

PROJECT TOPIC:

Calories Burnt Prediction using Machine Learning with Python

ABSTRACT:

Calories in the foods we eat provide energy in the form of heat so that our bodies can function. This means that we need to eat a certain amount of calories just to sustain life. But if we take in too many calories, then we risk gaining weight.

So there is need to burn Calories, for burning calories we doing exercises and more. for know how much calories we have burn Today we are going to buid a machine learning model that predict calories based on some data.

This project is about calorie prediction with machine learning using python. we will predict calorie based on some features like, I applied different regression techniques to predict the data of calories burned in the exercises from theknowledge of duration (t), heart rate (h), body temperature (T), age (A), weight (W), height (H) and gender (G). It was verified that the variable that most influences the burning of calories is duration, followed by heart rate and body temperature.