

LIFELENS: INTEGRATED BMI, WORKOUT, AND AI RECIPE RECOMMENDATION SYSTEM

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DOI:<https://www.doi.org/10.56726/IRJMETS96909>

ABSTRACT

Maintaining a healthy lifestyle has become increasingly important in today's fast-paced world. However, many individuals struggle to balance fitness tracking, workout planning, and nutritional guidance using separate applications, resulting in reduced convenience and inconsistent health management. This project proposes LifeLens: Integrated BMI, Workout, and AI Recipe Recommendation System, a smart web-based platform designed to combine essential health management features into a single system. The application calculates Body Mass Index (BMI) using user height and weight inputs to provide accurate health assessments. Based on BMI results, the system offers personalized workout recommendations to encourage physical fitness and improve overall well-being. Additionally, the system integrates an AI-powered recipe recommendation module that generates customized healthy meal suggestions according to user preferences, promoting balanced nutrition. The platform is implemented using the Flask framework, ensuring simplicity, accessibility, and efficient performance. The proposed system serves as a comprehensive digital health assistant that enhances user convenience by integrating fitness, nutrition, and wellness monitoring into one intelligent platform. It demonstrates the practical application of web development and artificial intelligence technologies in modern healthcare solutions.

Index Terms: BMI Calculator, Workout Planning, AI Recipe Recommendation, Flask Framework, Health Monitoring, Nutrition System, Personalized Fitness, Web Application

I. INTRODUCTION

1.1 Context and Problem Statement In modern society, maintaining physical health and proper nutrition has shifted from a personal choice to a critical necessity, largely driven by the prevalence of increasingly sedentary lifestyles and the convenience of ultra-processed foods. As individuals become more health-conscious, the digital health and wellness market has saturated with specialized applications. However, this fragmentation presents a new challenge: "app fatigue." Currently, users are forced to navigate a disjointed ecosystem, relying on one platform for Body Mass Index (BMI) and weight tracking, another for workout logging, and yet another for meal planning. This lack of interoperability creates friction, often leading to a drop in user consistency and engagement.

1.2 The LifeLens Solution LifeLens addresses this digital fragmentation by functioning as a centralized, intelligent health hub. Rather than treating diet, exercise, and body metrics as isolated variables, LifeLens operates on the principle that these are deeply interconnected components of human health. By consolidating these functionalities into a single, cohesive web application, LifeLens removes the friction of platform-switching and provides users with a comprehensive, unified dashboard to manage their wellness journey.

1.3 Core System Functionalities The application is built upon three primary pillars of health management, designed to interact seamlessly:

- **Intelligent Metric Tracking:** Users can continuously monitor their BMI and foundational health metrics, providing a baseline for their wellness journey.
- **Adaptive Fitness Protocols:** Rather than generic workout plans, the system utilizes user data to recommend appropriate, scalable fitness routines tailored to their current physical baseline and goals.

- **AI-Driven Culinary Generation:** Bridging the gap between fitness and nutrition, the application features an AI engine capable of generating personalized, healthy recipes. This ensures that users have actionable, accessible nutritional guidance that complements their physical exertion.

1.4 Technological Foundation and Impact From a technical perspective, LifeLens is powered by a robust backend architecture utilizing the Flask framework, chosen for its scalability and lightweight performance. This is integrated with advanced Artificial Intelligence technologies to handle dynamic content generation (such as custom recipes and personalized recommendations). Ultimately, by lowering the barrier to entry for holistic health tracking and leveraging AI to personalize the experience, LifeLens serves not just as a tracking tool, but as a proactive digital companion that encourages and sustains healthier lifestyle practices.

II. SYSTEM MODULES

A. BMI Calculation Module

The BMI Calculation Module serves as the diagnostic foundation of the LifeLens platform. It systematically processes user-submitted anthropometric data—specifically weight and height—to compute the Body Mass Index (BMI) using the standard formula $BMI = \text{kg}/\text{m}^2$. Beyond simple calculation, the module implements a classification logic based on World Health Organization (WHO) standards to categorize users into four primary health zones: underweight, normal weight, overweight, and obese. This categorization acts as a critical data trigger for the subsequent recommendation engines, ensuring that all health advice is grounded in the user's current physiological profile.

