## **IBM Hackathon Project**

## **FITNESS BUDDY**

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#### **OUTLINE**

- Problem Statement
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- 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.



## **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.

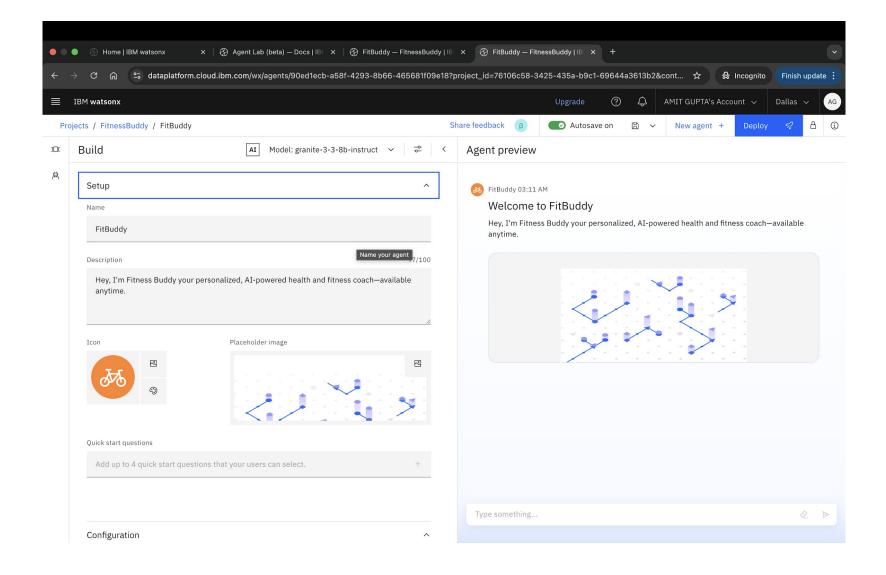


## **END USERS**

- 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.

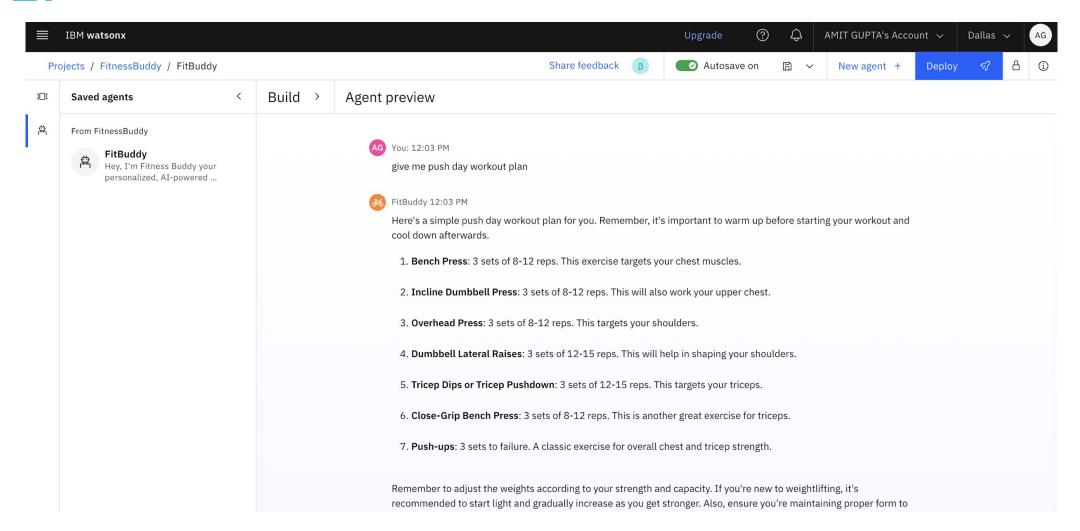


## **RESULT**





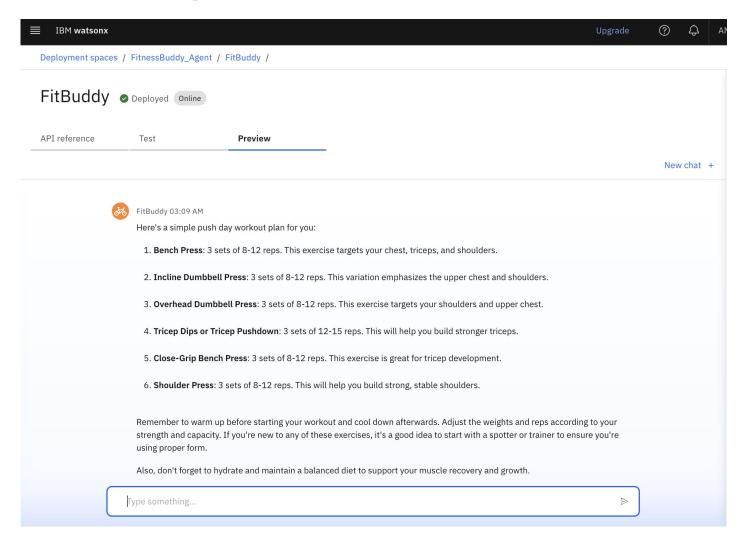
#### **RESULT**





## **RESULT**

#### **Deployed AI Agent**





## 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: <a href="https://github.com/Amitg7606/Fitness-Buddy/tree/main">https://github.com/Amitg7606/Fitness-Buddy/tree/main</a>



## **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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This certificate is presented to

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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**

