FIT AI – YOUR PYTHONIC WAY TO WELLNESS
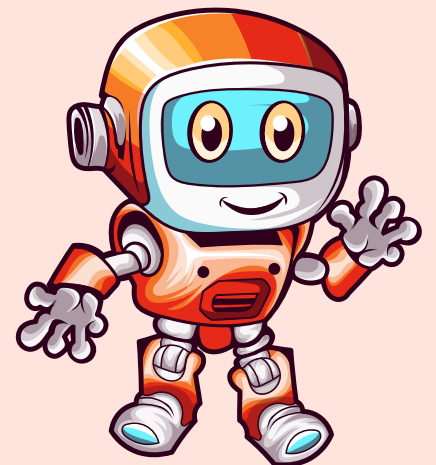
Team Name: Health Tech Pioneers

Saptarshi Mukherjee (220150019)
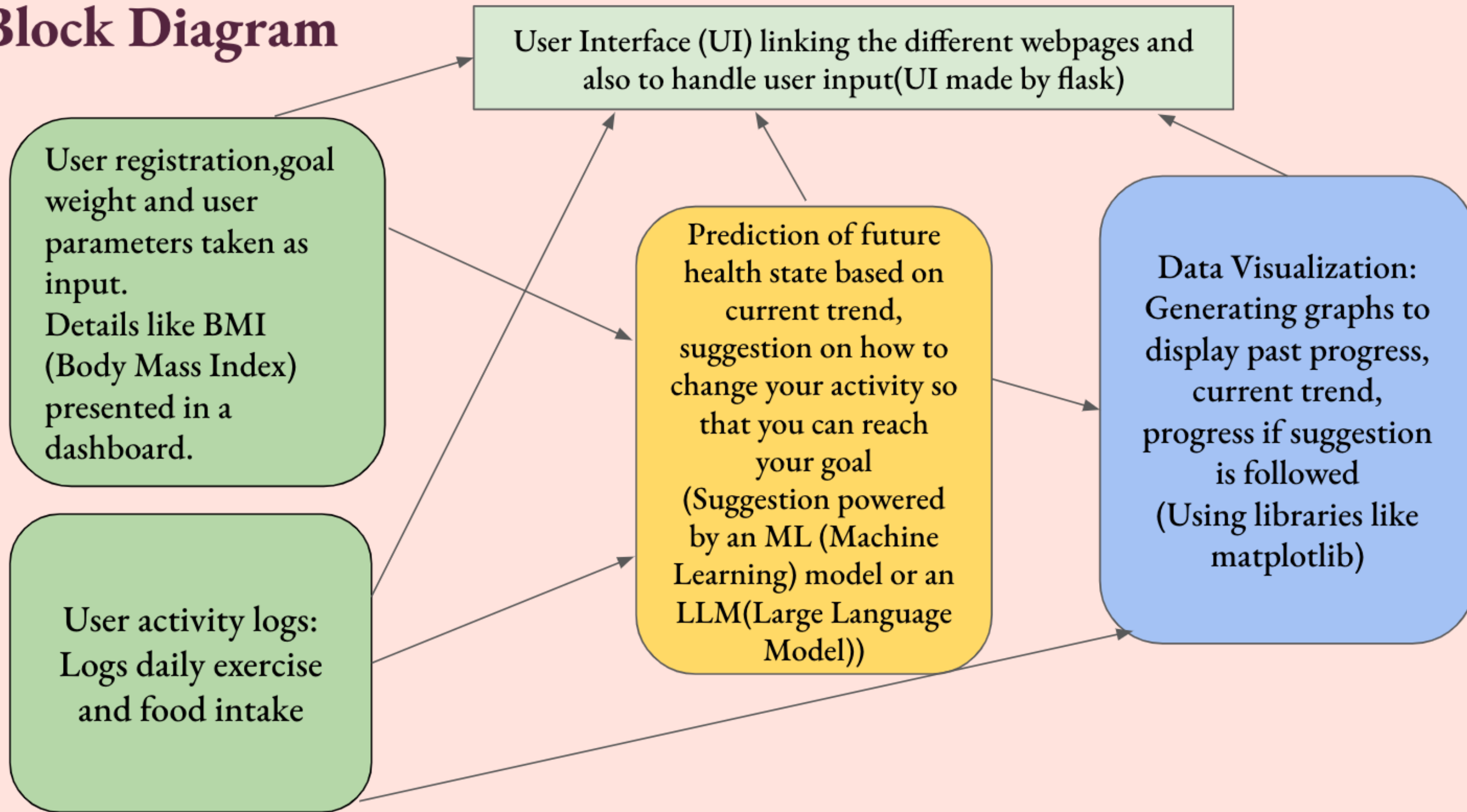
Ishan Chandra Gupta (220150034)
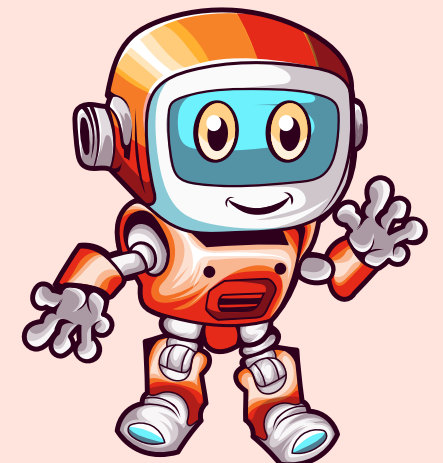
Soumya Savarn (220150031)

Block Diagram

User Interface (UI) linking the different webpages and also to handle user input(UI made by flask)

User registration,goal weight and user parameters taken as input.
Details like BMI (Body Mass Index) presented in a dashboard.

User activity logs: Logs daily exercise and food intake

Prediction of future health state based on current trend, suggestion on how to change your activity so that you can reach your goal (Suggestion powered by an ML (Machine Learning) model or an LLM(Large Language Model))

Data Visualization: Generating graphs to display past progress, current trend, progress if suggestion is followed (Using libraries like matplotlib)

References:

1. Flask
2. Data Visualisation

FIT AI

LOOP OF LEARNING

START

With a very **simple UI** anyone can start with registering his **daily logs** of **activity** and **health status**

FEEDBACK

Ask for a **feedback** whenever needed and **model will give you a suggestion** depending upon your **current state**

IMPROVISE

Adjusts output based on **target** and **current trend**. Both User and machine will become aware of the future and a **continuous loop of learning will start**

OUTCOME

Predictive capability will set the foundation for a more **informed**, **motivated**, and **health-conscious society**