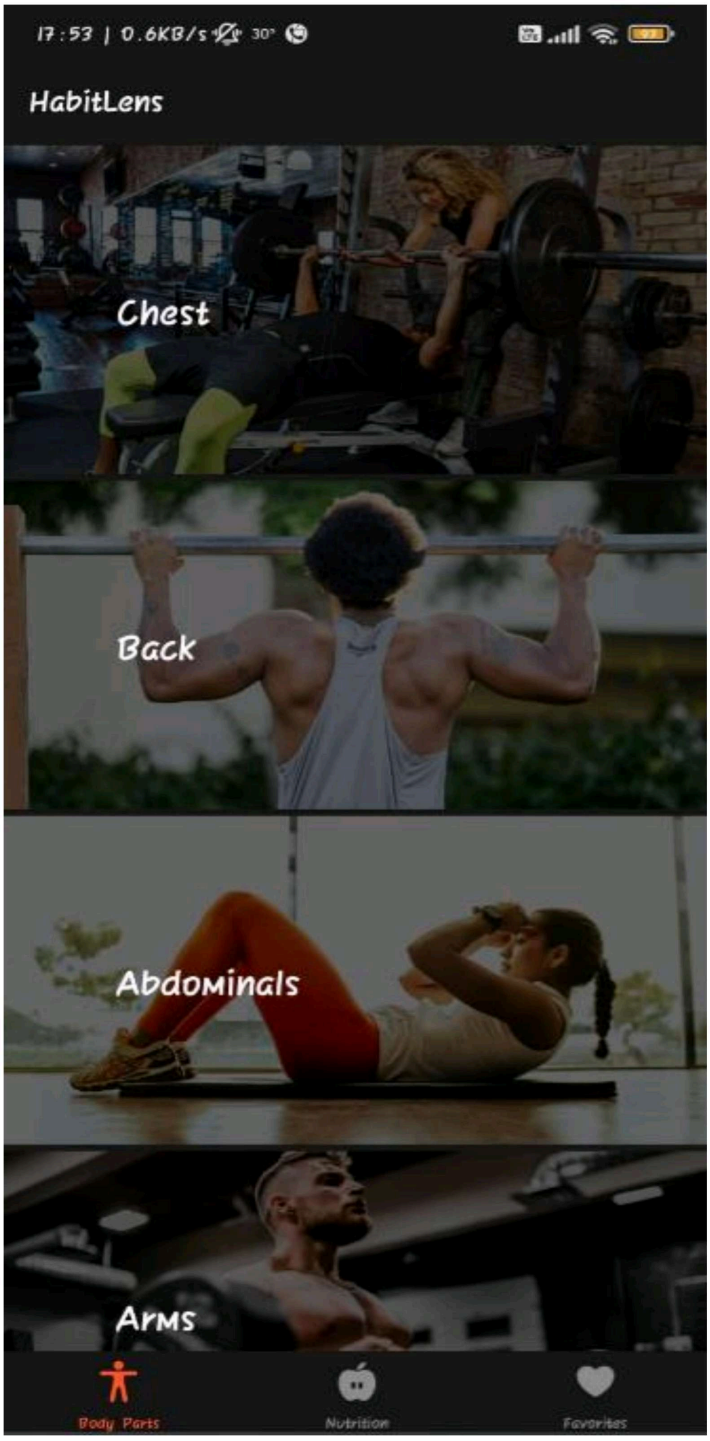

Fig 6.2.c Workout Screen

7. Conclusion

The fitness and nutrition application described provides a comprehensive platform to bridge the gap between physical activity, dietary intake, and personalized health goals. By integrating the key entities of user profiles, activity tracking, nutrition management, and goal setting, this app empowers users to take a holistic approach to their wellness. At the core is the user management system, which stores detailed personal information and serves as the foundation for all other interactions. Users can log their exercise activities, recording metrics like duration, distance, and calories burned. This activity data can then be analyzed alongside the user's nutritional intake, creating a complete picture of their fitness and dietary habits.

The nutrition component offers an extensive database of food items with detailed nutritional information. Users can log their meals and snacks, allowing the app to monitor their caloric intake, macronutrient balance, and any dietary restrictions or medical needs. Coupled with the activity data, this empowers users to make more informed choices about their nutrition. To drive progress, the goal management system enables users to set customized fitness, weight, and nutrition objectives. They can track their advancement over time, with the app providing helpful reminders, alerts, and progress visualizations. Dietitians can also access this data to offer personalized guidance and meal planning recommendations.

By seamlessly integrating these key functionalities, the fitness and nutrition app provides users a single, centralized platform to manage their holistic health. The robust data model, secure data management, and extensible architecture position this solution for long-term growth and evolution. As users engage with the app, the wealth of activity, nutrition, and goal data can fuel advanced analytics, tailored recommendations, and innovative features to further empower individuals on their wellness journeys.

8. Literature Cited

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