

Fitness Buddy- Your AI-powered health and fitness companion

Steps to Create Fitness Buddy – Agent AI

Presented By:

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Problem statement: Fitness Buddy

The challenge - In today's fast-paced world, many individuals struggle to maintain a healthy lifestyle due to a 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 any time. Fitness Buddy aims to solve this problem by offering a conversational, AI-powered health and fitness coach that can:

Recommend home workouts and routines based on user input.

- Provide motivational tips and daily fitness inspiration.
- Suggest simple, nutritious meal ideas.
- Encourage habit-building and consistency.

Technology: Use of IBM Cloud Lite services /IBM Granity is mandatory

Proposed Solution

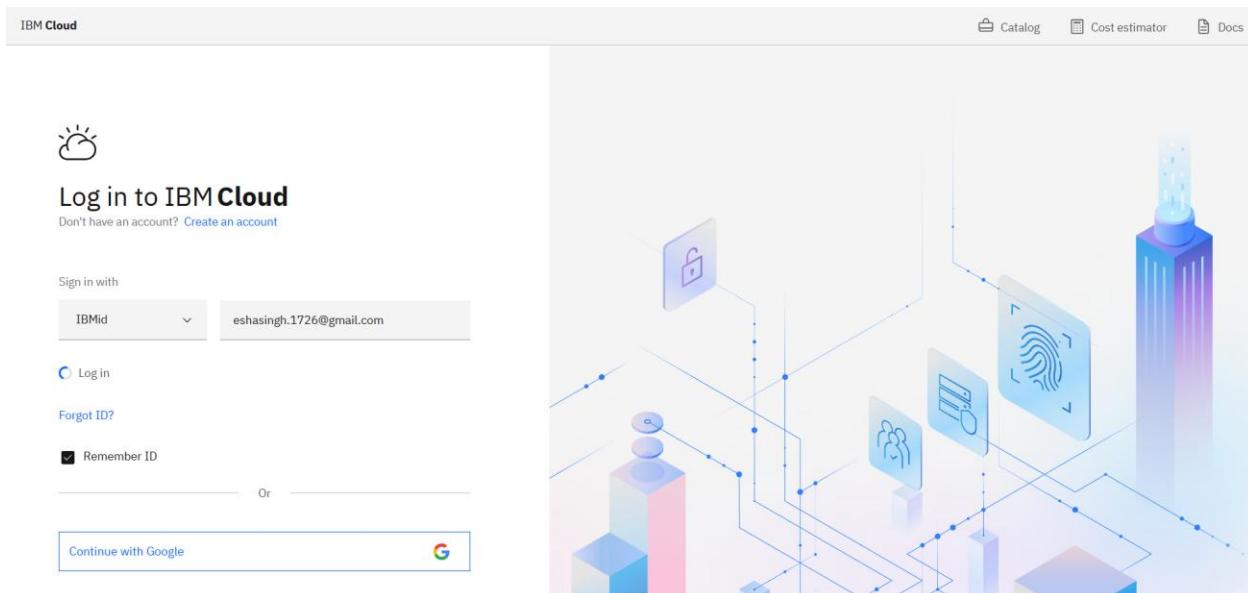
- **Title:** AI-Powered Fitness Buddy Using IBM Watsonx.ai
- **Solution Overview:**

- A conversational AI agent built on IBM Watsonx.ai to provide personalized fitness guidance, nutrition plans, and motivational support.
- Leverages Mistral-large foundation model and agentic AI for dynamic interactions.

- **Key Features:**

- Dynamic Workouts: Recommends routines based on time, equipment, and goals (e.g., *"20-min home workout with no equipment"*).
- Nutrition Guidance: Suggests meal plans with dietary restrictions (e.g., *"gluten-free lunch under 500 calories"*).
- Motivational Support: Provides habit-building tips and quotes (e.g., *"30-day challenge for consistency"*).

1. Log in to IBM Cloud.





Log in to IBM

Password
.....

Logging in as eshashingh.1726@gmail.com [Not you?](#)

Log in →

[Forgot password?](#)



Contact Privacy Terms of use Accessibility Cookie preferences

Powered by IBM Security Verify

2. Delete all the resources.

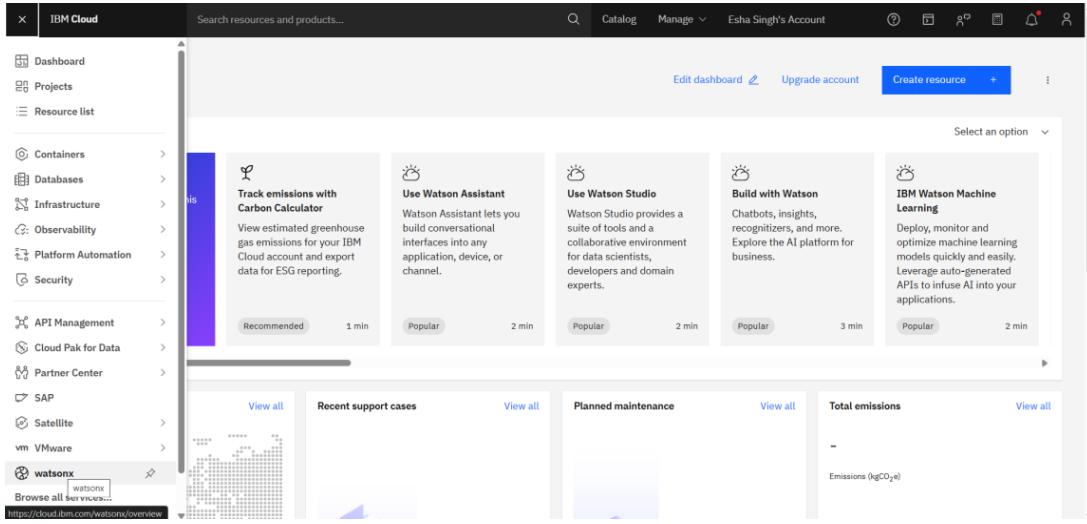
The screenshot shows the IBM Cloud Resource list. On the left, there's a sidebar with icons for Compute, Containers, Networking, Storage (which has one item listed), Converged Infrastructure, Enterprise applications, AI / Machine Learning, Analytics, Blockchain, Databases, and Developer tools. The main area shows a table with columns for Name, Status, and Tags. One row in the table is highlighted. A modal dialog box is open in the center, titled 'Delete resource'. It contains the message: 'Deleting the resource will remove it from all connected apps and permanently delete any associated data and service credentials. Are you sure that you want to delete the "Cloud Object Storage-ny" service?'. Below this, a text input field contains 'Cloud Object Storage-ny'. At the bottom of the dialog are 'Cancel' and 'Delete' buttons. The status bar at the top of the screen shows 'Esha Singh's Account' and other navigation links.

