IBM HACKATHON PROJECT

FITNESS AGENT

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OUTLINE

- Problem Statement
- Technology used
- Wow factor
- End users
- Result
- Conclusion
- Git-hub Link
- Future scope
- IBM Certifications



PROBLEM STATEMENT

- The Challenge
- In today's fast-paced world, many individuals struggle to maintain a healthy lifestyle due to:
- Lack of personalized fitness and nutrition guidance
- Time constraints and irregular routines
- Low motivation or inconsistent accountability
- High costs of traditional fitness programs
- Overwhelming and often conflicting health information online



TECHNOLOGY USED

IBM cloud lite services

Natural Language Processing (NLP)

Retrieval Augmented Generation (RAG)

IBM Granite model



IBM CLOUD SERVICES USED

- IBM Cloud Watsonx Al Studio
- IBM Cloud Watsonx AI runtime
- IBM Cloud Agent Lab
- IBM Granite foundation model



WOW FACTORS

- This fitness agent will greatly reduce the time users spend searching for reliable health information, enhance the quality of workout and nutrition planning, and support users—especially beginners—in staying consistent with their goals. It also encourages healthy habits and motivation through personalized guidance.
- Unique features:
- Personalized fitness and nutrition plans based on user goals and preferences
- Natural conversation for workout queries, dietary advice, and habit tracking
- Smart memory to adapt suggestions over time based on user progress
- Daily motivational prompts and wellness check-ins
- Progress tracking and feedback using conversational history
- Suggests new exercises, diets, or routines based on user data and fitness trends

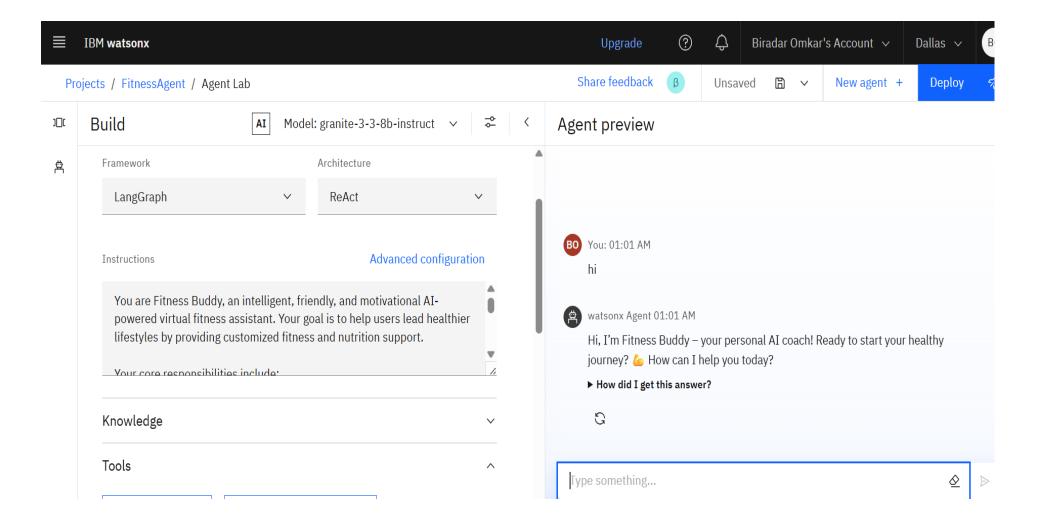


END USERS

- Fitness enthusiasts
- Beginners starting workouts
- People with specific health goals
- Busy professionals
- Health coaches and trainers
- App developers and fitness platforms

