

Data Mining

Grupo 6

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Champi



Theme



Data Sources



Large Language Model (LLM)



Project Work Plan

A photograph of a dumbbell and weight plates on a concrete floor. The dumbbell is positioned diagonally across the upper right portion of the image. Several weight plates are stacked in the lower right corner. The word "Theme" is written in a bold, white, sans-serif font inside a red rectangular box in the upper left area of the photograph.

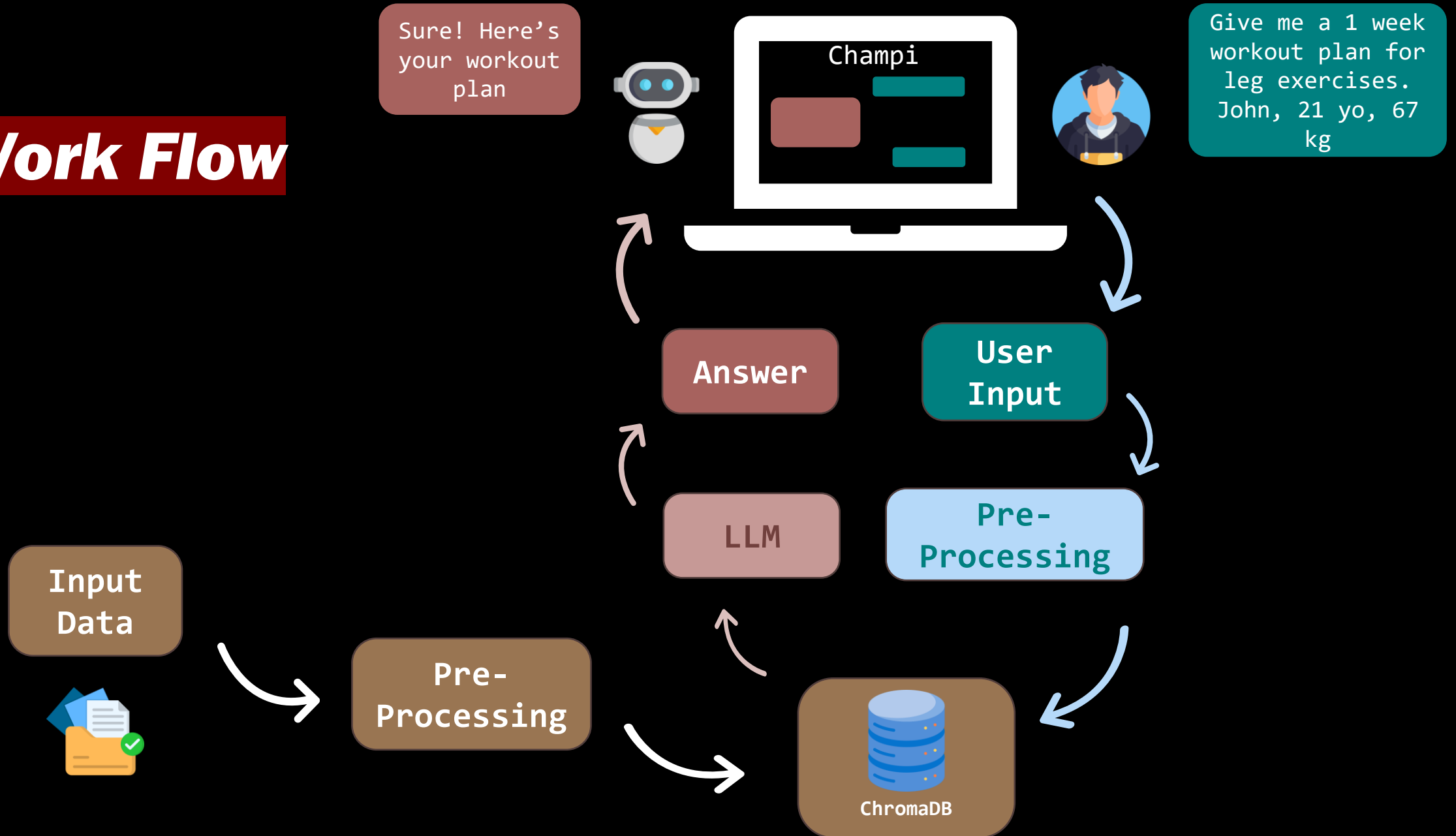
Theme

Champi

Training Assistant

- Chat that creates personalized training plans.
- Suggests exercises and challenges according to the user's age, weight, goals, etc.
- Nutrition Tips

