

Project Title	Nutrinest- Personalized Nutrition and Exercise Application
Supervisor Name	Dr. Arif
Group information	
Roll number	Student's Name
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Module's Name	Module Description with Deliverables
Authentication & User Management	Secure login, registration, and access control for all user types (user, doctors, admins).
Medication Compliance	Allows users to set reminders for each medication with time and dosage. Visual calendar showing medication status (Taken, Missed, Upcoming).
Exercise & Diet Regimes	<p>Personalized Diet Plans: Tailored to the user's age, BMI, health conditions, and preferences.</p> <p>Preloaded Exercise Routines: Low-impact workouts, yoga, and stretching videos with guidance.</p> <p>Daily Checklists: Users can mark meals and exercises as done.</p> <p>Hydration Reminders: Custom water intake goals and reminder notifications.</p>
Health Dashboards	<p>Log Entries: Manual input with devices for BP and glucose, weight height etc.</p> <p>Trend Analysis: Visual graphs for daily, weekly, and monthly data.</p> <p>Abnormal Value Alerts: Immediate suggestions like "See doctor" or "Adjust diet."</p> <p>Report Sharing: Generate and export health summaries to doctors/caregivers.</p>

Profile Management	<p>Enable users to manage their personal information and preferences.</p> <ul style="list-style-type: none"> • Editable profiles with health details (age, conditions, allergies, diet type) • Upload profile picture or ID • Change password, email, or phone number • Preferences (units, themes, reminder tone, etc.)
User dashboard	A personalized dashboard for users to easily monitor their health status, manage daily activities, and stay motivated through progress tracking.
Recommendation system	An AI-powered system that provides intelligent suggestions to support healthier lifestyle choices based on user data, behavior, and health trends.
Admin panel	<p>User Management: Approve/review users and healthcare providers.</p> <p>Content Management: Update diet/exercise libraries, medical info.</p> <p>Reports: Track app usage, success metrics, user adherence rates.</p>
Multi-language support	A module to make the app accessible to users from different linguistic backgrounds, especially in Pakistan.
Doctor Dashboard	<p>A dedicated, secure interface for healthcare professionals to remotely monitor, assess, and guide users based on real-time health data, trends, and reports.</p> <ul style="list-style-type: none"> • Patient Overview Panel View a list of assigned patients with summary cards showing • Communication Tools Secure messaging/chat with patients. Option to leave care instructions or request appointments. • Tracking patients Doctors can track their patient's progress on their assigned schedule.

Search and filter system	To provide an efficient and user-friendly search and filtering system that allows both doctors and patients to find relevant information or users based on their needs.
Video consultation	A secure built-in video consultation system allowing real-time doctor-patient interaction without needing external apps.
Privacy and security	Protect sensitive health data and comply with legal/privacy standards.
Doctors consultation system	To provide users with access to expert medical guidance through structured consultation options within the app, enabling personalized and collaborative healthcare support. <ul style="list-style-type: none"> ● One to one consultation ● Group consultation
Voice navigation	Provide hands-free navigation, data entry, and task control through voice, increasing accessibility, efficiency, and user engagement ideal for elders, fitness enthusiasts etc.
Payment methods	To allow users to pay securely when booking or consulting a doctor, either online (video/audio) or in person, ensuring seamless transaction flow within the app.
Respected Evaluator, if you recommend some improvement or suggest a new module please mention in this section.	
Evaluator's Name:	Suggestions

Supervisor Signature:

Signature FYP Committee Member