**A Project Abstract on**

Personal Sustainability Impact Tracker

**fulfilment of**

**grade for the subject**

**Artifical intelligence and Machine learning(24AD2001)**

**Submitted by**

**- 2420090033**

K.Komali Hasini

**- 2420090040**

**K.Rishitha Reddy**

**- 2420090054**

B.Vinay

**Under the guidance of**

**Faculty Name**

**Venkateswara Rao sir**

**KLEF (Deemed to be University),**

**Bowrampet, Hyderabad-500043, Telangana, India**

**Project title : Gait-Based Health Risk Detection**

* **Problem Statement :**

Individuals often lack awareness of the environmental impact of their daily activities. Existing solutions either focus on organizational sustainability or provide generalized metrics that do not reflect personal habits. There is a need for a user-friendly system that can track, quantify, and improve personal sustainability practices in real time.

* **Objectives**

· To design a digital platform that tracks personal sustainability metrics (energy, water, waste, transportation, etc.).

· To calculate a user’s personal carbon footprint based on their lifestyle data.

· To provide personalized insights, feedback, and recommendations for greener choices.

· To motivate users through gamification, progress tracking, and goal setting.

· To raise awareness and promote long-term behavior change toward sustainability.

* **Proposed Methodology**

· **Data Collection** – Gather inputs from users on lifestyle habits (electricity usage, travel modes, diet, consumption patterns).

· **Impact Calculation** – Use standardized formulas and sustainability indices to compute energy, water, and carbon impact.

· **Tracking & Visualization** – Provide dashboards and graphs for users to monitor their progress.

· **Recommendation Engine** – Generate personalized tips and alternative actions to reduce environmental impact.

· **Gamification & Engagement** – Incorporate achievements, challenges, and reminders to encourage consistent use.

· **Feedback Loop** – Continuously refine insights based on user progress and updated sustainability data.

* **Expected Outcome**

· A functional prototype of the Personal Sustainability Impact Tracker.

· Increased awareness of individual environmental footprints.

· Personalized and actionable sustainability recommendations.

· Positive behavioral changes toward eco-friendly habits.

· A scalable solution that can be extended for community or organizational sustainability tracking.

**Abstract**

· Sustainability challenges such as climate change, waste generation, and excessive resource use require not only government and corporate action but also **individual participation**.

· Most people are **unaware of the environmental impact** of their daily actions (e.g., transport choices, energy usage, diet).

· The proposed **Personal Sustainability Impact Tracker** is a digital solution that:

* Collects lifestyle data (energy, water, travel, diet, waste).

· Calculates an individual’s **carbon footprint and sustainability metrics** using standard models.

· Presents results through **visual dashboards** for easy understanding.

· Provides **personalized recommendations** for greener alternatives.

· Uses **gamification (badges, challenges, progress tracking)** to encourage long-term engagement.

· Expected benefits include increased awareness, measurable impact reduction, and motivation toward **sustainable living**.

· In the long term, the tracker can scale from personal use to **community or organizational sustainability initiatives**.