Work Flow





developer



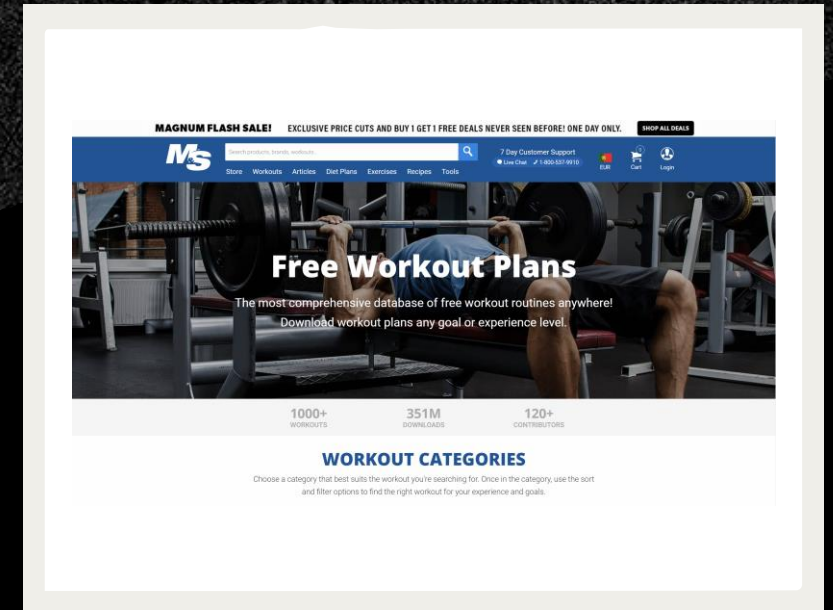
API Ninjas

Data Sources

APIs:

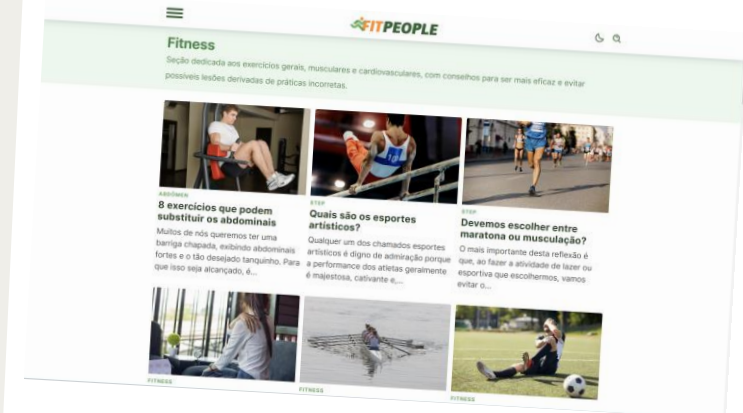
- <https://www.api-ninjas.com/api/exercises>
- <https://dev.fitbit.com/build/reference/web-api/>

Data Sources



Text Documents

- <https://www.muscleandstrength.com/workout-routines>
- https://fitpeople.com/pt/fitness/#google_vignette



Data Sources

Datasets:

- <https://www.kaggle.com/datasets/omarxadel/fitness-exercises-dataset>
- <https://www.kaggle.com/datasets/niharika41298/gym-exercise-data>

Fitness Exercises Dataset

Contains 1300 exercises with exercise data and animated GIFs.



Gym Exercise Dataset

All exercise data for workouts done at the gym. Has more than 2500+ exercises.





RAG (Retrieval-Augmented Generation) is a technique that combines relevant information recuperation with text generation to create accurate, contextually relevant responses in large language models such as GPT-3.

- **Accuracy and Relevance:** enhances the accuracy of training recommendations, ensuring they are specifically relevant to each user.
- **Adaptability:** allows the chatbot to adapt to different fitness levels and training goals, offering personalized recommendations.
- **Efficiency:** saves time and computational resources, without the need to retrain the model for each new recommendation.
- **Innovation:** adopts an innovative approach to generating training recommendations, leveraging language models' ability to understand and respond accurately.

Project Work Plan

