PROJECT REPORT

The project aims to address the challenge of weight management and healthy lifestyle maintenance. Many individuals struggle with maintaining a healthy weight due to various factors such as lack of guidance, inadequate knowledge about nutrition, and difficulties in establishing consistent workout routines.

Goals:

Provide users with a comprehensive platform for weight loss maintenance. Assist users in calculating their BMI, understanding its implications, and offering tailored diet and exercise plans accordingly. Offer personalized guidance on nutrition and workouts to help users achieve their weight management goals.

Alternative approaches to solving the problem:

Generic Weight Loss Programs: Offering standardized weight loss programs without personalization.
Human Nutritionists/Personal Trainers: Providing one-on-one coaching or consultation.
Other Apps and Platforms: Competing with existing apps that focus on specific aspects of weight management.

Chosen approach:

The chosen approach involves developing a user-friendly web-app with features such as BMI calculation, personalized diet plans, and workout routines tailored to an individual's BMI.

Justification for choosing this approach:

Personalization: Unlike generic programs, the app offers personalized plans based on a user's BMI, enhancing effectiveness.

Accessibility and Convenience: Provides users with accessible guidance without requiring in-person consultations, making it more convenient.

Scalability and Affordability: Compared to personal trainers or nutritionists, the app is more scalable and affordable for a wider user base.

Empowerment through Self-Management: The app empowers users by enabling selfmanagement of their weight loss journey, promoting a sense of ownership and accountability.