

# The impact of daily diet and exercise on weight

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Official website is available here.

Source code is available here.



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# Outline

- Introduction
- Tools for develop model
- Results
- Conclusion

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- We aim to establish a website to help them check whether their **healthy** is normal.
- Given their **age, gender, height, weight, eating habits, activity level, goal, daily calories** and **after days**.
- Displays result with suggestions and amounts of each nutrient in a histogram.



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- Suggestion.
- A histogram displays each nutrient.

## Results (Continued)

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

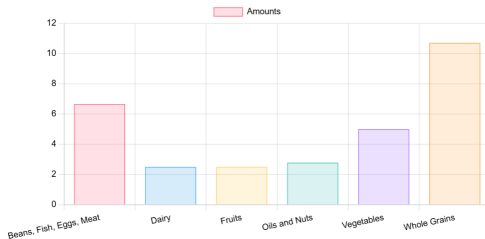


Figure I. Results of entering data.

## Results (Continued)



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Sedentary	Light	Moderate	Active	Very active
1.2	1.375	1.55	1.725	1.9

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Vegetarian	Meat	Lacto ovo vegetarian	Balanced
1800	2500	2200	2000

Table II. Consume calories from the daily diet.

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$$\begin{aligned}\text{Male's BMR} = & (9.99 \times \text{weight}) + (6.25 \times \text{height}) \\ & - (4.92 \times \text{age}) + (166 \times \text{gender} - 161)\end{aligned}$$

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$$\begin{aligned}\text{Female's BMR} = & (9.99 \times \text{weight}) + (6.25 \times \text{height}) \\ & - (4.92 \times \text{age}) + (166 \times \text{gender} - 161)\end{aligned}$$

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

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

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

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- Providing accurate options for computation, allowing users to input various parameters and receive tailored recommendations based on their unique needs.
- We learned fundamental front-end and back-end development, including figure display using JavaScript and Python, to develop an application that seamlessly integrates user data and visualizes results effectively.



# Acknowledgment

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Thank you for listening! We wish you a pleasant day.