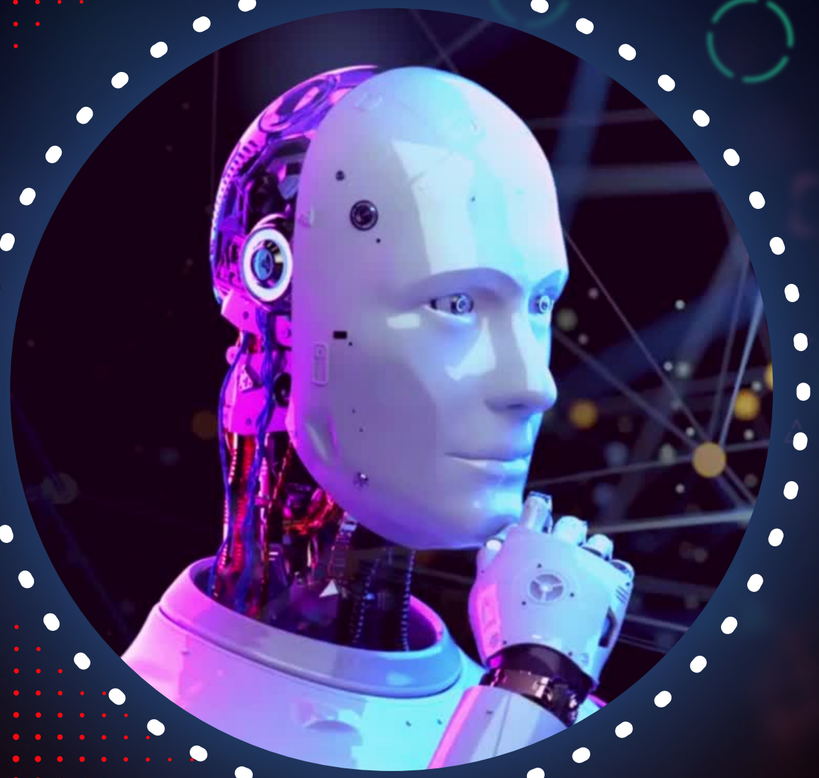
Pantech e Learning
DIGITAL LEARNING SIMPLIFIED



MACHINE LEARNING

DAY – 19

PROJECT - 4

Calories Burnt Prediction using Machine Learning

INTRODUCTION

- In a world increasingly health-conscious, understanding how many calories we burn during physical activities is essential.

- Our project leverages machine learning to provide accurate and personalized estimates of calorie expenditure using machine learning

Objective

The primary objective of our Calories Burned Project is to develop a machine learning-based system that can accurately predict and estimate the number of calories an individual burns during various physical activities.

Action

- data collection
- data preprocessing and analysing
- train test split
- model creation and model training
- Evaluation
- Optimization

About the Dataset

- There are a total of 15,000 instances and 7 data attributes in 2 CSV files.

- The "Kaggle" archive dataset includes information about a variety of people, including their height, weight, gender, age, exercise intensity, heart rate, and body temperature.

- Exercise data is obtained from the "exercise.csv" and "calories.csv" datasets.

- In addition, the target class mapped by the user ID from the second calorie dataset includes the calories that person burned in the exercise dataset.

THANK YOU