

114 學年度資工系專題實驗成果展摘要

題目	The impact of daily diet and exercise on weight	
指導教授	柯仁松 教授	
摘要	<p>Healthy eating and regular exercise have become popular ways for people to maintain their bodies. We aim to establish a website to calculate the actual weight for users. They can adjust or maintain their daily routines while observing the results. This website will provide BMI recommendations to help users achieve their health goals, whether it's losing weight, gaining weight, or maintaining their current weight. By using this platform, users can better understand their body conditions and make more informed health choices. The website will serve as a valuable tool for anyone looking to improve their overall well-being.</p>	
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