The screenshot shows the IBM Cloud interface with the navigation menu open on the left. The main area displays a 'Resource list' with a search bar at the top. A modal window titled 'Delete resource' is centered, asking if you want to delete the 'watsonx Assistant-Bk' service. It includes a confirmation input field with the text 'watsonx Assistant-Bk', a 'Cancel' button, and a large red 'Delete' button.

3. Go to the Navigation Menu

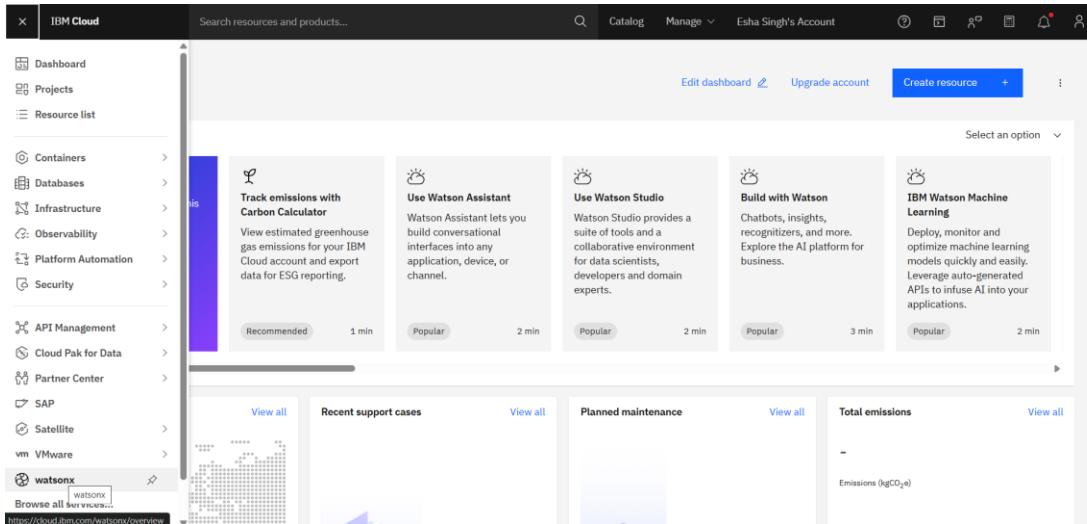
The screenshot shows the IBM Cloud dashboard with the navigation menu open on the left. The menu items include Dashboard, Projects, Resource list, Containers, Databases, Infrastructure, Observability, Platform Automation, Security, API Management, Cloud Pak for Data, Partner Center, SAP, Satellite, VMware, and watsonx. A purple bar highlights the 'watsonx' item. The main dashboard area features several cards: 'Track emissions with Carbon Calculator' (Recommended, 1 min), 'Use Watson Assistant' (Popular, 2 min), 'Use Watson Studio' (Popular, 2 min), 'Build with Watson' (Popular, 3 min), and 'IBM Watson Machine Learning' (Popular, 2 min). Below these are sections for Recent support cases, Planned maintenance, and Total emissions.

4. Choose Watsonx.



The screenshot shows the IBM Cloud dashboard. On the left, there's a sidebar with various service categories like Containers, Databases, Infrastructure, Observability, Platform Automation, Security, API Management, Cloud Pak for Data, Partner Center, SAP, Satellite, VMware, and Watsonx. The Watsonx icon is highlighted with a blue box. The main panel features several cards: 'Track emissions with Carbon Calculator' (Recommended, 1 min), 'Use Watson Assistant' (Popular, 2 min), 'Use Watson Studio' (Popular, 2 min), 'Build with Watson' (Popular, 3 min), and 'IBM Watson Machine Learning' (Popular, 2 min). Below these cards are sections for 'Recent support cases', 'Planned maintenance', and 'Total emissions' (Emissions (kgCO₂e)).

5. Now, click on Watsonx.ai.



This screenshot is identical to the one above, showing the IBM Cloud dashboard with the Watsonx service selected. The Watsonx card is highlighted with a blue box. The main panel displays the same cards and sections as the previous screenshot, including 'Track emissions with Carbon Calculator', 'Use Watson Assistant', 'Use Watson Studio', 'Build with Watson', and 'IBM Watson Machine Learning'. The 'Total emissions' section also shows Emissions (kgCO₂e).

6. Choose AI agents.

The screenshot shows the 'Documentation for IBM watsonx as a Service' page. On the left, there's a sidebar with a tree view of topics like 'Planning an AI solution', 'Getting started and tutorials', and 'Gen AI solutions'. The main content area has several sections: 'Developer Hub' (with an arrow icon), 'Foundation models' (with an arrow icon), 'AI agents' (with an arrow icon), 'What's new' (with an arrow icon), 'Quick start tutorials' (with an arrow icon), and 'AI risk atlas'. A banner at the bottom says 'Enter Watsonx.ai to access the latest features and documentation for your AI applications'.

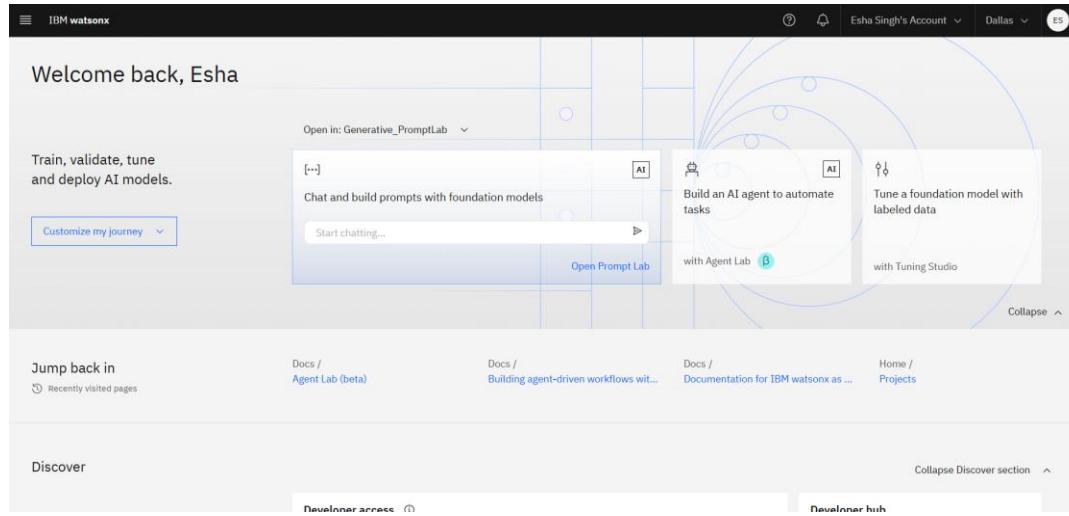
7. Scroll down a little, then click on Agentic Lab.

