

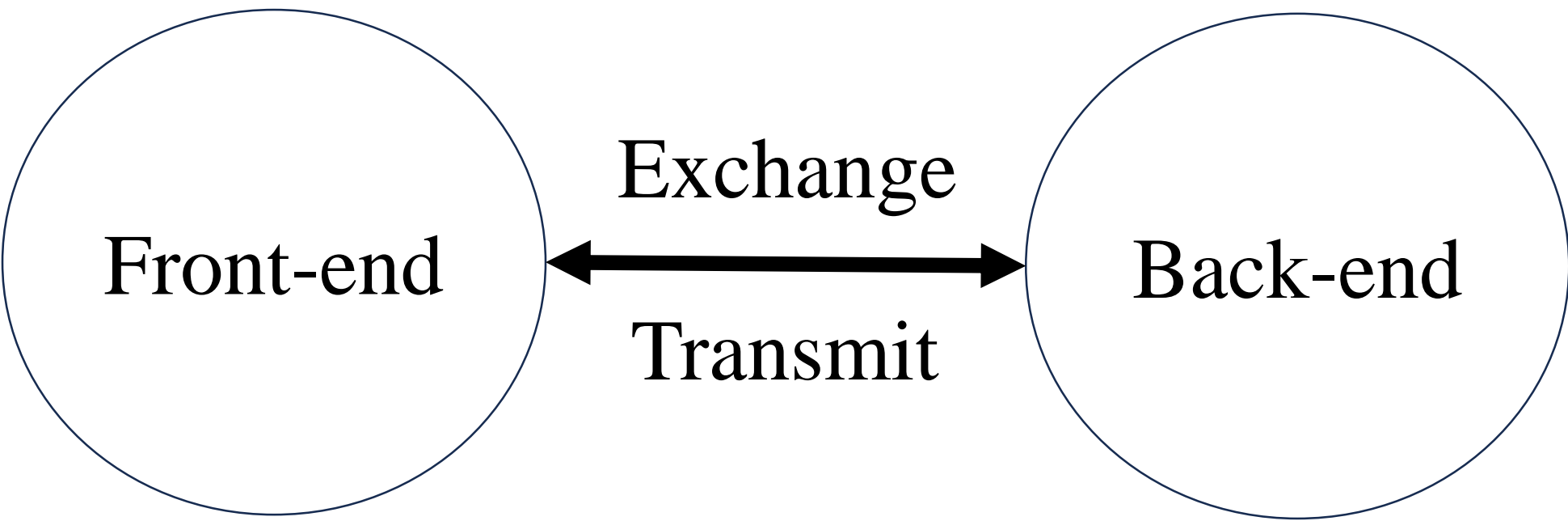
The impact of daily diet and exercise on weight

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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.

Male’s BMR = $(9.99 \times \text{weight}) + (6.25 \times \text{height}) - (4.92 \times \text{age}) + (166 \times \text{gender} - 161)$

Female’s BMR = $(9.99 \times \text{weight}) + (6.25 \times \text{height}) - (4.92 \times \text{age}) + (166 \times \text{gender} - 161)$

Per day = $\text{BMR} \times \text{Activity}$

Intake = Daily diet type

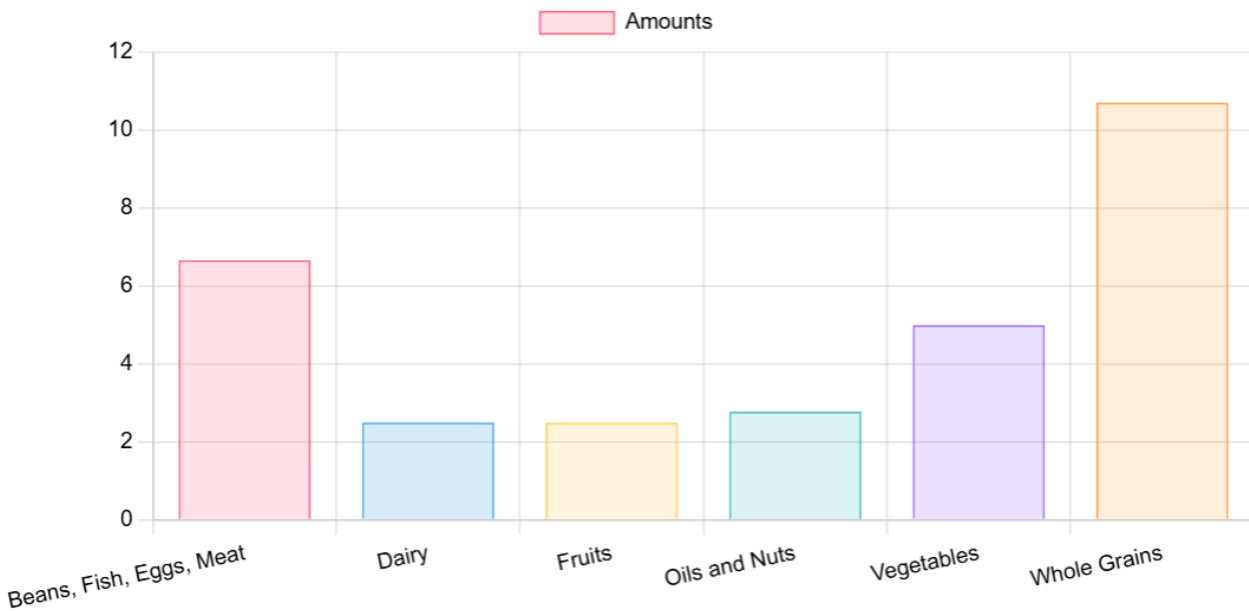
Calorie deficit = $\text{Intake} - \text{Calories per day}$

Weight changes = $\frac{\text{Calorie deficit}}{7700}$

Actual weight after a month = $\text{Weight} + \text{Weight changes} \times \text{After days}$

IV. Results

Suggestion: You have a normal weight. Keep up your current diet and exercise habits.



V. Future Work

- I. Professional.
- II. UI friendly.

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.

