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# **IBM AICTE PROJECT**

## **FITNESS AI BUDDY – AI-POWERED HEALTH & FITNESS MENTOR**

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# OUTLINE

- **Problem Statement**
- **Proposed Solution**
- **Technology implement**
- **Highlights**
- **Benefit For**
- **Result**
- **Conclusion**
- **Git-hub Link**
- **Future scope**
- **IBM Certifications**

# PROBLEM STATEMENT

In today's fast-paced world, maintaining a healthy lifestyle is a major challenge. Lack of personalized guidance, time constraints, and fluctuating motivation often hinder consistency. Traditional fitness services are expensive, time-bound, and inflexible.

Key issues:

Gym memberships go unused.

Meal plans are hard to maintain.

In-person consultations aren't always accessible.

🔍 Need: A smart, affordable, and always-available solution.

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# PROPOSED SOLUTION

Fitness AI Buddy is an intelligent virtual agent designed to make fitness coaching more human, more flexible, and more effective—without the high cost or rigid schedules.

🔍 What it offers:

- 24/7 smart chat-based coaching.
- Get **customized diet and workout suggestions.**
- Positive reinforcement, reminders, and habit reinforcement techniques

✨ Why it works:

- It blends personalized insights with AI-driven consistency, creating a fitness experience that adapts to you—not the other way around.
- Build sustainable health habits with minimal effort.

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# TECHNOLOGY IMPLEMENT

- IBM cloud lite services
- Natural Language Processing (NLP)
- Retrieval Augmented Generation (RAG)
- Prompt-based AI technology for conversational flows
- IBM Granite model

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# IBM CLOUD SERVICES USED

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

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# OVERVIEW

🌀 **Mood-Based Recommendations** – Tired? Get a stretch plan. Energetic? Try HIIT.

🍽️ **Fridge Mode** – Suggests meals based on what's actually in your fridge

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🎯 **Nano Goals** – Micro-achievements that build confidence over time.

💡 **AI Curiosity Mode** – Learns and adapts when you change habits.

🎧 **“Talk to Me” Mode** – Offers motivational talk or calming sessions..

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# CORE USERS

- **Busy professionals** looking for flexible fitness solutions..
- **Students** with irregular routines.
- **Home-makers** who need guided workouts at home.
- **Fitness beginners** hesitant to join gyms.
- **Wellness coaches** who need an AI-powered support tool.



# RESULTS



FitnessAiBuddy 12:37 PM

## Welcome to FitnessAiBuddy

Transform your fitness journey with FitnessAiBuddy the cutting-edge AI technology that help you build



Sample questions

# RESULTS



12:12:38 PM

I want to lose weight. Can you help me?



FitnessAiBuddy 12:38 PM

Here are some tips to help you lose weight:

1. Eat at least four servings of vegetables and three servings of fruits a day.
2. Have whole grains, such as brown rice, whole-wheat bread, and whole-grain pasta.
3. Set realistic goals for weight loss and stick to a meal plan.
4. Try curbing carbs instead of fats.
5. Think eating plan, not diet.
6. Keep moving and lift weights.
7. Become a label reader and move away from processed foods.
8. Focus on hydration and portion control.

Remember, losing weight at a gradual, steady pace is more likely to keep the weight off than trying fad diets or quick fixes. It's also important to find a healthy and sustainable eating plan that works for you in the long term. Consult with a healthcare professional or a registered dietitian to create a personalized weight loss plan.

# RESULTS



You: 12:45 PM

what are some effective exercise to target belly fat?



FitnessAiBuddy 12:45 PM


Some effective exercises to target belly fat include:



- Walking, especially at a quick pace
- Running
- Biking
- Rowing
- Swimming
- Cycling
- Group fitness classes
- Strength training, such as exercising with weights
- Spot exercises, such as crunches and planks
- Dynamic twists, such as bicycle crunches
- Mountain climbers
- Kettlebell swings


|Type something...




# DEPLOYED AI AGENT

 IBM watsonx

Upgrade Divyanshi Sajwan's Account

Deployment spaces / FitnessAiBuddy / FitnessAiBuddy / 


## FitnessAiBuddy

 Deployed Online


API reference

Test

Preview

 You 02:31 PM

workout plan to loose weight


 FitnessAiBuddy 02:31 PM

Hi, I'm Fit Ai Buddy 🙌. How can I help you achieve your fitness goals?

To create a workout plan for weight loss, consider these steps:

- 1. Cardio Exercises:** Incorporate at least 150 minutes of moderate-intensity or 75 minutes of high-intensity cardio per week. Examples include brisk walking, running, cycling, or swimming.
- 2. Strength Training:** Aim for 2-3 strength training sessions per week. Focus on compound movements like squats, deadlifts, bench presses, and rows to engage multiple muscle groups.

Type something...



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## CONCLUSION

FitnessBuddy is more than an Agent — it's a step toward **revolutionizing personal health support**. By using **AI-driven conversations** and **cloud-based solutions**, it makes fitness guidance **accessible, interactive, and personalized** for anyone, anywhere. This project reflects how emerging technologies can **bridge the gap between knowledge and action**, encouraging people to build consistent, healthier lifestyles.

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## GITHUB LINK

**<https://github.com/DivyanshiSajwan9696/Fitness-Ai-Agent>**

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# FUTURE SCOPE

- Integration with wearables for real-time tracking.
- Gamified challenges to enhance user engagement.
- Voice-enabled interactions for hands-free use.
- Global reach with multilingual support.

# IBM CERTIFICATIONS

In recognition of the commitment to achieve  
professional excellence



Divyanshi Sajwan

Has successfully satisfied the requirements for:

Getting Started with Artificial Intelligence



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

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# IBM CERTIFICATIONS

IBM **SkillsBuild**

Completion Certificate



This certificate is presented to

Divyanshi Sajwan

for the completion of

**Lab: Retrieval Augmented Generation with  
LangChain**

(ALM-COURSE\_3824998)

According to the Adobe Learning Manager system of record

**Completion date:** 17 Jul 2025 (GMT)

**Learning hours:** 20 mins



**THANK YOU :)**