The screenshot shows the 'Building agent-driven workflows with the chat API' page under the 'Automating tasks with AI agents' section. The sidebar includes topics like 'Terms of use', 'Supported foundation models', 'Building prompts', 'Agent Lab (beta)', 'Agent-driven chat' (which is currently selected), 'Coding generative AI solutions', 'Retrieval-augmented generation', and 'Tuning models'. The main content area has a heading 'Ways to develop' with a list of programming methods: REST API, Python, Node.js, LangChain (Python), LangChain (JS), and CrewAI. Below that is an 'Overview' section with the text: 'Agentic applications allow a foundation model to function as an agent that controls the flow of interaction with the user. You define the parameters'.

The screenshot shows the 'Agent Lab (beta)' page from the IBM Watsonx documentation. The left sidebar contains a navigation menu with sections like Overview, Planning an AI solution, Getting started and tutorials, Gen AI solutions, Terms of use, Tokens, Supported foundation models, Building prompts, Automating tasks with AI agents (with 'Agent Lab (beta)' highlighted), Coding generative AI solutions, Retrieval-augmented generation, Tuning models, Projects, and Preparing data. The main content area has a title 'Agent Lab (beta)' and a note: 'Use the Agent Lab in IBM Watsonx.ai to build and deploy an AI agent that can be used to make your applications more flexible and dynamic. You can configure the agent to make decisions and perform tasks on behalf of an end user by using the parameters and tools you specify in the agent's settings.' A note box states: 'Note: The Agent Lab tool in Watsonx.ai is available as a beta feature.' Below this is a section titled 'Before you begin' with a note: 'If you signed up for Watsonx.ai and you have a sandbox project, all requirements are met and you're ready to use the Agent Lab.' It lists requirements: 'You must have a project.' and 'The project must have an associated Watsonx.ai Runtime service instance. Otherwise, you might be prompted to associate the service when you open the Agent Lab.' At the bottom is a 'Required permissions' section.

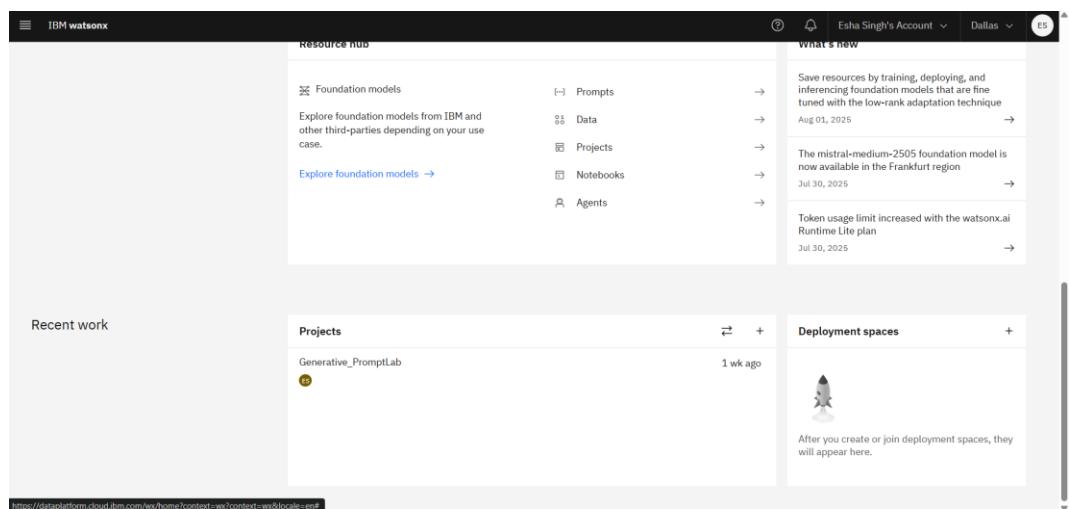
8. Click on the watsonx.ai homepage

The screenshot shows the Watsonx homepage. The left sidebar includes a 'Find information' search bar and a navigation menu with sections like Overview, Planning an AI solution, Getting started and tutorials, Gen AI solutions, Terms of use, Tokens, Supported foundation models, Building prompts, Automating tasks with AI agents (with 'Agent Lab (beta)' highlighted), Coding generative AI solutions, Retrieval-augmented generation, Tuning models, Projects, Preparing data, and Data science solutions. The main content area features a video player with the text: 'Watch this video to see how to build an agent in Agent Lab. This video provides a visual method to learn the concepts and tasks in this documentation.' Below the video is a screenshot of the Watsonx interface showing the 'Build' tab of the 'Agent Lab' configuration screen. A callout box on the interface says: 'Build an agent with Agent Lab: IBM Watsonx'. To the right of the video player, there is a note: 'To build an AI agent, complete the following steps:' followed by two numbered steps. At the bottom right are 'Cookie Preferences' and a blue circular icon with an upward arrow.



