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Track Your Calories Using of ML

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ABSTRACT

The "Track Your Calories" is a used by machine learning designed to help users monitor and manage their daily calorie intake. The application allows users to log their consumed food items, track meals, and view summaries of their nutritional habits over time. Users can create accounts and log in securely. Personalized experiences are provided through user-specific data storage. Users can add, edit, and delete food items. Each food item includes information such as name and calorie content. Users can log meals by selecting food items from the database. Meals are associated with specific dates and times. Users can view historical data, allowing them to track their calorie intake trends over time. The "Track Your Calories" app aims to provide users with a comprehensive tool to manage and optimize their nutritional choices, fostering healthier lifestyles.

Keyword; Fake Currency, Machine Learning, Detection, Logistic algorithm.

1. INTRODUCTION

In an era where health and wellness are paramount, the "Track Your Calories" app emerges as a powerful tool to empower individuals on their journey towards a healthier lifestyle. This Django-based web application is meticulously designed to assist users in monitoring and managing their daily calorie intake. By seamlessly integrating modern web technologies with nutrition science, the app aims to revolutionize how individuals engage with their dietary habits. The primary goal of the "Track Your Calories" app is to provide users with a user-friendly and efficient platform for monitoring their nutritional intake. It addresses the need for a comprehensive tool that enables individuals to make informed decisions about their diet, fostering a culture of health-consciousness.

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The "Track Your Calories" app is designed for individuals of all ages and backgrounds who seek a practical and effective way to manage their dietary habits. It caters to health enthusiasts, fitness enthusiasts, and anyone committed to making informed choices about their nutrition.

2. FUTURE SCOPE

For a calorie tracking application, you'll likely want users to be able to log their meals, specify the number of calories in each meal, and possibly track their physical activities to calculate the net calorie intake. You might also want to provide features for setting goals, viewing reports, and analyzing trends over time.

Remember to consider scalability, security, and user experience throughout the development process. Django provides powerful tools for building web applications, so take advantage of its features to create a robust and user-friendly calorie tracking app.

3. SYSTEM ANALYSIS

3.1 EXISTING SYSTEM:

The existing system contains the following drawbacks:

- All the segmentations are search based
- Difficult to gather the data and segment them accordingly
- The results are not really accurate as the clustering is not close enough to determine accurate centroids

3.2 PROPOSED SYSTEM:

Our proposed system has the following features:

- Develop the system to get easy visualization techniques
- Increase the data set to accommodate many data points so that results will bemore accurate
- Segment the products directly according to the customer group
- Use different methods to collect the customer data instead of physical forms