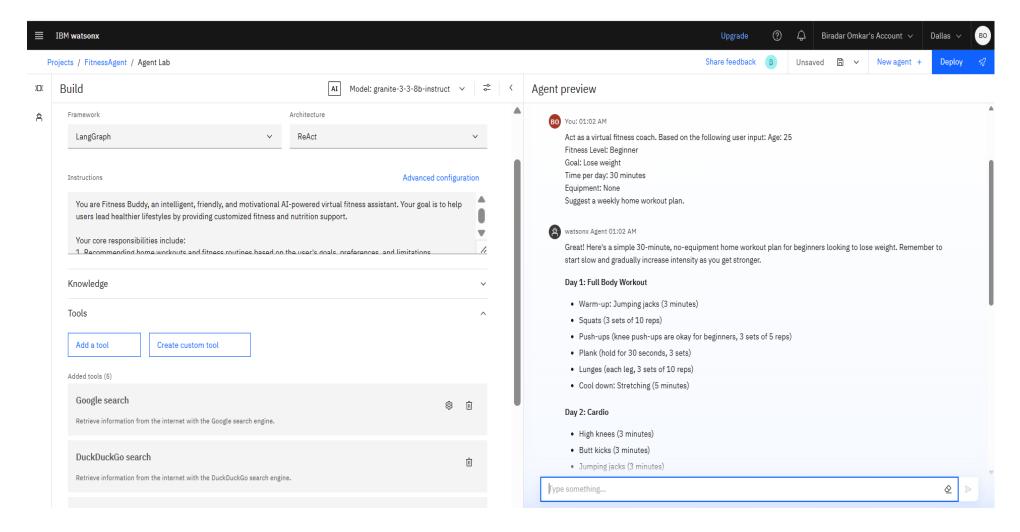


RESULTS



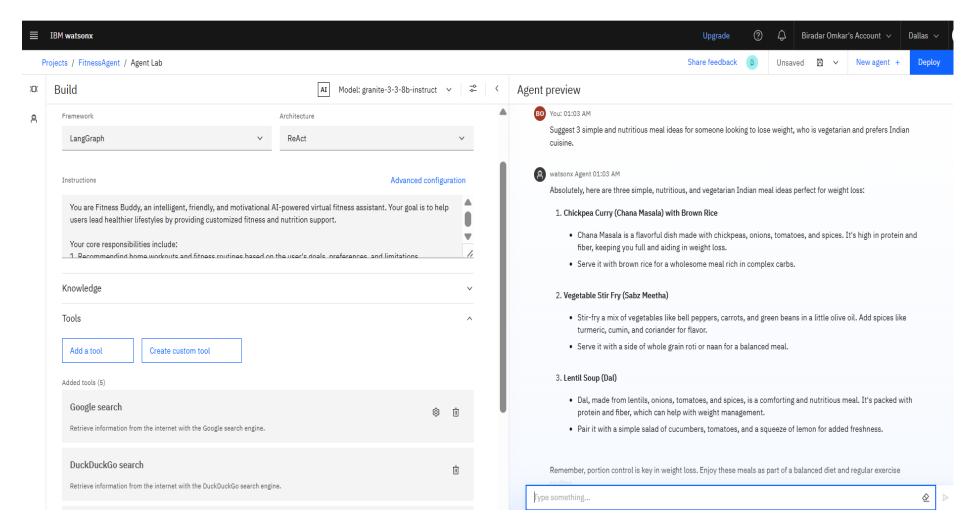


WORKOUT RECOMMENDATION PROMPTS





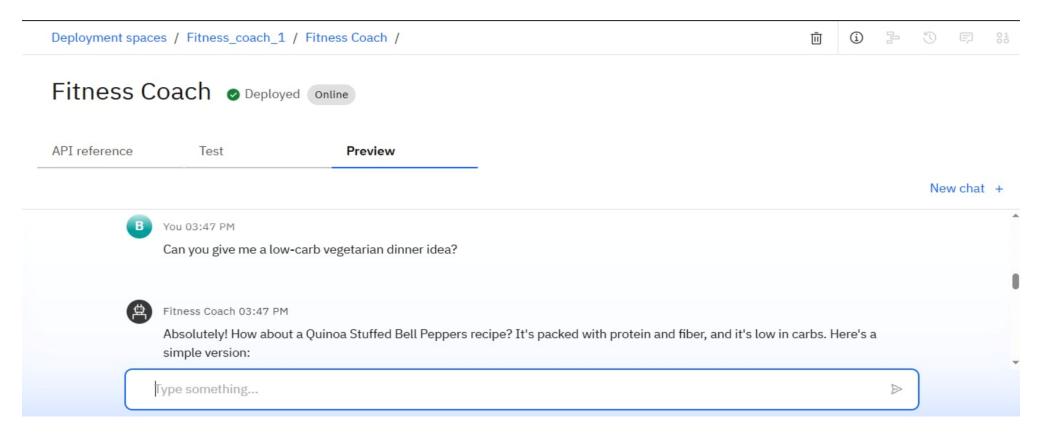
MEAL & NUTRITION ADVICE PROMPTS





RESULTS

Deployed AI Agent





CONCLUSION

- Fitness Agent is a smart virtual assistant that helps people stay
 healthy and fit. It gives personalized workout plans, meal suggestions,
 and daily tips based on your goals and lifestyle.
- It saves time by creating quick reports, reminding you to stay active, and adjusting plans when needed. No need for a trainer or dietitian just ask the agent for help anytime.
- Perfect for busy people who want to stay healthy without the hassle.



GITHUB LINK

https://github.com/BiradarOmkar/FitnessAgent.git



FUTURE SCOPE

- Multilingual Fitness Support
- Voice-Activated Fitness Assistant
- Real-Time Workout and Diet Tracking
- Personalized Goal Suggestions and Tips
- Integration with Health Apps and Devices
- Al-Assisted Report and Plan Generation



IBM CERTIFICATIONS

In recognition of the commitment to achieve professional excellence



Biradar Omkar

Has successfully satisfied the requirements for:

Getting Started with Artificial Intelligence



Issued on: Jul 21, 2025 Issued by: IBM SkillsBuild

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IBM SkillsBuild

Completion Certificate



This certificate is presented to

Biradar omkar Biradar

for the completion of

Lab: Retrieval Augmented Generation with LangChain

(ALM-COURSE_3824998)

According to the Adobe Learning Manager system of record

Completion date: 25 Jul 2025 (GMT)

Learning ho



THANK YOU

