The impact of daily diet and exercise on weight

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- Introduction
- Tools for develop model
- Results
- Conclusion

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Introduction

- People emphasize their health and strengthen it by exercising at the gym, in the park, or even at home.
- 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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Tools for develop model

- Programming Language via CSS, HTML, JavaScript and Python.
- Data transmitting via Flask.
- Aesthetic via JavaScript.

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Results

Our anticipate

- Accurately calculate the actual results using BMR, TDEE, and so on.
- Provide a histogram to show the amounts of each nutrient.

Our website anticipate

- Suggestion.
- A histogram displays each nutrient.

Analysis Results

Parameter Actual Weight TDEE						Value 53.19 kg		
						2186.13 kcal		
gestio	n: You are	underwei	ight. Consid	der increasin	g your cal	orie intake and doing strength training		
			Amounts					
				1				

Figure I. Results of entering data.

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.

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

- $(4.92 \times \text{age}) + 5$

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

- $(4.92 \times \text{age}) - 161$

Calorie deficit = Daily calorie intake - TDEE

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

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

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

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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.

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