

Level Up Nutrition Website

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ABSTRACT

Responding to customer requests in the most efficient and timely manner is critical in today's rapidly changing business climate. This paper describes the design of the web portal for the online retailer "Level Up Nutrition." Front-end development and back-end development are the two main areas of focus. The client side, also known as the front-end side, displays a user interface to the user. Working behind the scenes to support the functionality of a website is another way to define back-end development. This facilitates user interaction with servers via web browsers. Creating a Nutrition Website necessitates research and knowledge of various technologies. Relational databases, server-side and client-side scripting, multi-tier architecture, and implementation technologies are examples of these. This project aims to create a simple website where users can register and enter their health information. Based on their health information, they can have their diet chart modified by a physician, and they can also keep track of their health.

This guide covers all the necessary foundational technologies for building and deploying an e-commerce website.

Keywords : E-Commerce, Nutrition, Website, Diet Planning.

1. INTRODUCTION

E-commerce is garnering acceptance as a legitimate and common business model. A growing number of companies are launching websites that offer tools for performing online transactions. Diet Planning has become now online and easy at one place everything.

The goal of this project is to create a flexible online platform where you can keep get your diet plan from a perfect physician and can also keep track of diet plan. However, this paper discusses about planning your diet and keeping track of it[1].

Clients can enter their health details like height, weight and other details and can submit it to the system. In the system at admin panel there will be many physicians available, we can choose any physician and approach to them and he will check our health details and will provide diet plan according to our height and weight. This website is useful so that users can get one handy their diet plans and can easily maintain their health and body[2].

2. MOTIVATION

User visits their nearest physicians to discuss with them about their health issues and consult a proper plan with them about their diet and get a proper diet plan. Users find it easy to consult with a proper physician as there are many physicians in the city. Users can consult with them at any time and at one place in one touch easily.

3. PROPOSED SYSTEM

The online Nutrition Level Diet system is very simple to use, maintain, and is trustworthy in terms of price, scalability, and affordability. The advantages and characteristics of our system are given below.

1. ensures security
2. Low price
3. needs rudimentary computer skills
4. Flexible application user interface (UI) design

The system described here does not need any training, prior experience, or IT-related technical abilities. Both levels and natives can be run on this system. However, this approach is ideally suited for use by those who are not computer experts.

Proposed System Analysis

The planned system operation will be introduced in the order listed below.

1. This solution will replace the manual Consultation of physician and discussion of diet plans with online ,easy,anywhere to use.
2. On the website, users can register or log in.
3. Users can consult with physician and can discuss their problem
4. Online users can also discuss with physician.
5. The products will be sent to the address provided by the user after the purchase and payment are complete.
6. Give users access to product price lists.
7. Users have access to order history.

