

BMI Tracking Station and Application

IDEA BY
SIR OMAR BIN SAMIN

HASSAAN NAVEED
MUHAMMAD BILAL
MUSTEHSUM WASEEM

Agenda

- **Introduction**
- **The Team**
- **Product Description**
- **Project Goals**
- **Target Market**

Introduction:

- The Body Mass Index (BMI) is a standard measure of body fat based on weight and height that applies to both adult men and women.
- It is commonly used in the medical field to determine an individual's overall health status. However, it is also a valuable tool for fitness enthusiasts who want to track their progress and set goals for their fitness journey.

In this proposal, we suggest building an Internet of Things (IoT) project that will help gym-goers regularly track their BMI and generate health reports.

Product Description

Our proposed project is a **BMI calculator** for a gym that will use an IoT device to measure a person's weight and height, and then calculate their BMI.

Design:



Product Description

A bit about the Working:

The device will be placed in the gym's changing room or near the gym's weighing scale. Once the user steps on the scale, the device will measure their weight and send the data to the cloud for processing. The device will also use an ultrasonic sensor to measure the user's height.

Product Description

Mobile and Web Application:

The cloud server will process the data and calculate the user's BMI. The user can then access their BMI on their mobile device through a mobile app or a web application. The user will also be able to view their BMI history, set fitness goals, and track their progress over time.

The device will be powered by a microcontroller and connected to the cloud through Wi-Fi. The cloud server will be responsible for storing and processing the data, and will also provide an API for the mobile app and web application to access the data.

Project Goals according to market needs

The main goal of this project is to provide gym-goers with an easy and convenient way to track their BMI. By measuring and tracking their BMI over time, users can set fitness goals, monitor their progress, and make informed decisions about their health and fitness.

Another goal of this project is to provide gym owners with a valuable tool for improving their gym's services. By collecting data on their members' BMIs, gym owners can gain insight into their members' fitness levels and tailor their services to meet their needs.



Target Market

- The target buyer is Highend Gyms of Pakistan
- We have an acquaintance gym owner to whom we will pitch this product idea to see what he says about the product. To get the customers feedback to adapt to there needs.

Conclusion

This project will provide gym-goers with an easy and convenient way to track their BMI, set fitness goals, and monitor their progress over time. It will also provide gym owners with valuable data to improve their services and meet the needs of their members. With the growing popularity of IoT devices, this project has the potential to be a valuable addition to any gym's services.

Thank you!

**HASSAAN NAVEED
MUHAMMAD BILAL
MUSTEHSUM WASEEM**