

## Fittrax – AI Diet Consultant

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### Abstract :-

Fittrax - the complete healthcare app that gives you access to authentic, time-tested and credible healthcare knowledge, which will help you lead a natural, simpler, fit and healthy life. This health app gives you a platform to consult doctors online, read health tips, track your health, and listen to leading health expert's talk on topics related to health and Lifestyle.

### Keywords :-

Diet Consultant , Gym Instructor , Health instructor , Dietitian , Android Dietitian.

### Introduction :-

In the modern era there has been an increasing amount of interest in physical fitness and health with the most people, there are people who have a full desire for that, but it may force them time or place conditions. Based on that project provided a mobile application for the exercise of fitness in every place and at any time, thus facilitated a lot trouble discipline on a specific place or a specific time in the day and helped them to calculate calories that are burned through sport exercise and eat healthy food. There are lot of applications that are interested in health, fitness and nutrition, but the user needs one application combines between them to facilitate the deal and the user does not distract from more than one application and give its own total exact results.

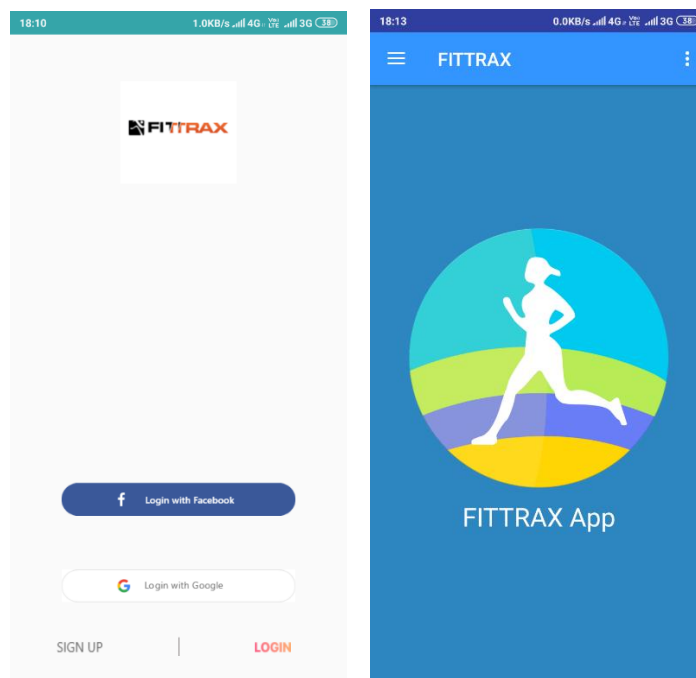


Figure:-1

## Modules

### 1. Signup and Login Module : -

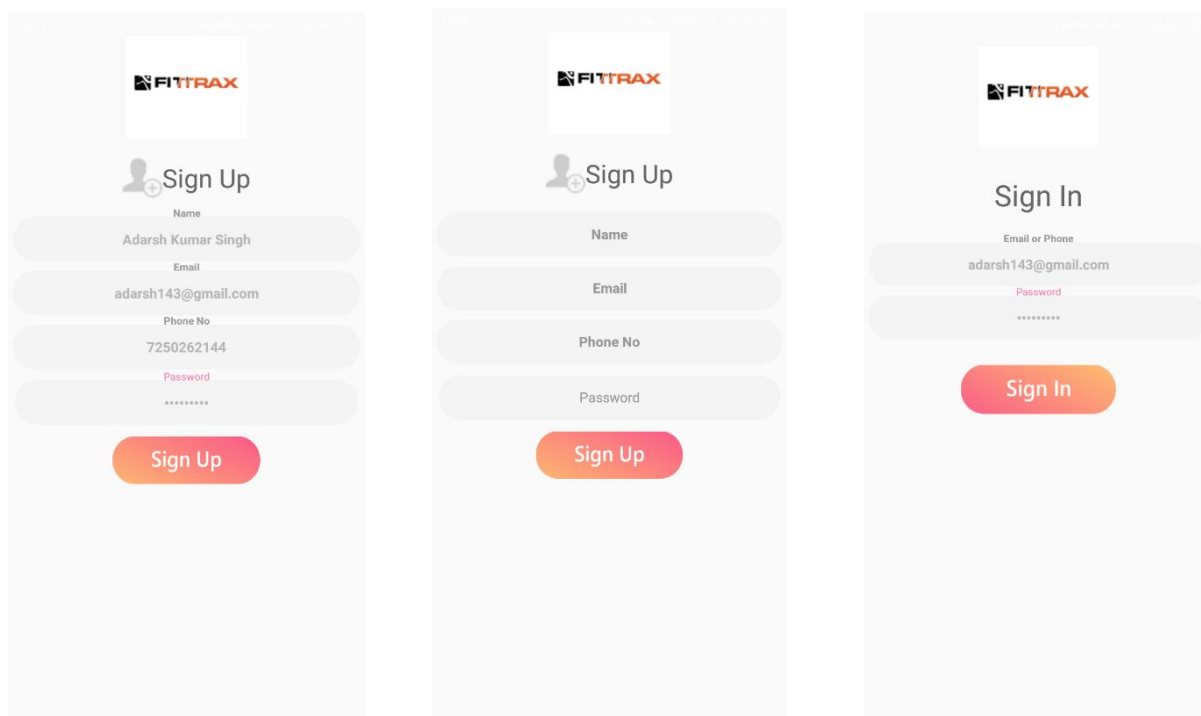


Figure:-2

### 2. Health Tracker Module :-

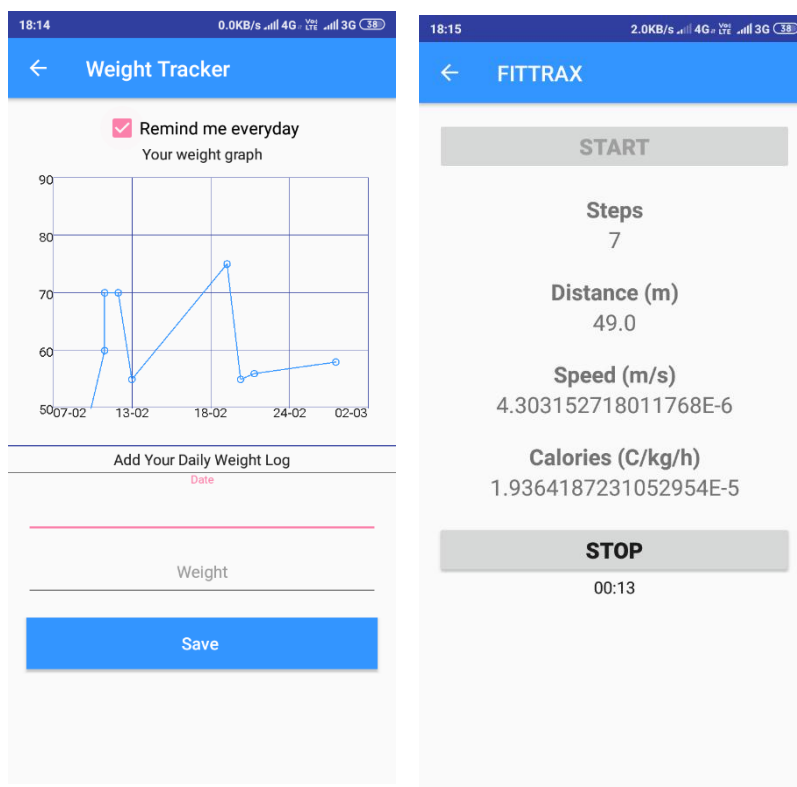


Figure:-3

### 3. Chat bot :-

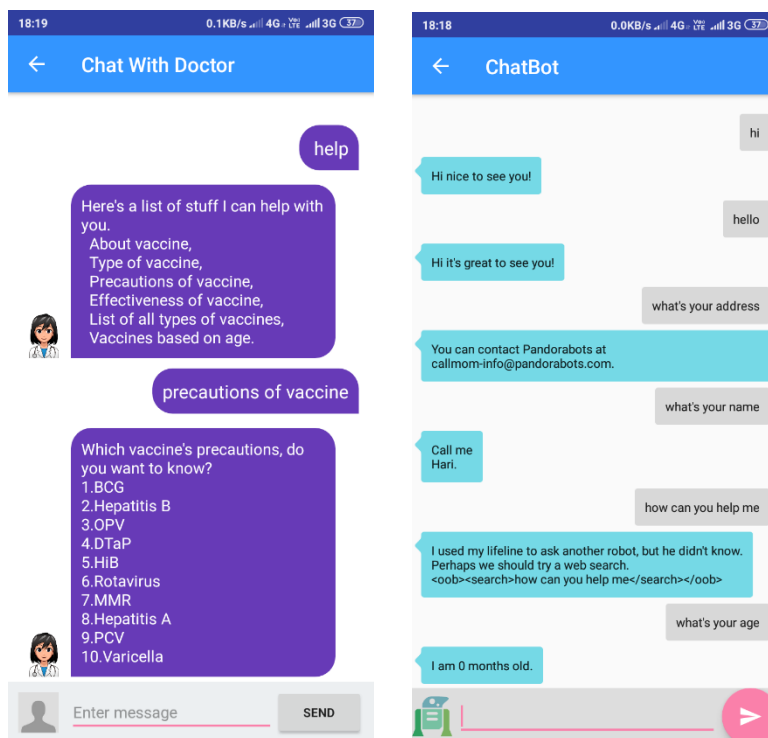


Figure:-4

### 4. Gym Exercise and Diet Plan :-

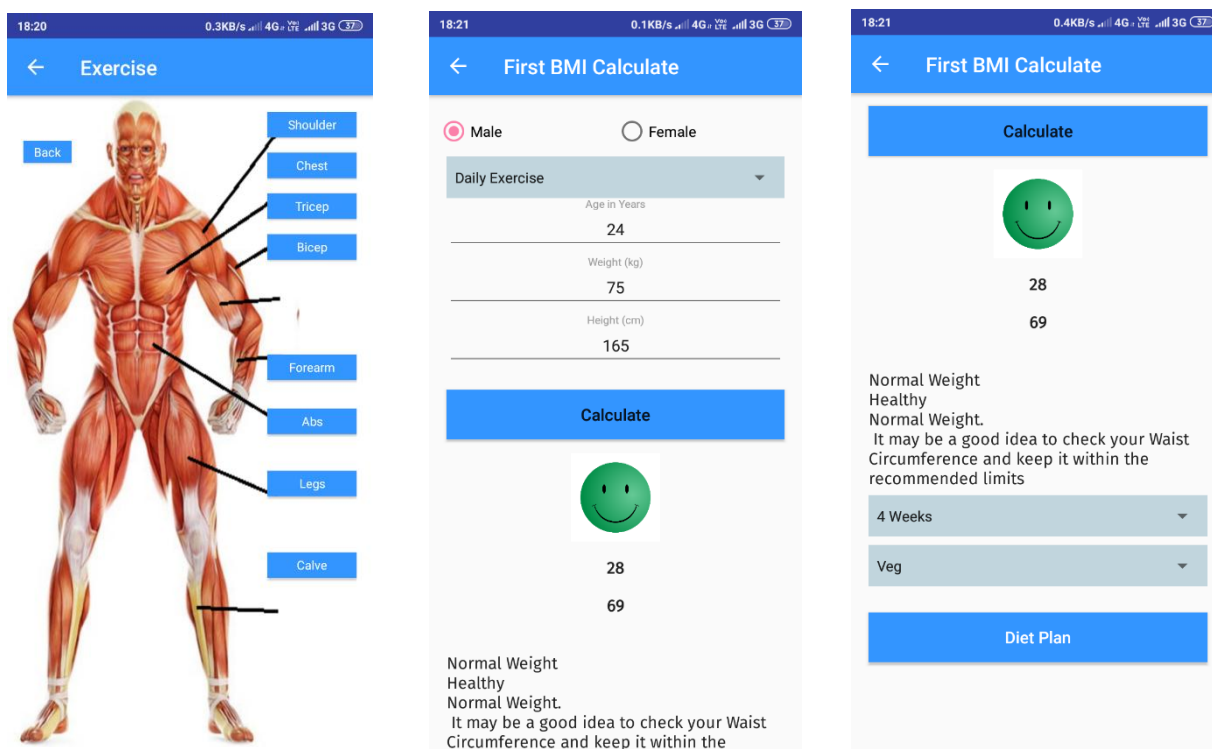


Figure:-5

## Functionalities

**1.Health Tracker :-** Effortlessly track any activity. As you walk, run, or cycle throughout the day. Reach your fitness goals. Set goals based on steps, time, distance, calories burned. Receive personalized recommendations and coaching for activity goals.

**2.Doctor Chat Bot :-** The chat bot can help individuals track symptoms and get a probable diagnosis as per the symptoms shared. The diagnosis can be used to learn more about your symptoms and the disease. You can further connect with the right doctor and get complete healthcare solution at one place.

The idea is to make human life simpler by promoting health education and good health practices with help of smart health tips, health information and health advice around fitness, nutrition and well-being. In other words, we want to introduce a health buddy in every Indians life.

