

IBM PROJECT

FITNESS BUDDY

Presented By: Chaitanya zalke final year b tech student

Student name : Chaitanya Zalke

**College Name & Department : J D college of engineering and
management & Electronics and Tele - communications**

OUTLINE

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PROBLEM STATEMENT

In today's fast-paced world, many individuals struggle to maintain a healthy lifestyle due to lack of personalized 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 anytime.

TECHNOLOGY USED

- IBM Watson Assistant
- IBM Granite Model
- IBM Cloud Lite
- Variables

IBM CLOUD SERVICES USED

- BM Watson Assistant
- IBM Granite Model
- IBM Cloud Lite

WOW FACTORS

- Fitness Buddy stands out with its personalized, conversational AI experience using IBM Watson Assistant. It offers tailored workout plans based on user goals and time, all through an intuitive, button-based interface. The assistant is always available, making fitness guidance accessible 24/7 without expensive trainers. With future integration of IBM Granite, it can generate dynamic motivational quotes and healthy meal suggestions, creating a truly intelligent, scalable, and user-friendly virtual fitness coach.

END USERS

- Academic Researchers
- Research Institutions and Universities
- Industry R&D Teams
- Educators

RESULTS

Preview assistant

Copy link to share



Change layout



Change background



Customize web chat



Sample website

Fitness Buddy



Hi! I'm a virtual assistant.
How can I help you today?

Suggest Workout

Example: Check account balance

Example: See how I can help

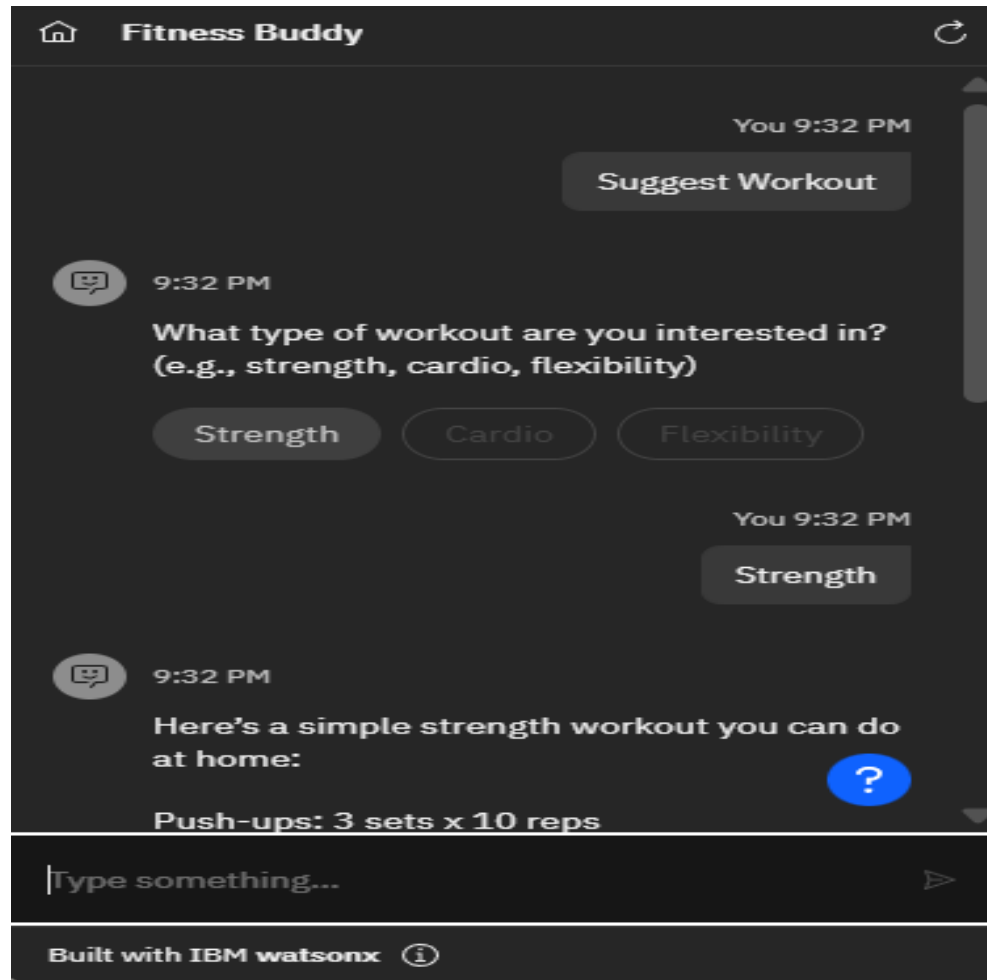
Type something...



