

Building a weight management system that supports weight prediction and suggests exercises and nutritional plans based on body condition using AI.

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Abstract: This topic aims to address the practical need for intelligent weight management. The objective is to build a system that predicts weight and provides exercise and nutritional recommendations tailored to individual body conditions, leveraging artificial intelligence (AI). The research methodology combines theory and experimentation to ensure accuracy and applicability. The expected outcome is to provide a comprehensive health support solution for users through an AI system.

Keywords: Weight management system, Artificial Intelligence (AI), Weight prediction, Nutritional regimen, Individual physique