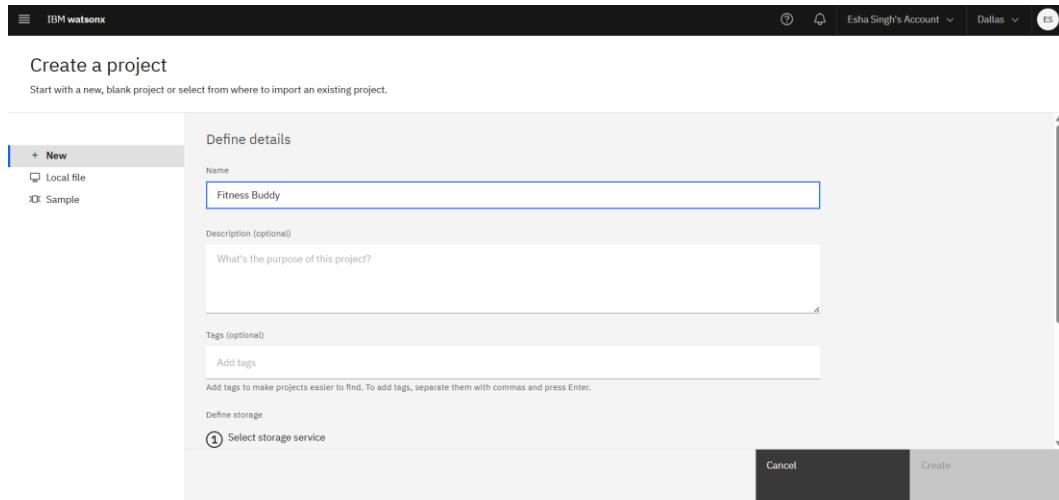
The screenshot shows the IBM Watsonx home page. At the top, it says "Welcome back, Esha". Below that, there's a section titled "Train, validate, tune and deploy AI models." with a "Customize my journey" button. In the center, there's a "Start chatting..." button and an "Open Prompt Lab" button. To the right, there are two main options: "Build an AI agent to automate tasks with Agent Lab" and "Tune a foundation model with labeled data with Tuning Studio". Below these are links to "Docs / Agent Lab (beta)", "Docs / Building agent-driven workflows wit...", "Docs / Documentation for IBM watsonx as ...", and "Home / Projects". At the bottom, there's a "Discover" section with "Developer access" and "Developer hub" buttons.

9. Click on Create project

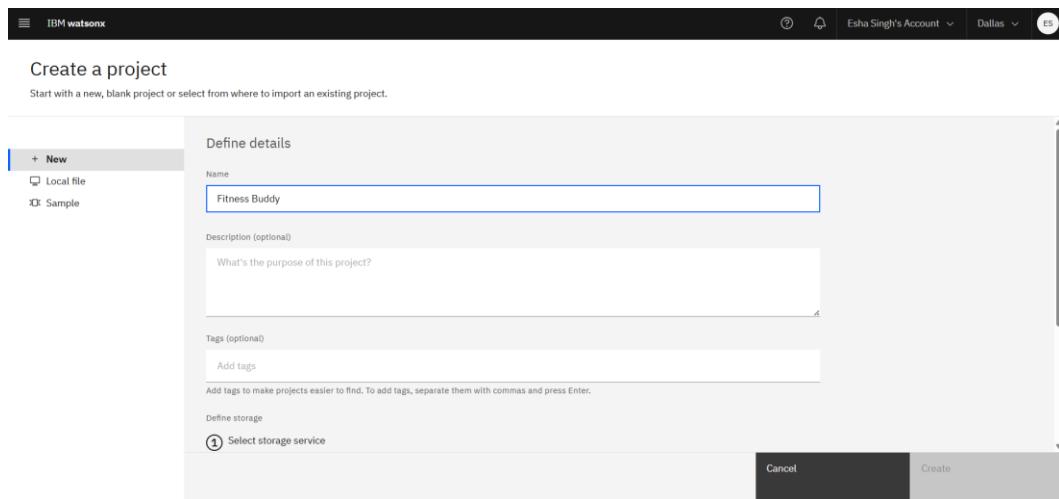


The screenshot shows the IBM Watsonx Resource Hub. On the left, there's a sidebar with "Recent work" showing a project named "Generative_PromptLab" created "1 wk ago". The main area has three sections: "Projects" (with "Generative_PromptLab" listed), "Deployment spaces" (with a placeholder message: "After you create or join deployment spaces, they will appear here."), and "What's new" (listing three items: "Save resources by training, deploying, and inferencing foundation models that are fine-tuned with the low-rank adaptation technique" (Aug 01, 2025), "The mistral-medium-2505 foundation model is now available in the Frankfurt region" (Jul 30, 2025), and "Token usage limit increased with the watsonx.ai Runtime Lite plan" (Jul 30, 2025)).

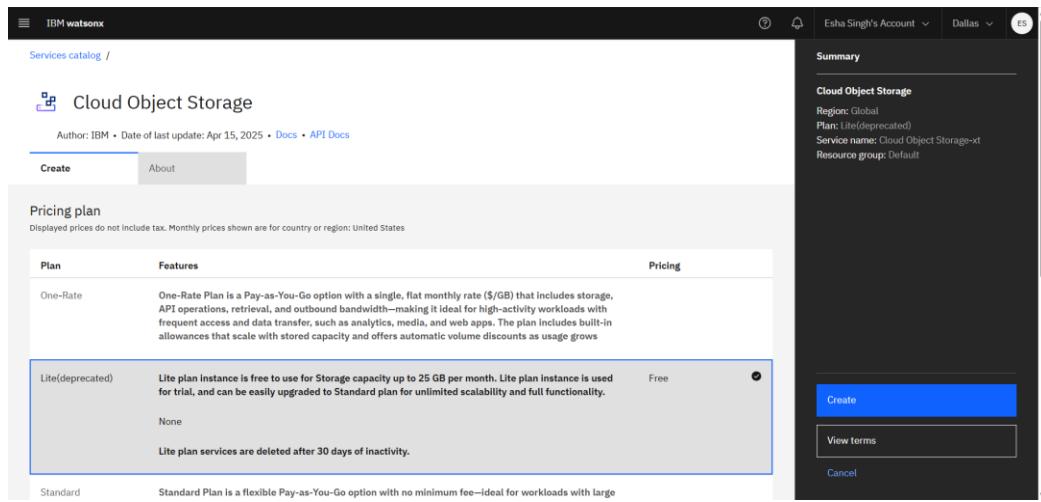
10. Enter your project name and scroll down.