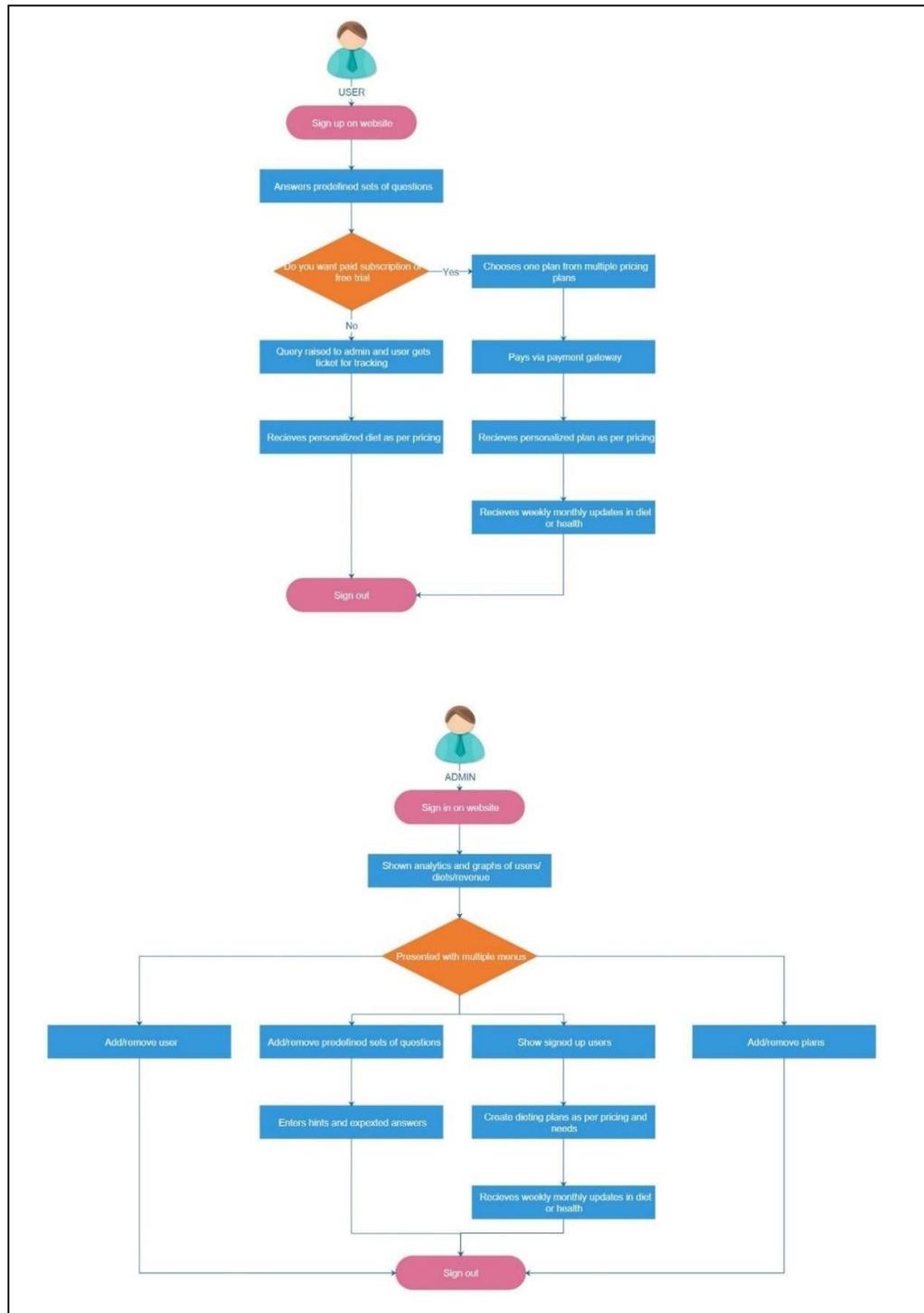
4. WEB TOOLS AND TECHNIQUES

Our daily lives are now more convenient as a result of the rapid growth of web tools and technologies. Millions of pieces of data may be effortlessly transported from one location to another with the use of the Internet. One-way technical advancements have not only made life easier, but also generally saved money and time. Traditional methods of Visiting physicians and consulting with them has been replaced by online consultation [3]. People may access various physicians around the clock, saving time and effort at one place. For better results, an nutrition level website needs to appealing and updated frequently with innovative methods .Angular and flask is the technology we used for this project.

4.1 Frontend and backend Development

The first thing a user notices when using an application or website is the frontend, which includes form typefaces, colours, sidebars, and drop-down menus. The primary responsibility of the front-end developer is the website's appearance. Client-side development is another name for front-end web development. The front-end web development languages are HTML, CSS, and JavaScript, while the back-end web development languages are Python flask and postgresql. Using server-side languages like PHP, Ruby, Python, and Java, back-end development enables communication between servers, databases, and applications.

