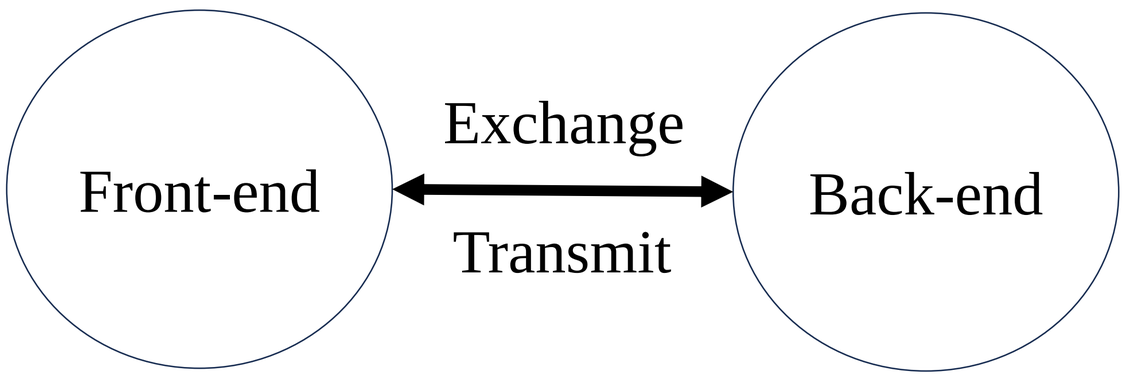
The impact of daily diet and exercise on weight

Ren-Song Ko, Wen-Shou Hsu and Tzu-Chi Hsiao

I. Introduction

People emphasize health nowadays. We are interested in developing a website that displays suggestion and a histogram to the user.

II. Project architecture



1. HTML
2. CSS
3. JavaScript

1. Python
2. Flask

III. Calculate tool

A. Tables

Following is different daily diet habit will consume calories.

Sedentary	Light	Moderate	Active	Very active
1.2	1.375	1.55	1.725	1.9

Table 1: Consume calories from the exercise.

Vegetarian	Meat	Lacto ovo vegetarian	Balanced
1800	2500	2200	2000

Table 2: Consume calories from the daily diet.

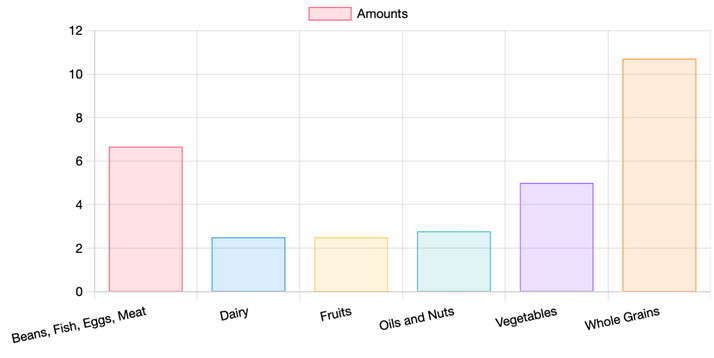
B. Formulas

The following formulas are used to calculate the Basal Metabolic Rate (BMR), daily calorie needs, and the actual weight change.

$$\begin{aligned}
\text{Male's BMR} &= (9.99 \times \text{weight}) + (6.25 \times \text{height}) \\
&\quad - (4.92 \times \text{age}) + (166 \times \text{gender} - 161) \\
\text{Female's BMR} &= (9.99 \times \text{weight}) + (6.25 \times \text{height}) \\
&\quad - (4.92 \times \text{age}) + (166 \times \text{gender} - 161) \\
\text{Per day} &= \text{BMR} \times \text{Activity} \\
\text{Intake} &= \text{Daily diet type} \\
\text{Calorie deficit} &= \text{Intake} - \text{Calories per day} \\
\text{Weight changes} &= \frac{\text{Calorie deficit}}{7700} \\
\text{Actual weight after a month} &= \text{Weight} + \text{Weight changes} \times \text{After days}
\end{aligned}$$

IV. Results

Suggestion: You are underweight. Consider increasing your calorie intake and doing strength training.



V. Improvement

I. Aesthetics.
II. Precise tools.

VI. Conclusion

We learned front-end and back-end technologies such as using HTML to establish the structure of our website and JavaScript to enhance its appearance. We also used Python with the Flask package to connect the front-end and back-end, while incorporating our formulas within the application.

Wanna more information ?
Using phone to scanning our official website.