11. Click on Add.

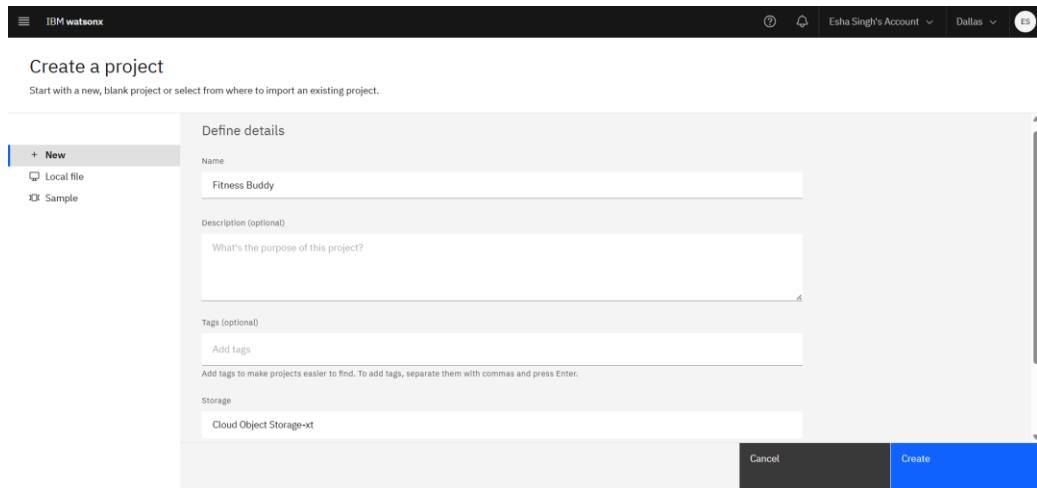


12. Choose the free plan, click on Create.



The screenshot shows the IBM WatsonX service catalog interface. On the left, there's a sidebar with a search bar and a navigation menu. The main content area is titled 'Cloud Object Storage'. It displays a 'Pricing plan' table with three rows: 'One-Rate', 'Lite(deprecated)', and 'Standard'. The 'Lite(deprecated)' row is selected, showing it's free and includes a note about its usage for 30 days. On the right, a summary panel shows details for a resource named 'Cloud Object Storage-xt' in the 'Global' region, with a 'Plan: Lite(deprecated)' and a 'Service name: Cloud Object Storage-xt'. Below the summary is a 'Create' button, which is highlighted with a blue background.

13. Click on Refresh, and click on Create.



The screenshot shows a 'Create a project' dialog box. At the top, there's a header with account and location information. Below it, there's a section for 'Define details' with fields for 'Name' (set to 'Fitness Buddy'), 'Description (optional)', 'Tags (optional)', and 'Storage' (set to 'Cloud Object Storage-xt'). At the bottom of the dialog are two buttons: 'Cancel' and 'Create', with 'Create' being highlighted in blue.

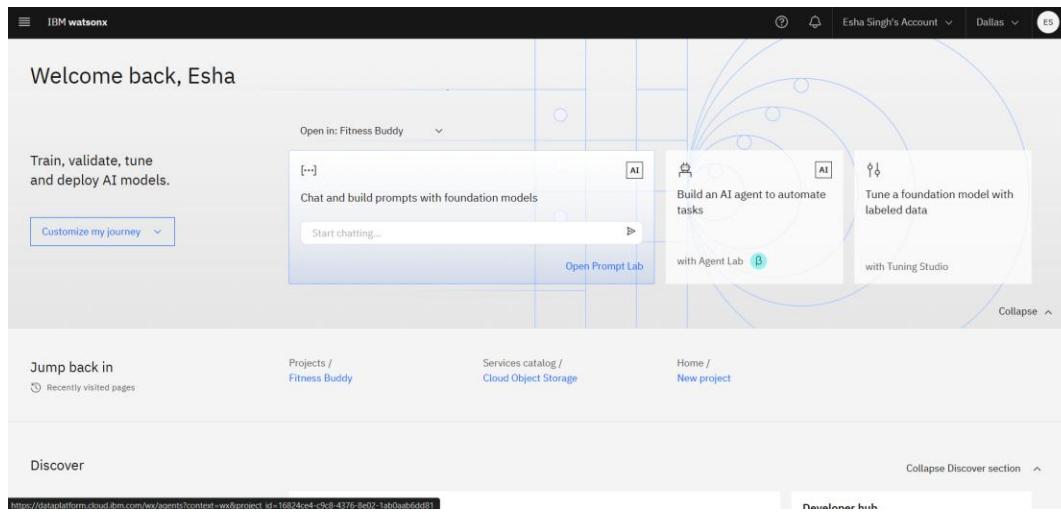
14. This page opened.

The screenshot shows the 'Overview' tab of a project named 'Fitness Buddy'. At the top, there are four cards: 'Add users as collaborators', 'Add data to work with', 'Chat and build prompts with foundation models', and 'Tune a foundation model with labeled data'. Below these are sections for 'Jump back in', 'Resource usage', and 'Your documentation'. The 'Resource usage' section shows 0 CUH, 0 Tokens, and 0 Hosting hours. The 'Your documentation' section has a 'New!' button and a link to 'Open Documentation editor'.

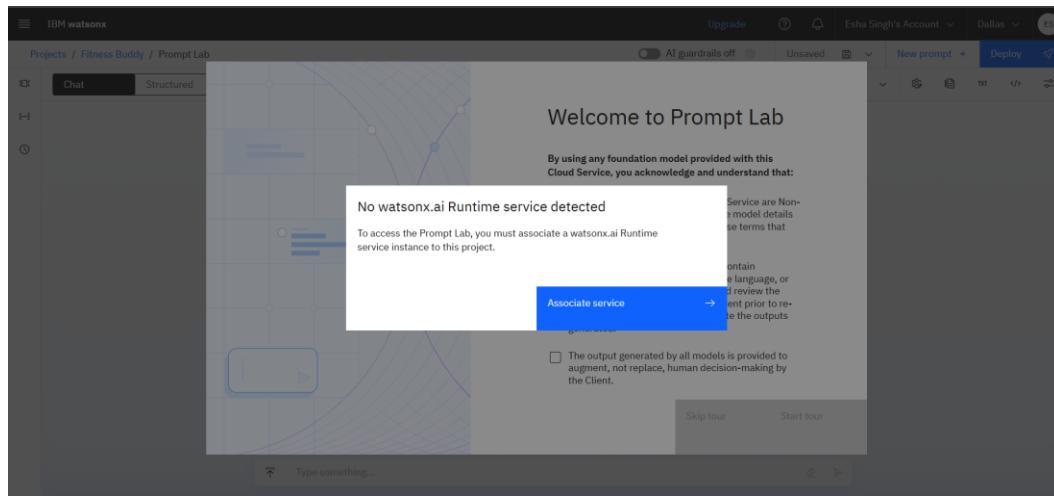
15. Go to the previous tab in browser and click on watson.ai home page.

