

**Title****Personal Health Coach AI – Project Documentation**

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**1. Introduction**

Personal Health Coach AI is an AI-powered health and fitness chatbot.

The project helps users manage their health by providing personalized wellness guidance and tracking important health information.

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**2. Objective**

The main objective of this project is:

- To help users maintain a healthy lifestyle
  - To provide instant health and fitness guidance using AI
  - To track health data like weight, height, sleep, and activity
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**3. Features of the System**

The system provides the following features:

- AI chat assistant for health-related questions
  - Health profile management
  - BMI calculation based on user data
  - Health goal setting and tracking
  - Quick access to common health topics
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**4. Technologies Used**

The project is developed using modern web technologies:

- React and TypeScript for frontend development
  - Vite for fast build and development
  - Tailwind CSS for styling
  - shadcn/ui for UI components
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**5. System Working**

The user enters their health details such as weight and height.

The system calculates BMI automatically.

The AI chat assistant provides health, fitness, and nutrition guidance based on user input.

Users can set health goals and monitor their progress.

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## **6. Advantages**

- Easy to use
  - Personalized health guidance
  - Helps users stay health-conscious
  - Modern and responsive design
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## **7. Conclusion**

Personal Health Coach AI is a useful application for improving health awareness. It combines Artificial Intelligence with modern web technologies to provide a simple and effective health assistant.