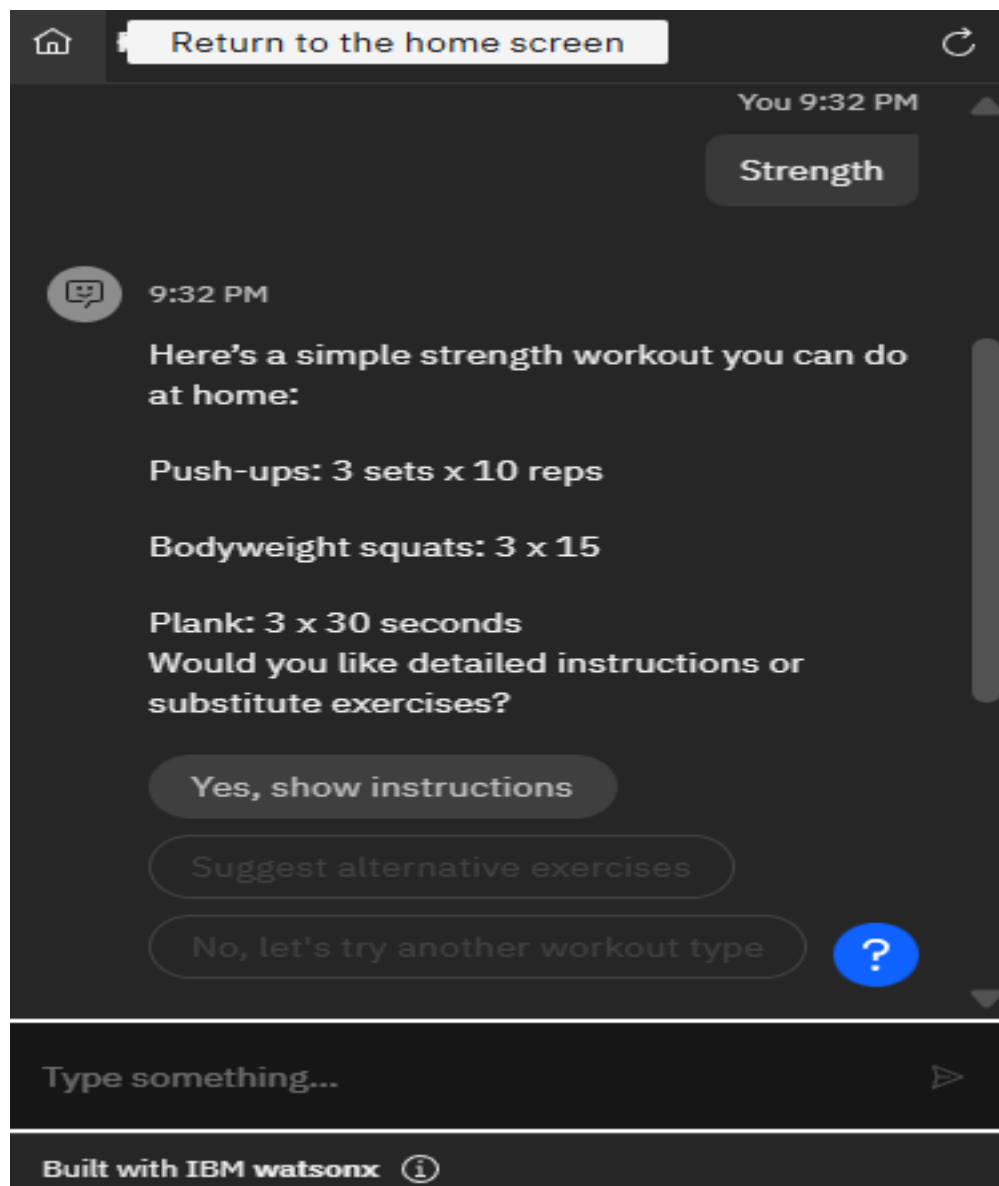
Built with IBM watsonx



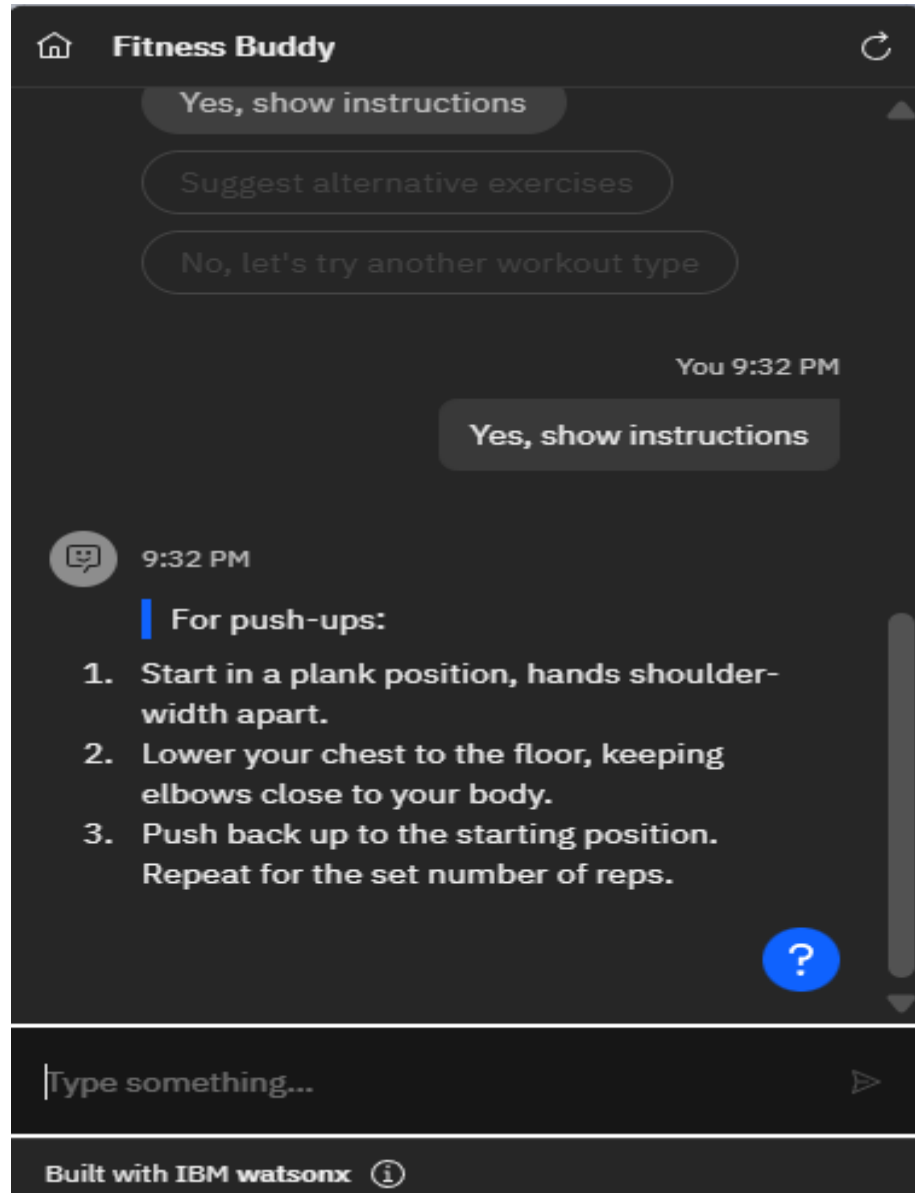
RESULTS



RESULTS



RESULTS



CONCLUSION

- Fitness Buddy is a smart, accessible, and personalized virtual fitness coach designed to promote healthier lifestyles. By leveraging IBM Watson Assistant and IBM Cloud services, it offers customized workout plans, motivational tips, and nutritious meal suggestions—all in a conversational, user-friendly format. With the potential of IBM Granite integration, Fitness Buddy can evolve into a truly intelligent wellness companion that adapts to user needs anytime, anywhere. It eliminates the need for costly fitness plans, making healthy living simple, engaging, and scalable.

FUTURE SCOPE

- Integration with wearables for real-time fitness tracking
- Use of IBM Granite for dynamic workout/meal/motivation generation
- Voice-based assistant for hands-free interaction
- Habit streaks and progress dashboards
- Multilingual support for wider accessibility
- Smart reminders for hydration, meals, and workouts
- Integration with mobile apps and health platforms (e.g., Google Fi

IBM CERTIFICATIONS

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Completion Certificate



This certificate is presented to
Chaitanya zalke

for the completion of
**Lab: Retrieval Augmented Generation with
LangChain**
(ALM-COURSE_3824998)

According to the Adobe Learning Manager system of record

Completion date: 21 Jul 2025 (GMT)

Learning hours: 20 mins

GITHUB LINK

Git hub link : <https://github.com/Chaitanya122004/Fitness-Buddy>



THANK YOU