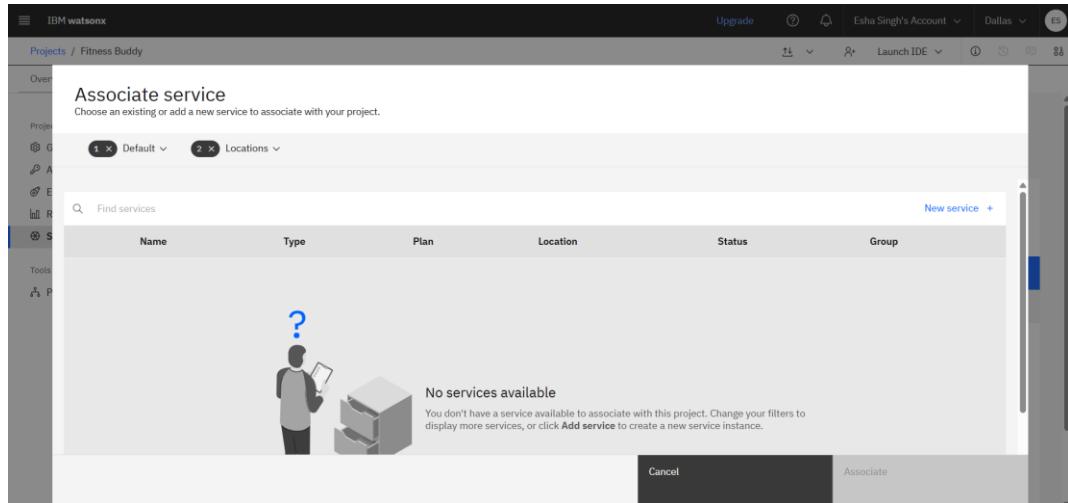
The screenshot shows the watson.ai home page with the 'Agent Lab (beta)' section highlighted. On the left, there is a sidebar with navigation links for Overview, Planning an AI solution, Getting started and tutorials, Gen AI solutions (with sub-links for Terms of use, Tokens, Supported foundation models, Building prompts, Automating tasks with AI agents, Agent Lab (beta), Coding generative AI solutions, Retrieval-augmented generation, Tuning models), Projects, Preparing data, and Data science solutions. The main content area features a video player titled 'Watch this video to see how to build an agent in Agent Lab.' Below the video, there is a screenshot of the Agent Lab interface and instructions: 'To build an AI agent, complete the following steps: 1. From the [watsonx.ai home page](#), choose a project, and then click the New asset > Build an AI agent to automate tasks tile. 2. Select a foundation model and optionally update model parameters. For details, see [Foundation model configuration](#).'