5. FLOW DIAGRAM

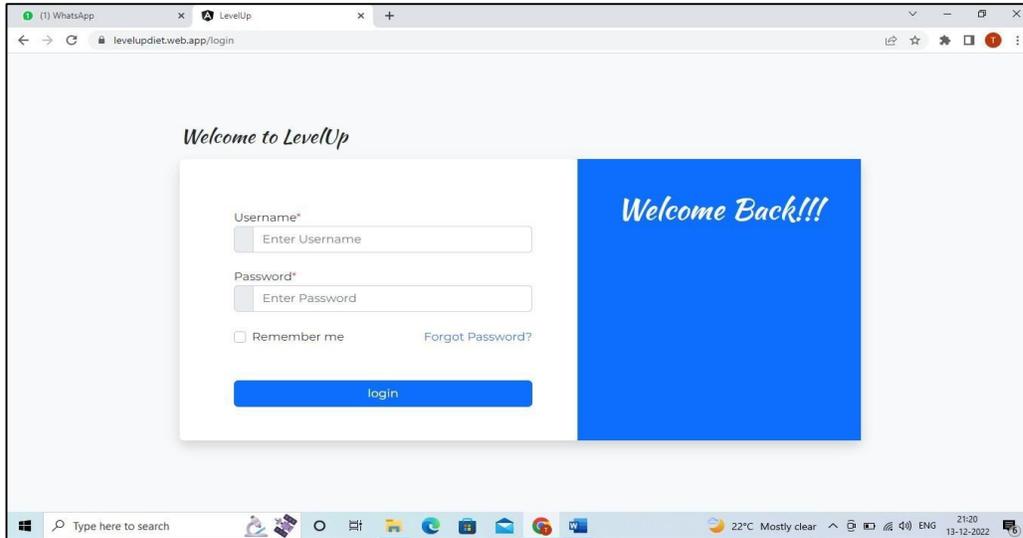


6.PROCESS:

Anyone can use the portal and browse the available physicians, but in order to make a Contact or place an order, a user needs to log in using their unique username and password. By visiting the registration page, unregistered members can do so. Roles can only be switched by administrators. Developers can only be "administrators" by default. The default role is "User" when a user registers with the website. The Physicians will be the admins included.

6.1 LOGIN PAGE :

Users and administrator login pages.



6.2 HOMEPAGE :

You can browse the products we have available on our website on the screens that make up the Home Screen.



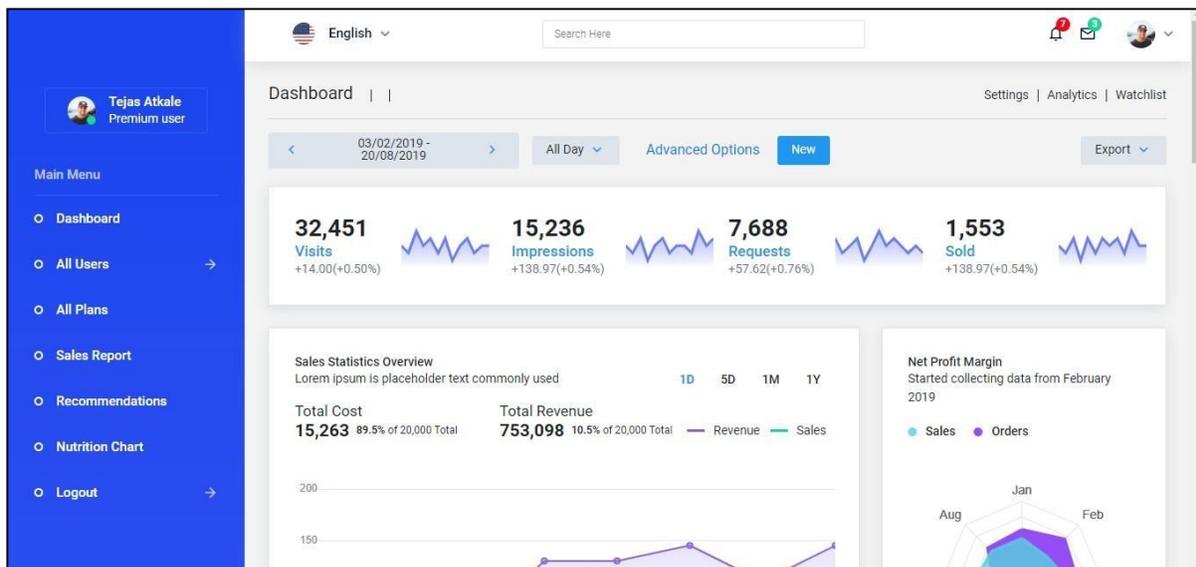
6.3 User Detail Form:

Details about the user are filled here and all the details are filled here so that everything gets here so perfect.

