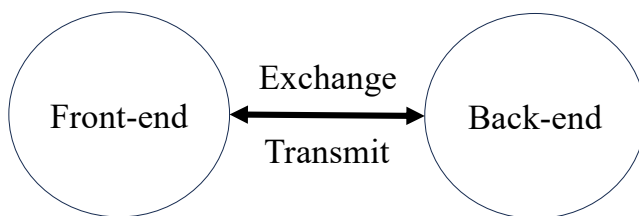# The impact of daily diet and exercise on weight

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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

Front-end — Exchange / Transmit — Back-end

1. HTML
2. CSS
3. JavaScript

1. Python
2. Flask

III. Calculate tool

A. Tables

Following is the different daily diet will consume calories:

Sedentary	Light	Moderate	Active	Very active
1.2	1.375	1.55	1.725	1.9

Table I. Consume calories from the exercise.

Vegetarian	Meat	Lacto ovo vegetarian	Balanced
1800	2500	2200	2000

Table II. Consume calories from the daily diet.

B. Formulaes

The following formulaes are used to calculate BMR, daily calorie need and actual weight:

$$\text{Male's BMR} = (9.99 \times \text{weight}) + (6.25 \times \text{height}) - (4.92 \times \text{age}) + 5$$

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

$$\text{Calorie deficit} = \text{Daily calorie intake} - \text{TDEE}$$

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

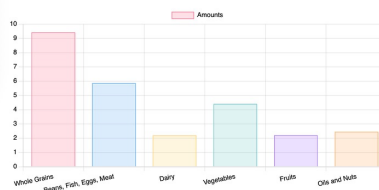$$\text{Actual weight} = \text{Weight} + \text{Weight changes per day} \times \text{After days}$$

$$\text{BMI} = \frac{\text{Actual Weight}}{\text{Height}^2}$$

IV. Results

Analysis Results

Parameter	Value
Actual Weight	53.19 kg
TDEE	2186.13 kcal

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

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.