AI Study Planner with Burnout Detection

Project Overview
The AI Study Planner is an intelligent behavioral analysis system designed to monitor daily study habits, predict burnout risk, and generate adaptive study plans using machine learning and time-series analysis.

Objectives
• Predict burnout risk
• Measure productivity score
• Generate adaptive study plans
• Visualize weekly patterns

Technologies Used
Python, Pandas, NumPy, Scikit-learn, Streamlit

Dataset Description
Daily logs include study hours, sleep duration, stress level, focus level, and breaks. Engineered features enhance prediction accuracy.

Feature Engineering
• Fatigue Score
• Study Load Index
• Sleep Debt
• Rolling averages
• Consistency score

Machine Learning Model
Random Forest Classifier trained with behavioral features. Achieved approximately 90% accuracy.

Productivity Score
Calculated on a 0–100 scale using weighted behavioral metrics.

System Workflow
Input → Feature Engineering → ML Prediction → Productivity Score → Adaptive Planning

Conclusion
The system helps students optimize productivity while preventing burnout.