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# IBM Hackathon Project

## FITNESS BUDDY

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# OUTLINE

- Problem Statement
- Technology Used
- Wow Factor
- End Users
- Result
- Conclusion
- GitHub Link
- Future Scope
- References
- IBM Certificate

# 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.

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# 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.

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# 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

Home | IBM watsonx

Agent Lab (beta) — Docs | IBM

FitBuddy — FitnessBuddy | IBM

FitBuddy — FitnessBuddy | IBM

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☆ Incognito Finish update

☰ IBM watsonx

Upgrade ? 🔔

AMIT GUPTA's Account ▾ Dallas ▾ AG

Projects / FitnessBuddy / FitBuddy

Share feedback β Autosave on 📁 ▾ New agent + Deploy 🔒 ⓘ


Build


AI Model: granite-3-3-8b-instruct 🔗 <

Setup

Name  
FitBuddy

Description  
Hey, I'm Fitness Buddy your personalized, AI-powered health and fitness coach—available anytime.

Icon  


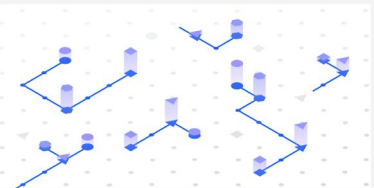
Placeholder image  


Quick start questions  
Add up to 4 quick start questions that your users can select. +

Configuration

Agent preview

FitBuddy 03:11 AM  
Welcome to FitBuddy  
Hey, I'm Fitness Buddy your personalized, AI-powered health and fitness coach—available anytime.



Type something... 🔍 🗑️

# RESULT

IBM watsonx

Upgrade ?

AMIT GUPTA's Account

Dallas

AG

Projects / FitnessBuddy / FitBuddy

Share feedback β

Autosave on

New agent +

Deploy

Saved agents

<

Build

>

Agent preview

From FitnessBuddy

FitBuddy

Hey, I'm Fitness Buddy your personalized, AI-powered ...

AG

You: 12:03 PM

give me push day workout plan

FitBuddy

FitBuddy 12:03 PM

Here's a simple push day workout plan for you. Remember, it's important to warm up before starting your workout and cool down afterwards.

1. **Bench Press:** 3 sets of 8-12 reps. This exercise targets your chest muscles.

2. **Incline Dumbbell Press:** 3 sets of 8-12 reps. This will also work your upper chest.

3. **Overhead Press:** 3 sets of 8-12 reps. This targets your shoulders.

4. **Dumbbell Lateral Raises:** 3 sets of 12-15 reps. This will help in shaping your shoulders.

5. **Tricep Dips or Tricep Pushdown:** 3 sets of 12-15 reps. This targets your triceps.

6. **Close-Grip Bench Press:** 3 sets of 8-12 reps. This is another great exercise for triceps.




7. **Push-ups:** 3 sets to failure. A classic exercise for overall chest and tricep strength.

Remember to adjust the weights according to your strength and capacity. If you're new to weightlifting, it's recommended to start light and gradually increase as you get stronger. Also, ensure you're maintaining proper form to



# RESULT

## Deployed AI Agent

 IBM watsonx Upgrade   AN


[Deployment spaces](#) / [FitnessBuddy\\_Agent](#) / [FitBuddy](#) /

### FitBuddy

✓ Deployed Online

[API reference](#) [Test](#) [Preview](#)


[New chat](#) +

 FitBuddy 03:09 AM  
Here's a simple push day workout plan for you:

1. **Bench Press:** 3 sets of 8-12 reps. This exercise targets your chest, triceps, and shoulders.
2. **Incline Dumbbell Press:** 3 sets of 8-12 reps. This variation emphasizes the upper chest and shoulders.
3. **Overhead Dumbbell Press:** 3 sets of 8-12 reps. This exercise targets your shoulders and upper chest.
4. **Tricep Dips or Tricep Pushdown:** 3 sets of 12-15 reps. This will help you build stronger triceps.
5. **Close-Grip Bench Press:** 3 sets of 8-12 reps. This exercise is great for tricep development.
6. **Shoulder Press:** 3 sets of 8-12 reps. This will help you build strong, stable shoulders.

Remember to warm up before starting your workout and cool down afterwards. Adjust the weights and reps according to your strength and capacity. If you're new to any of these exercises, it's a good idea to start with a spotter or trainer to ensure you're using proper form.

Also, don't forget to hydrate and maintain a balanced diet to support your muscle recovery and growth.



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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 nutrition 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>

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# 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

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# REFERENCES

- IBM Cloud
- IBM Watsonx Assistant
- IBM Watson NLU

# IBM CERTIFICATIONS

In recognition of the commitment to achieve  
professional excellence



## AMIT GUPTA

Has successfully satisfied the requirements for:

### Getting Started with Artificial Intelligence



Issued on: Jul 16, 2025  
Issued by: IBM SkillsBuild

Verify: <https://www.credly.com/badges/7c562364-c7e7-4275-8b0d-379478862c9f>



# IBM CERTIFICATIONS



This certificate is presented to

AMIT GUPTA

for the completion of

**Lab: Retrieval Augmented Generation with  
LangChain**

(ALM-COURSE\_3824998)

According to the Adobe Learning Manager system of record

**Completion date:** 27 Jul 2025 (GMT)

**Learning hours:** 20 mins



**THANK YOU**