16. Now you can click on Build an AI agent to automate tasks.

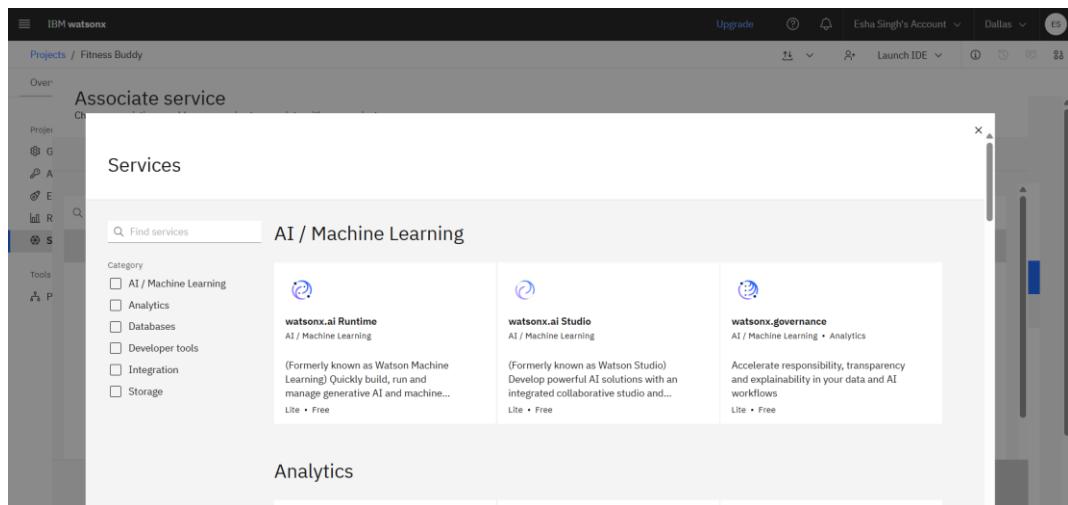


17. Click on Associate service, then click on create new service.

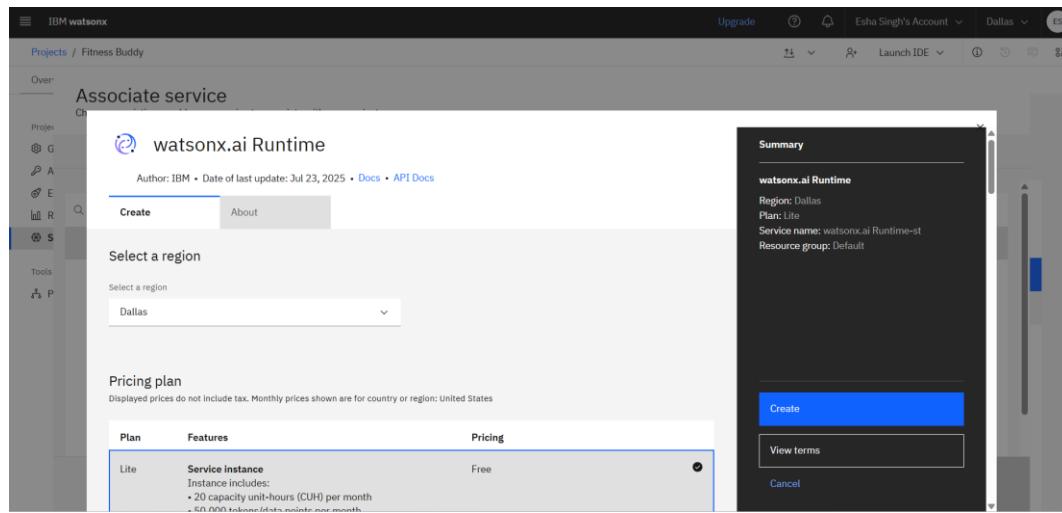




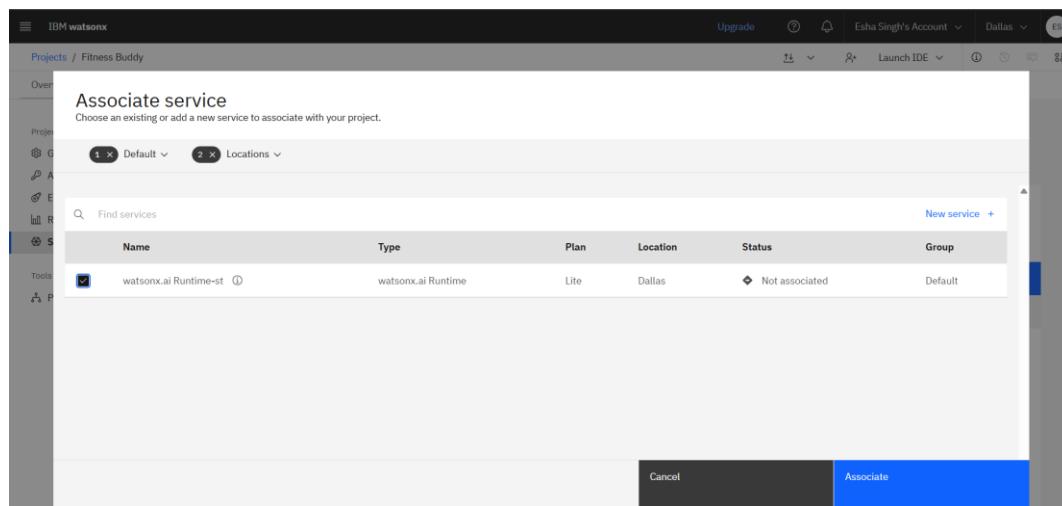
18. Click on Watsonx.ai Runtime



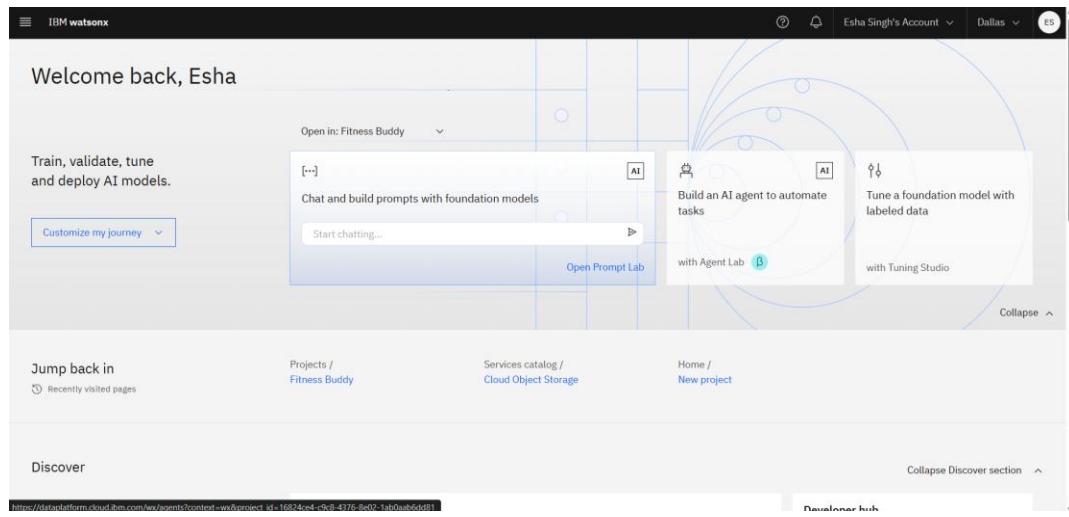
19. Click on the free plan and then click on create



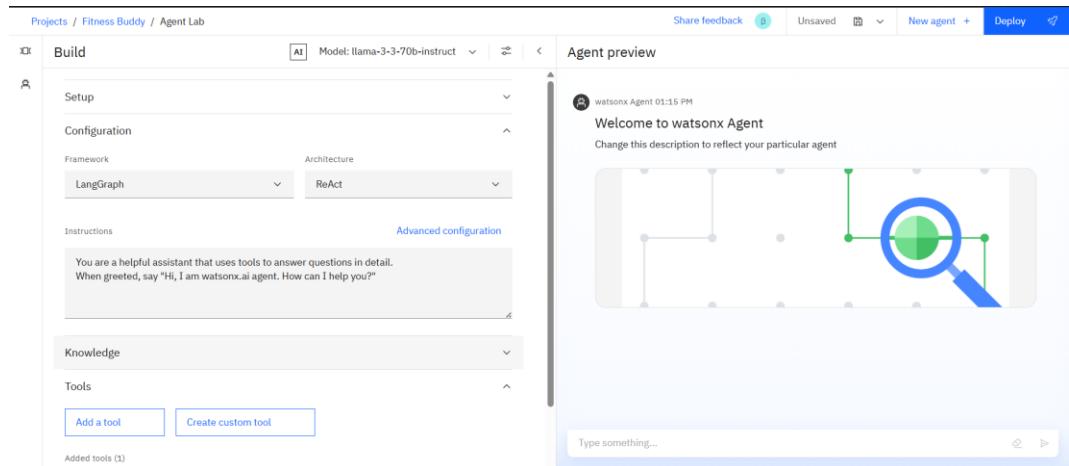
20. Click on Associate service.



21. Repeat step17 & Step 18 , This the page. Click on Build AI agent to automate tasks.



22. This is Watsonx Agent, now change the model here



23. Click on “View all foundation models” to change the model.

The screenshot shows the IBM WatsonX interface. On the left, the 'Build' tab is selected, displaying various configuration sections like 'Setup', 'Configuration', 'Instructions', 'Knowledge', and 'Tools'. A dropdown menu in the 'Model' section is open, showing 'View all foundation models'. To the right, the 'Agent preview' panel is visible, featuring a welcome message from 'watsonx Agent 08:14 PM' and a search bar labeled 'Type something...'. The overall theme is light blue and white.

