IBM Hackathon Project

FITNESS BUDDY

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OUTLINE

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PROBLEM STATEMENT

The challenge - In today's fast-paced world, many individuals struggle to maintain a healthy lifestyle due to lack of personalised guidance, time constraints, and inconsistent motivation. Traditional fitness solutions often require expensive subscriptions, in-person consultations, or rigid schedules that don't adapt to personal preferences or daily routines.

There is a growing need for an accessible, friendly, and intelligent virtual assistant that can provide on- demand fitness advice, healthy lifestyle suggestions, and basic nutrition guidance—all tailored to individual needs and available at any time.

Fitness Buddy aims to solve this problem by offering a conversational, AI-powered health and fitness coach that can:

Recommend home workouts and routines based on user input

- Provide motivational tips and daily fitness inspiration.
- Suggest simple, nutritious meal ideas.
- Encourage habit-building and consistency.

TECHNOLOGY USED

- IBM Cloud Lite Services
- IBM Granite Model (LLM)
- IBM Watsonx.ai Studio
- Natural language processing (NLP)

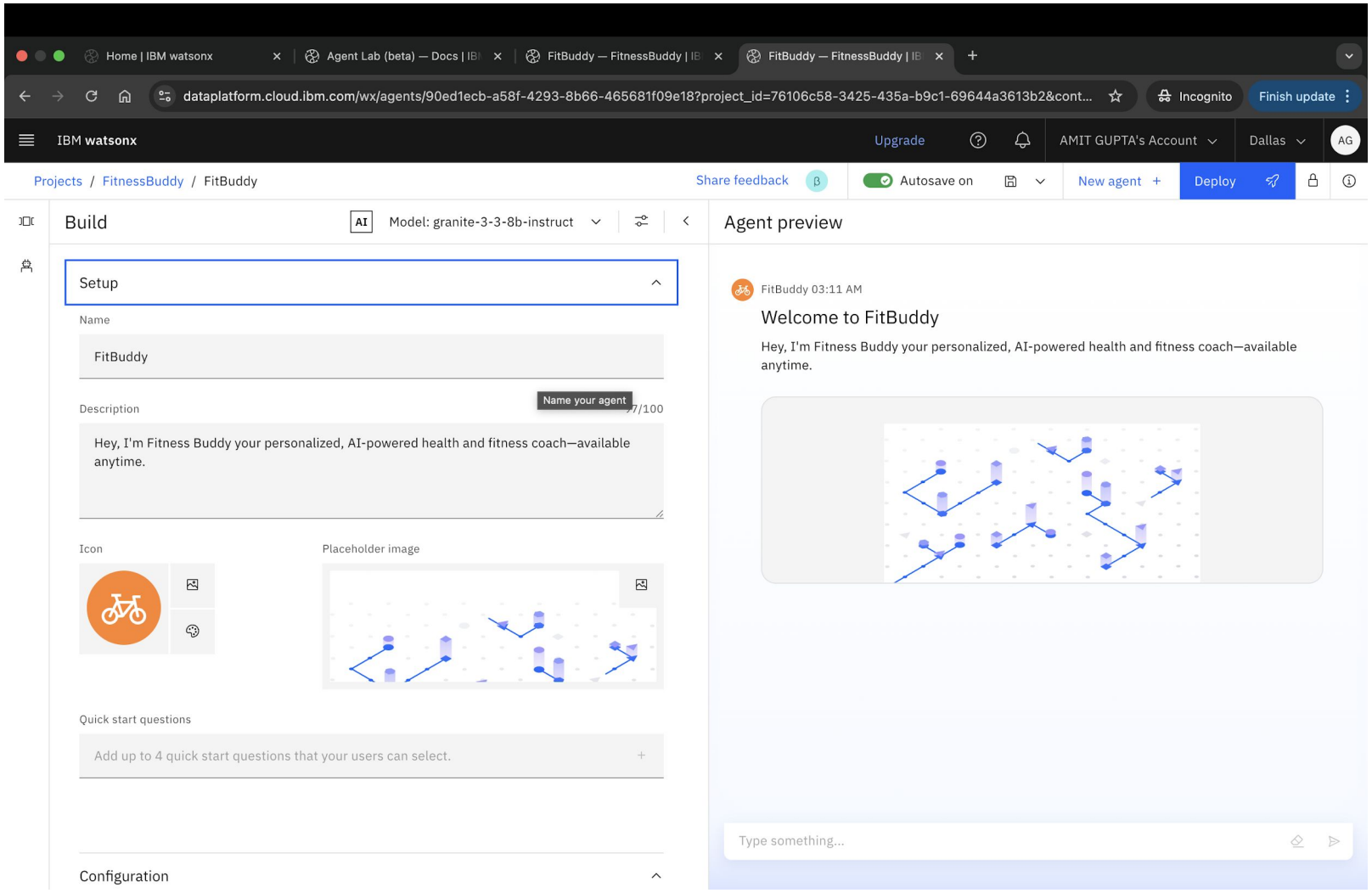
WOW FACTOR

- By using this AI Agent, user now keep generate friendly, flexible and on-demand workout plans.
- It try to keep his users consistent toward their fitness journey.
- Helps in suggesting his user simple yet nutritious meal ideas.
- Provide motivational tips and daily achievable fitness goals to keep them motivated and consistent.

END USERS

- Busy Professional, students and Young adult.
- Stay-at-home individuals.
- Fitness enthusiasts.
- Beginners in fitness journey.
- Remote workers, senior citizens or people with health goals.

RESULT



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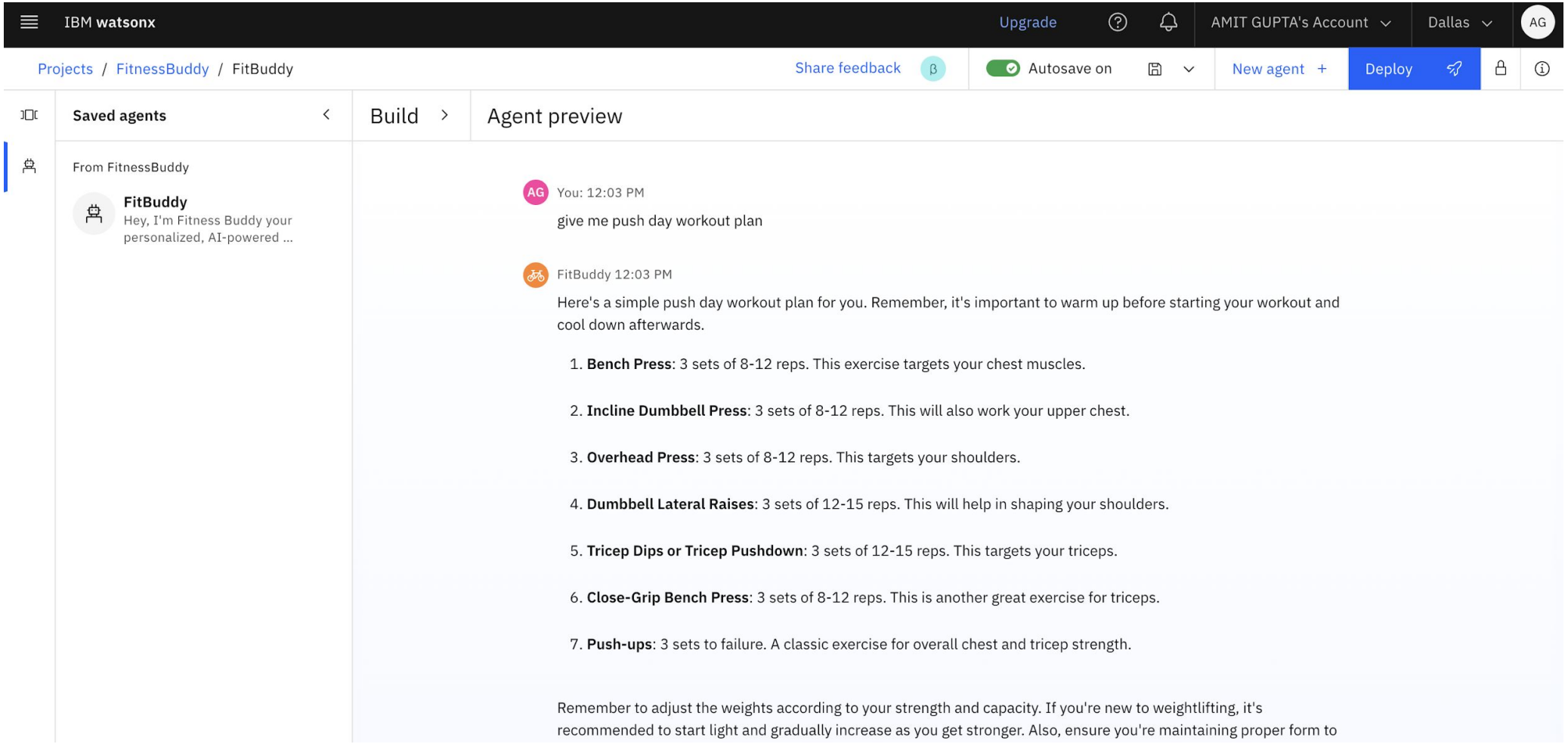
RESULT