**3.Customized Diet Plans :-** Fittrax is fast, simple to use and has all the cool tools to help you succeed with your diet and lose weight:

- An intuitive food diary to plan and keep track of what you're eating.
- A wonderful community that's ready to support you and turbo charge your weight loss.
- Detailed reporting and goals for all your calories, macros and nutrients, including food and meals.
- An exercise diary to record all the calories you burn.
- A weight tracker to record your weight loss progress

**4.Gym Exercises :-** Fittrax is a professional app that provides pre-set workout plans for bodybuilding, fitness and powerlifting !!! User- friendly interface allows everyone to take full advantage of exercises for training the most important muscle groups , we also give you the motivation that help you through the pain, fear and shyness. Enjoy the amazing results and use Fittrax whatever you want at your own convenience.

Main advantages of Fittrax are :-

- Ability to choose between pre-set workout plans for 3,4,5 and 6 days per week.
- Basic exercises as well as advanced exercises for developing specific muscle groups.
- The Motivation whenever you feel bad, shy, scared and pain, we'll help you through it.

## **Methods and IDE Used :-**

### **1.AIML**

AIML stands for Artificial Intelligence Markup Language. AIML was developed by the Alicebot free software community and Dr. Richard S. Wallace during 1995-2000. AIML is used to create or customize Alicebot which is a chat-box application based on A.L.I.C.E. (Artificial Linguistic Internet Computer Entity) free software.

### **2.Android Studio**

Android Studio is the official integrated development environment for Google's Android operating system, built on JetBrains' IntelliJ IDEA software and designed specifically for Android development. It is available for download on Windows, macOS and Linux based operating systems.

## **Conclusion :-**

In this paper, we introduce the Fittrax for diet planning. The proposed Diet Plan Module, which automatically presents a user a diet plan that satisfies the daily nutritional requirements and user's requirement, is leveraged for individual diet management and recommendation. In addition, the optimization result can be fine-tuned via user's feedbacks. With a user-friendly interface, user can practice a healthy diet with only a limited understanding of the nutriology and dietetics since Fittrax can translate nutrient recommendations into realistic individual food choices. The Fittrax can also help doctor or nutritionist to better take into account individual requirements while establishing dietary guidelines, which could improve the compliance of users and patients.

## **References :-**

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