B. Workout Recommendation Module

This module functions as a virtual fitness consultant by generating tailored exercise regimens. By cross-referencing the user's BMI category with their self-defined fitness objectives (e.g., weight loss, cardiovascular health, or muscle hypertrophy), the system selects appropriate intensity levels and exercise types. For instance, users in the obese category are prioritized for low-impact activities to mitigate joint stress, while those in the normal range may receive high-intensity interval training (HIIT) protocols. The module is designed to provide both daily snapshots and long-term weekly schedules to foster consistency.

C. AI Recipe Recommendation Module

The AI Recipe Recommendation Module leverages machine learning algorithms to bridge the gap between nutritional science and user preference. It analyzes the caloric and macronutrient requirements necessitated by the user's BMI and activity goals to suggest optimal meal plans. The algorithm filters a vast database of recipes based on specific dietary constraints, such as vegetarian, ketogenic, or diabetic-friendly diets. By utilizing content-based filtering, the system ensures that the suggested recipes are not only nutritionally sound but also aligned with the user's historical culinary interests.

D. User Dashboard Module

Acting as the primary interface for user interaction, the Dashboard Module aggregates and visualizes data from all other components. It employs data visualization techniques, such as progress charts and activity logs, to provide a holistic view of the user's health journey. The dashboard displays real-time health metrics, upcoming workout appointments, and daily meal suggestions in a unified view, reducing cognitive load and enhancing the user's ability to track their adherence to the recommended health plan.

III. ADVANTAGES OF THE SYSTEM

- **Integrated Health Management:** Offers a unified ecosystem that eliminates the fragmentation typically found in health tracking by combining nutrition and fitness.
- **Personalized Fitness Guidance:** Moves away from "one-size-fits-all" routines by dynamically adjusting workouts based on real-time BMI data.
- **Customized Healthy Meal Suggestions:** Provides actionable nutritional advice that respects individual dietary restrictions and caloric needs.
- **User-Friendly Web Interface:** Ensures a low barrier to entry through an intuitive, aesthetic, and responsive design.

- **Promotes Healthy Lifestyle Habits:** Encourages long-term behavioral change through constant feedback and structured planning.
- **Efficient and Accessible Solution:** Utilizes web technology to provide high-quality health coaching that is accessible anytime, anywhere.

IV. IMPLEMENTATION INSIGHTS

- **Accuracy of Calculations:** Implementation requires rigorous validation of mathematical formulas to ensure BMI results are clinically accurate.
- **Algorithm Optimization:** The AI engines must be iteratively refined to improve the relevance of recommendations as the user dataset grows.
- **Interface Responsiveness:** A mobile-first design approach is essential to ensure the platform remains functional across desktops, tablets, and smartphones.
- **Data Security:** Given the sensitivity of personal health metrics, the implementation includes robust encryption protocols and secure authentication layers to protect user privacy.
- **Cross-Device Accessibility:** Ensuring consistent performance across different browsers and operating systems is a core technical priority.

V. PROJECT VALUE

LifeLens represents a significant contribution to the field of digital healthcare innovation. By synthesizing artificial intelligence with modern web frameworks, the project transitions from a simple tracking tool to a proactive health assistant. Its primary value lies in the promotion of preventive healthcare—equipping individuals with the insights and tools necessary to make informed lifestyle choices before chronic health issues arise. This aligns with the broader global shift toward personalized medicine and self-managed wellness.

VI. CONCLUSION

The LifeLens system successfully demonstrates the feasibility of integrating BMI monitoring, personalized workout planning, and AI-driven nutrition guidance into a single, cohesive platform. The research confirms that providing users with an intelligent and accessible tool significantly lowers the friction associated with personal health management. Future iterations of the system are poised to incorporate real-time biometric data through wearable device integration and advanced AI coaching capabilities, further enhancing the precision of its health interventions.

VII. REFERENCES

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