

PROJECT ABSTRACT

Diet Plan Progress Portal

A diet-coaching portal with daily meal plans, macro tracking, weight-trend charts, meal-swap suggestions and a coach panel for plan adjustments. Built-to-order with source code, database, report, PPT and viva kit.

01. Title

Diet Plan Progress Portal — a built-to-order web application connecting diet coaches with clients: coach-published meal plans, client meal logging, weight-trend analytics and a coach panel that flags who is slipping.

02. Introduction / Background

Diet plans usually arrive as a PDF on WhatsApp and die there. The client has no easy way to log what they actually ate, the coach has no visibility until the next appointment, and by week three nobody knows whether the plan is working. This project builds a progress portal for that gap. Each day the client sees their meal plan — breakfast through dinner with calories, protein, carbs and fat per meal — ticks meals off as eaten, and logs morning weight, water and sleep. A calorie ring shows the day's intake against target; weekly weigh-ins chart the trend; adherence percentages tell the coach who needs attention. The coach panel ranks clients by adherence and weight trend, and plan adjustments publish instantly. The nutrition content uses realistic Indian meal data (poha, dal-roti, paneer) because that is what the target users eat. Scope is honest throughout: it tracks intake against a coach's plan — it never auto-generates medical diets.

03. Problem Statement

Coaches lose clients to the WhatsApp-PDF void: no logging, no visibility, no early warning when someone slips. Clients lose motivation without feedback. The project addresses this with a daily tick-based logging loop the client can finish in a minute, and a coach panel that surfaces adherence and weight trend per client — so interventions happen in week two, not week eight.

04. Objectives

- Let coaches publish daily meal plans with calories and macros per meal from a food database.
- Provide one-tap meal logging with a live calorie ring and macro totals.
- Chart weekly weigh-ins with start/current/goal markers.
- Compute weekly meal-log adherence per client.
- Suggest equivalent meal swaps from the food database for coach approval.
- Provide a coach panel ranking clients by adherence and weight trend with adjustment publishing.

05. Proposed Methodology

The system is developed in three stages. (1) Nutrition modelling: a food database of ~80 Indian dishes with reference calorie/macro values; plans composed of dated meals referencing foods. (2) Logging loop: per-meal ticks, daily weigh-ins, water/steps/sleep — all stored as simple facts; adherence and trends are derived aggregates. (3) Coaching workflow: the panel flags clients under the coach's adherence threshold; plan adjustments (targets, swaps) publish with effective dates and client notes.

06. System Architecture / Working

A PHP backend with two roles (client, coach) sits on a MySQL schema of roughly nine tables (users, clients, plans, plan_meals, foods, meal_logs, weigh_ins, habits, swaps). The front end is mobile-responsive with SVG charts (calorie ring, weight trend, adherence). Only the coach publishes plans; clients log against them. Every plan version keeps its effective date and note for a full audit trail.

07. Software Requirements

- PHP 8, MySQL 8, Apache (standard LAMP / shared hosting)
- Modern mobile or desktop browser; responsive layout
- Food database ships with ~80 Indian dishes; coach-editable
- No external APIs required

08. Expected Outcomes

- Clients logging meals, weight and habits in about a minute a day.
- Weight-trend and adherence charts building over the plan duration.
- Coaches spotting slipping clients early and adjusting plans in one click.
- A complete student kit: source code, sample data, report, PPT and viva Q&A.;

09. Applications

- Diet and nutrition coaching practices
- Gym and wellness-centre nutrition programs
- Corporate wellness weight-management cohorts
- College project demonstrating two-sided coaching products

10. Future Scope

- Barcode/GPS-free photo food diary as an optional log mode
- Smart-scale integration for automatic weigh-ins
- Regional dish packs for the food database
- Group challenges and leaderboards for coaching cohorts