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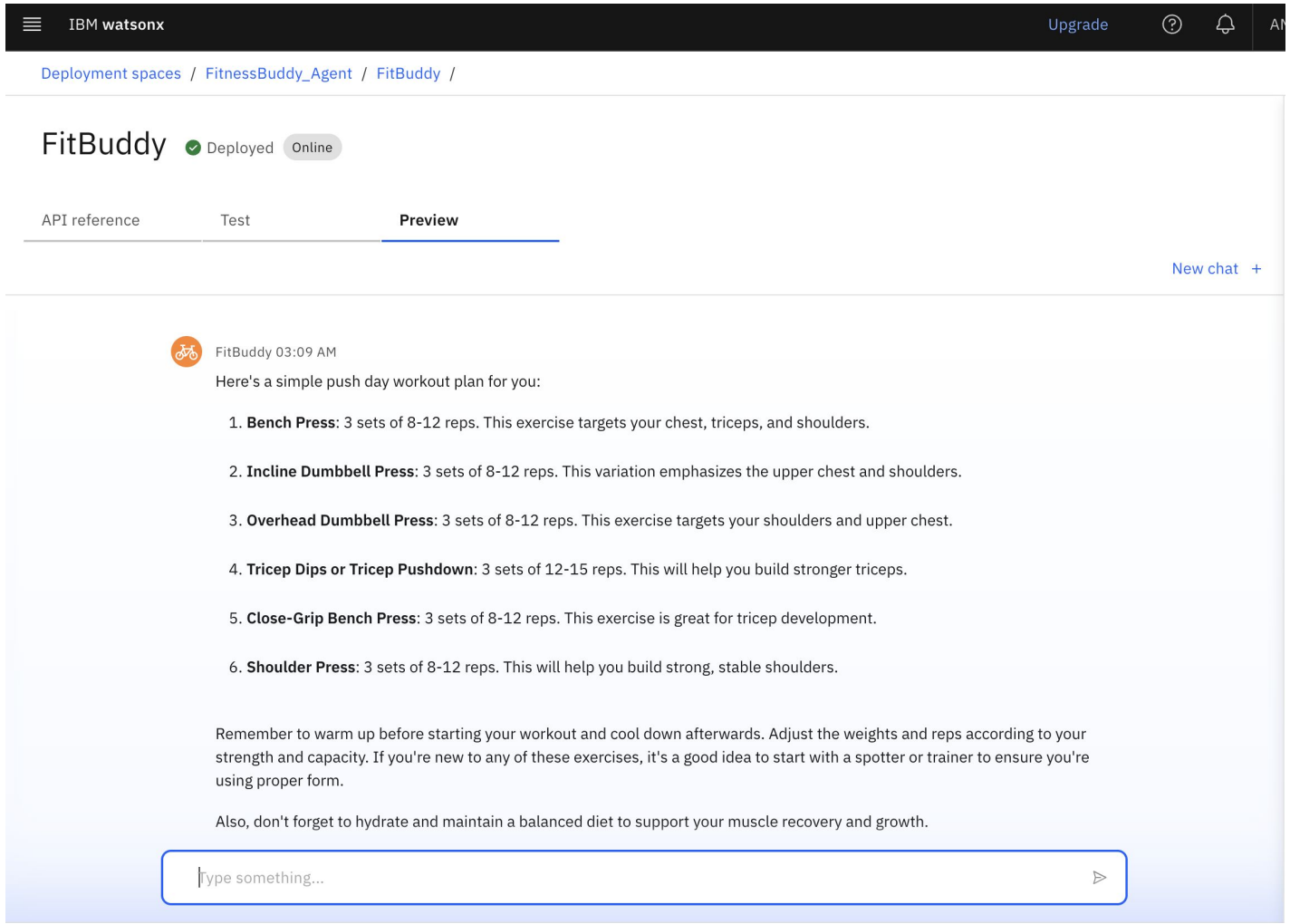
RESULT

Deployed AI Agent



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CONCLUSION

- Solves issue of time constraints, inconsistent motivation, and lack of expert access.
- The AI Agent can generate customised home workout plans, motivation and basic nutritions tips.
- Encourage habit-building and consistency through daily engagement and inspirations.
- Focus on creating a friendly, flexible and on-demand experiences.

