IBM AICTE PROJECT

FITNESS AI BUDDY – AI-POWERED HEALTH & FITNESS MENTOR

Presented By: Divyanshi Sajwan

Student name : Divyanshi Sajwan

College Name & Department: Graphic Era Hill University and

Computer Science Engineering, Dehradun



OUTLINE

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- 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.



PROPOSED SOLUTION

Fitness Al 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 Al-driven consistency, creating a fitness experience that adapts to you—not the other way around.
- Build sustainable health habits with minimal effort.



TECHNOLOGY IMPLEMENT

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



IBM CLOUD SERVICES USED

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



OVERVIEW

- **Mood-Based Recommendations** Tired? Get a stretch plan. Energetic? Try HIIT.
- Fridge Mode Suggests meals based on what's actually in your fridge
- **©Nano Goals** Micro-achievements that build confidence over time.
- PAI Curiosity Mode Learns and adapts when you change habits.
- Talk to Me" Mode Offers motivational talk or calming sessions...

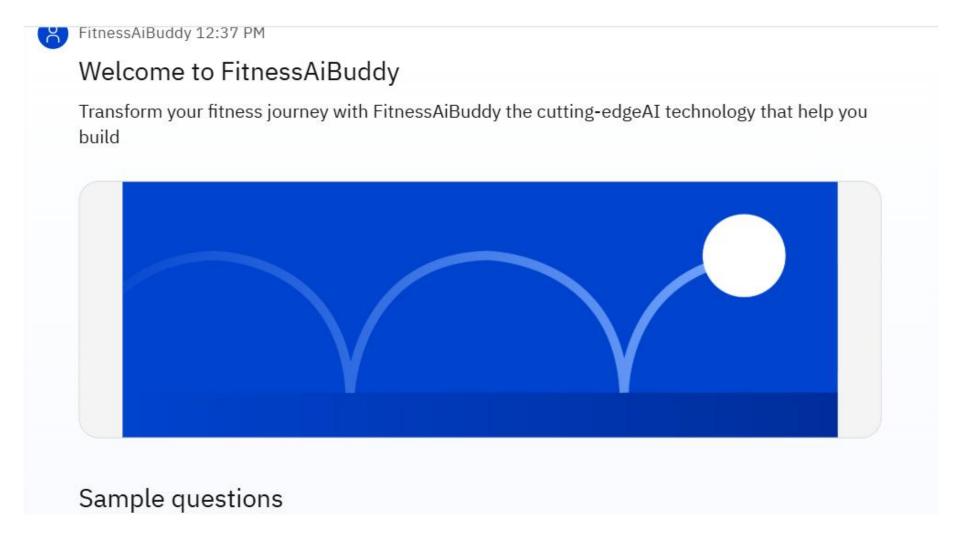


CORE USERS

- 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 Al-powered support tool.



RESULTS





RESULTS



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.
- 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

DS You: 12:45 PM

what are some effective exercise to target belly fat?

FitnessAiBuddy 12:45 PM

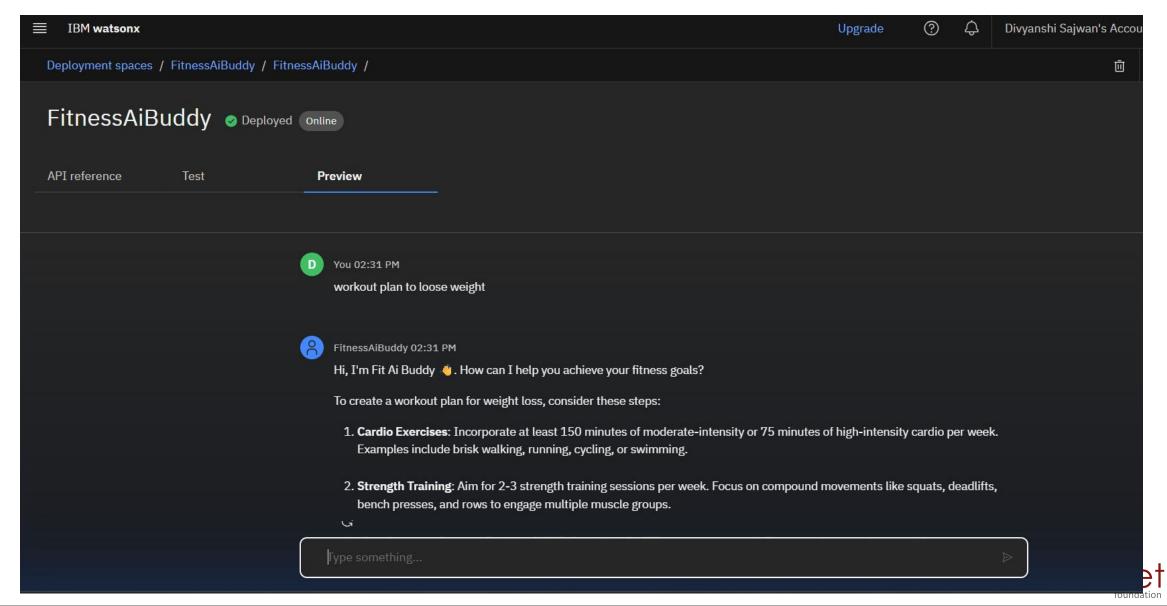
Some effective exercises to target belly fat include:

- · 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





DEPLOYED AI AGENT



CONCLUSION

FitnessBuddy is more than an Agent — it's a step toward **revolutionizing personal health support**. By using **Al-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.



GITHUB LINK

https://github.com/DivyanshiSajwan9696/Fitness-Ai-Agent



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





IBM CERTIFICATIONS





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:)