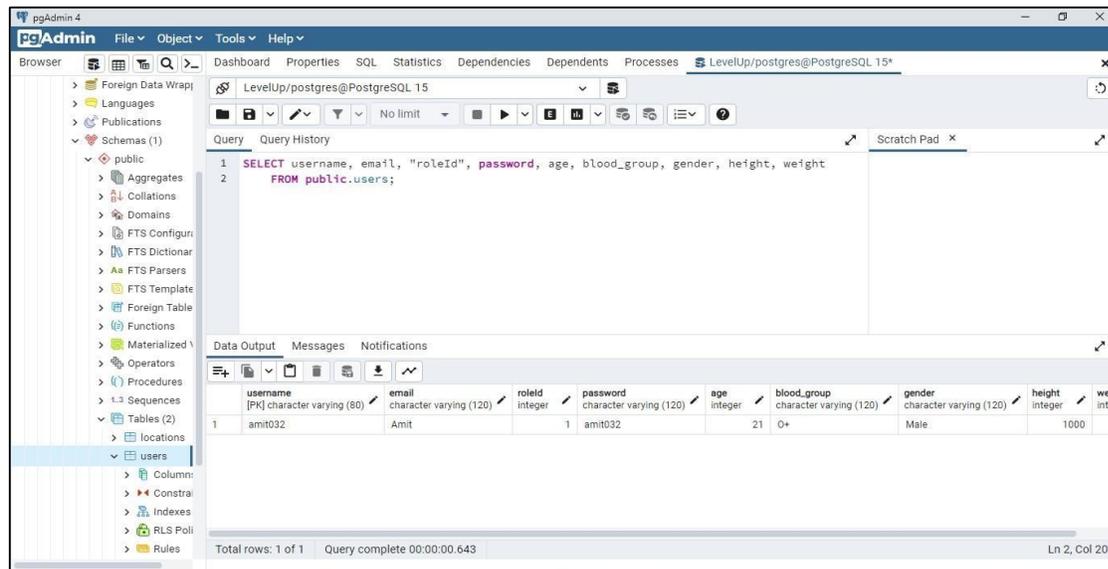
The screenshot shows a web form for user registration on the 'LevelUp' platform. On the left, there is a vertical progress indicator with four steps: 'Personal Information' (checked), 'Food Preferences', 'Goals', and 'Physical Activity'. The main form area is titled 'Enter some information about yourself...' and contains several input fields: Username, Mobile Number, Email Id, Age, Gender (dropdown), Blood Group (dropdown), Height (inches), and Weight (kgs). At the bottom of the form are 'Reset' and 'Save & Proceed' buttons.

6.4 Admin Dashboard:

This dashboard will tell everything about the users and admin can keep track on the users and also can perform CRUD operations on the users.



6.5 Database:



7.CONCLUSION :

The web application has been developed to provide a user-friendly interface that can be easily navigated through a mobile device or computer. Students do not need to be experts to use this application as the many with no knowledge in technology are easily able to access the application. Web-based Levelup is the new era of personal lifestyle decisions.

This website results in the completion of the mission to provide an exceptional online system that improves awareness of the health of the community. The website can help any individual gain more insights into how they can make wise food choices, and support staying healthy.

Creating a healthy environment can help an individual while guiding healthy behaviors. The next step of this project will be to enhance the projects ability to capture a broader audience. This project will take into consideration surrounding restaurants and fitness centers

Despite a number of problems, the goals that were set at the outset of the project were successfully met. The student learned a great deal in the process of completing the project, and the user team was pleased with the results.

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