4. SYSTEM DESIGN

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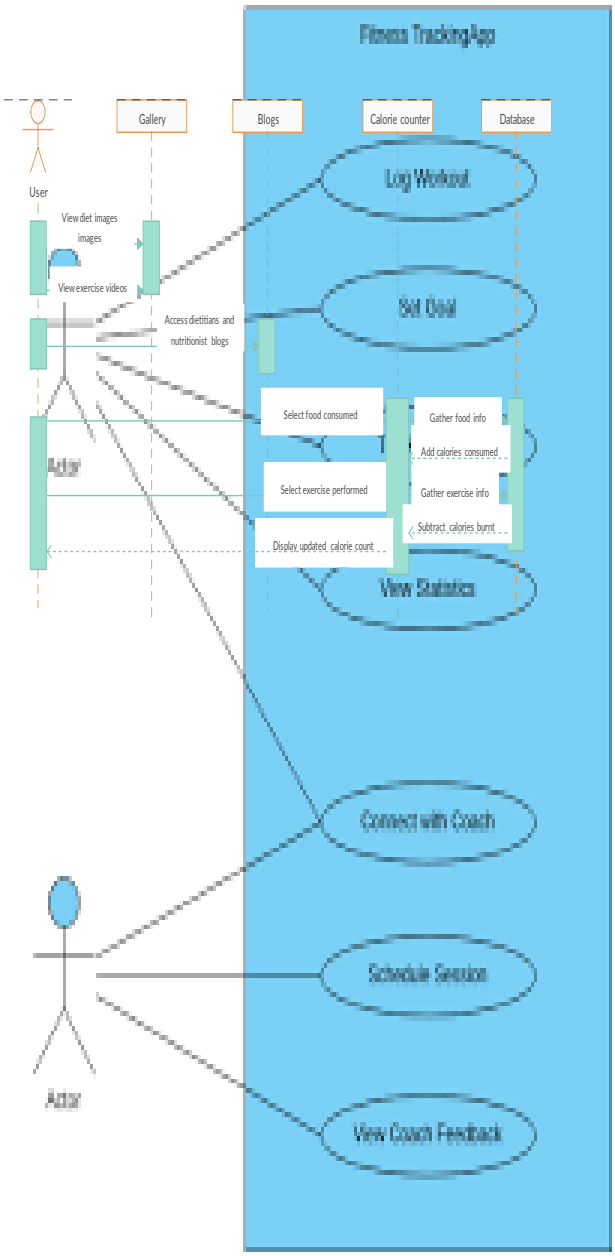
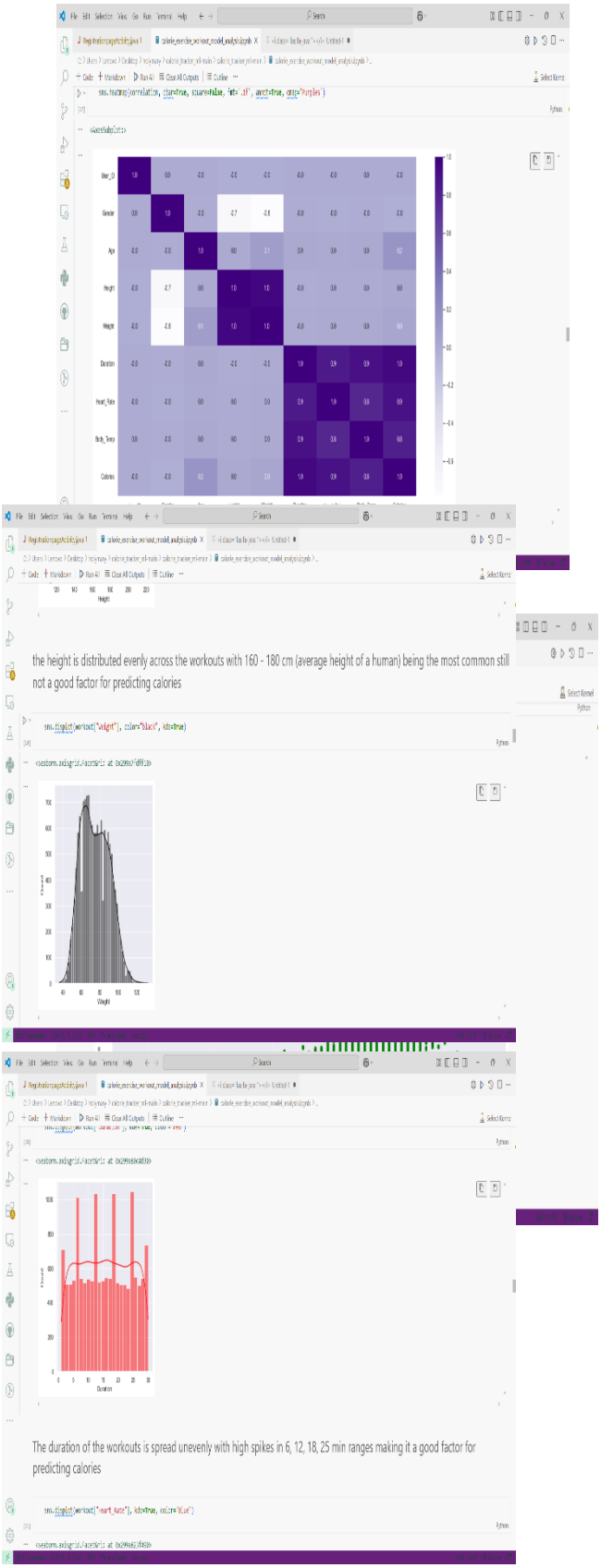
4.1 USE CASE DIAGRAM



4.2 SEQUENCE DIAGRAM

5. OUTPUT SCREENS



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6. CONCLUSION

Maintaining a healthy lifestyle has been one of the main concerns of this century. According to WHO in 2016, more than 1.9 billion adults, 18 years and older, were overweight. Of these over 650 million were obese. With the covid-19 outbreak this year it has been proved that covid-19 is more fatal to people with obesity. So regular exercise and healthy diet is an important thing people are looking into. With this in mind, I thought how about I make a calorie tracker with python Django. I have been learning Django by myself for a while now so I thought it would be a good project to skill up my Django than following project tutorials. Enough about other things, lets get to the coding part. This might be a little hard for absolute django beginner, so basic knowledge of django will be helpful in understanding.

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