

## Ideation Phase

### Empathize & Discover

Date	4/11/23
Team ID	593161
Project Name	Anticipating Caloric Expenditure With ML
Maximum Marks	4 Marks

Anticipating Caloric Expenditure With ML:

In the realm of health and wellness, leveraging the power of Machine Learning (ML) to anticipate caloric expenditure represents a groundbreaking approach to personalized fitness and nutrition. By harnessing advanced algorithms and data analysis, this innovative system aims to provide individuals with accurate predictions of their energy expenditure, offering a data-driven foundation for optimized fitness routines and dietary plans.

### EMPATHY MAP CANVAS:

