AI ActiveLife

Personalized Health and Fitness at Your Fingertips

By Mr. Saurabh Santosh Jadhav

Introduction to AI ActiveLife

Overview: AI ActiveLife is a cutting-edge Streamlit application designed to revolutionize personal health and fitness planning.

Purpose: This app aims to simplify the journey towards health and fitness by providing tailor-made exercise and diet routines.

Target Audience: Ideal for anyone from fitness beginners to enthusiasts looking for a structured and customized approach to health goals.

User-Friendly Interface

Intuitive UI: AI ActiveLife boasts a clean, navigable, and intuitive user interface, making health planning accessible to all.

Two-Mode Structure: The app cleverly splits its functionality into two primary modes - Input Mode for user data entry and Result Mode for viewing personalized results.

Input Mode Features

User Input Collection: Here, users input crucial details like height, weight, age, dietary preferences, and health objectives.

Accuracy Emphasis: The app underscores the importance of precise data input, ensuring that the recommendations are as accurate and effective as possible.

Result Mode Features

Personalized Plans: Based on the user input, AI ActiveLife generates customized exercise and diet plans, showcasing them in the Result Mode.

Focus on Personalization: The app emphasizes creating highly personalized and user-specific recommendations, aligning closely with individual health goals.

Customized Diet Plans

Diet Plan Creation: Diet plans are curated based on user's age, food preferences, and health targets, offering a balanced and nutritious diet.

API Integration: AI ActiveLife integrates with Clarifai API to provide up-to-date and gpt-4 nice dietary recommendations.

Thank You

So It Was All About ActiveHealth AI

Contact:
superprogrammersaurabh@gmail.com