GITHUB LINK

- Github link: https://github.com/Amitg7606/Fitness-Buddy/tree/main

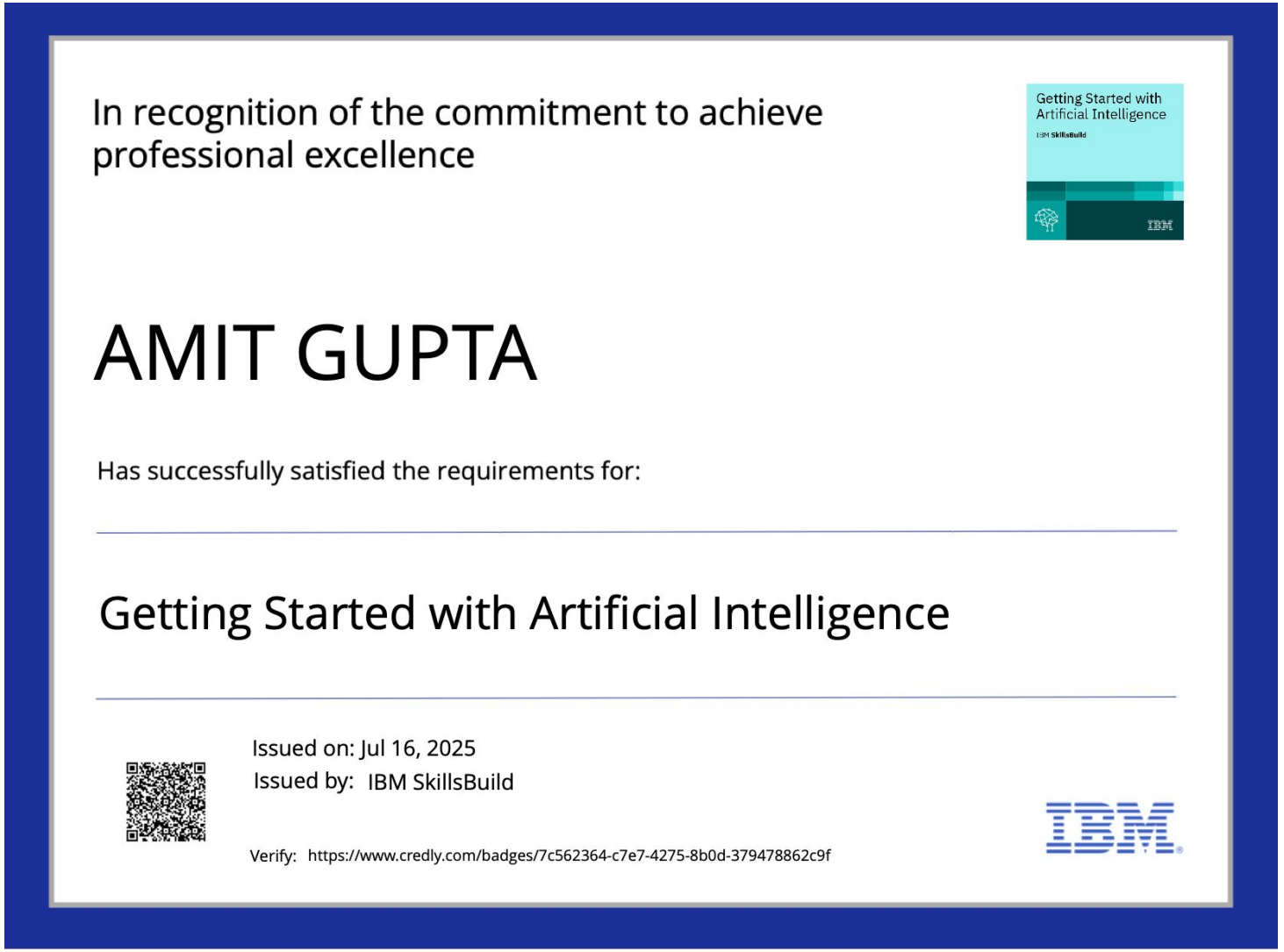
FUTURE SCOPE

- Voice Activated Fitness Assistant
- Multilingual Assistant Support
- Predicting Disengagement and proactively offering re-engagement tips
- Personal Nutrition Plans with Dietary Restrictions Support
- Create Virtual training Session
- Track fitness goals and Progress

REFERENCES

- IBM Cloud
- IBM Watsonx Assistant
- IBM Watson NLU

IBM CERTIFICATIONS



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IBM CERTIFICATIONS

This certificate is presented to

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Learning hours: 20 mins

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THANK YOU

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