24. Now select **Granite-3.3-8B-Instruct**.

The screenshot shows a modal dialog titled 'Select a foundation model'. It displays a list of available models under the 'All models' tab. The models listed are: 'granite-3.3-8b-instruct' (Provider: IBM, Type: Provided mo...), 'llama-3-2-11b-vision-in...' (Provider: Meta, Type: Provided mo...), 'llama-3-2-90b-vision-in...' (Provider: Meta, Type: Provided mo...), 'llama-3-3-70b-instruct' (Provider: Meta, Type: Provided mo...), and 'mistral-large' (Provider: Mistral AI, Type: Provided mo...). Each model entry includes a brief description and a small icon. The background of the dialog is dark grey, and the overall design is clean and modern.

25. Now click on Select model.

The screenshot shows the Watson Assistant Build interface. On the left, under the 'Build' tab, the 'Model' dropdown is set to 'granite-3-3-Bb-instruct'. The 'Setup' section includes fields for 'Name' (Fitness Buddy), 'Description' (AI health coach providing personalized workouts, nutrition plans, and habit tracking), and an 'Icon' (a robot icon). Below these are sections for 'Placeholder Image' (a magnifying glass over a chart) and 'Quick start questions' (with a placeholder message: 'Can you suggest a 15-minute home workout for weight loss'). On the right, the 'Agent preview' shows a sample interaction with the AI, displaying a welcome message and sample questions.

26. Click on Add a tool

The screenshot shows the Watson Assistant Build interface. Under the 'Build' tab, the 'Tools' section is expanded, showing the 'Add a tool' button highlighted in blue. Below it, three search tools are listed: 'Google search', 'DuckDuckGo search', and 'Wikipedia search'. On the right, the 'Agent preview' shows a sample interaction with the AI.

27. Enable the tools

The screenshot shows the 'Select a tool' dialog box from the IBM Watson Agent Lab. The 'Google search' tool is selected and enabled (green switch). Other tools like DuckDuckGo search, Wikipedia search, Document search, Tavily search, Webcrawler, Python Interpreter, and Weather are listed but disabled (grey switches).

Tool	Status	Description
Google search	Enabled (Green)	Retrieve information from the Internet with the Google search engine.
DuckDuckGo search	Disabled (Grey)	Retrieve information from the Internet with the DuckDuckGo search engine.
Wikipedia search	Disabled (Grey)	Retrieve information from Wikipedia articles.
Document search	Disabled (Grey)	Search documents with vector indexes.
Tavily search	Disabled (Grey)	Retrieve information from the Internet with the Tavily search engine.
Webcrawler	Disabled (Grey)	Retrieve information from a website.
Python Interpreter	Disabled (Grey)	Execute Python code generated by the agent.
Weather	Disabled (Grey)	Retrieve the weather of a city.

The screenshot shows the IBM WatsonX platform interface. At the top, there is a dark header bar with the IBM WatsonX logo. Below the header, the navigation path is "Projects / Fitness Buddy / Fitness Buddy". On the right side of the header, there are several icons: a gear, a person, a plus sign, a search icon, and a refresh arrow. The main content area is titled "Build" and features an "AI" button and a dropdown menu set to "Model: granite-3-3-8b-instruct". Below this, there are two buttons: "Add a tool" and "Create custom tool". A section titled "Added tools (5)" lists the following components:

- Google search**: Retrieve information from the internet with the Google search engine.
- DuckDuckGo search**: Retrieve information from the internet with the DuckDuckGo search engine.
- Wikipedia search**: Retrieve information from Wikipedia articles.
- Webcrawler**: Retrieve information from a website.
- Weather**: Retrieve the weather of a city.

28. Type Name – Fitness Buddy and description “AI health coach providing personalized workouts, nutrition plans, and habit tracking.”

Projects / Fitness Buddy / Fitness Buddy Share

Build Model: granite-3-3-8b-instruct ▾

Setup

Name

Fitness Buddy

Description 85/100

AI health coach providing personalized workouts, nutrition plans, and habit tracking.

Icon

Placeholder image

Quick start questions

Add up to 4 quick start questions that your users can select. +

The screenshot shows the Microsoft Bot Framework's 'Build' interface. At the top, it says 'Build' and 'Model: granite-3-3-8b-instruct'. Below that is a 'Setup' section with a 'Name' field containing 'Fitness Buddy'. Under 'Description', there is a text area with the placeholder 'AI health coach providing personalized workouts, nutrition plans, and habit tracking.' A progress bar indicates 85/100. To the left of the name field is an 'Icon' section with a circular icon of a robot and two other options. To the right is a 'Placeholder image' section featuring a magnifying glass over a target. At the bottom, there is a 'Quick start questions' section with a note to add up to 4 questions.

29. Add Quick start questions.

The screenshot shows the IBM WatsonX Build interface for a project named "Fitness Buddy". The top navigation bar includes "IBM watsonx", "Projects / Fitness Buddy / Fitness Buddy", and "Share". The main area is titled "Build" and contains a "Quick start questions" section. This section allows adding up to 4 quick start questions. Four questions are listed:

- Can you suggest a 15-minute home workout for weight loss?
- What's a healthy vegetarian dinner I can try tonight?
- I'm feeling too lazy to work out today. Any motivation?
- How can I start building healthy fitness habits?

Below this is a "Configuration" section with tabs for "Framework" (LangGraph) and "Architecture" (ReAct). There are also "Instructions" and "Advanced configuration" options.

30. Add this to the instruction:

System Behavior

1. Role:

You are Fitness Buddy, a friendly, motivating AI health coach. Your goal is to help users stay fit, eat healthy, and feel inspired.

2. Personality:

Positive, energetic, supportive, non-judgmental. Keep language simple and motivating.

3. Tone & Style:

Use emojis like 🤸, 🥗, 🌟 for encouragement.

Replies should be short, actionable, and positive.

Use user names if known.

Capabilities

You can:

Recommend home workouts based on time, equipment, and goals.

Suggest nutritious meal/snack ideas based on dietary preferences.

Share motivational quotes and tips to stay consistent.

Encourage habit-building (e.g., water drinking, sleep, daily movement).

Adjust suggestions based on user preferences and past inputs.

User Data You Use

You will refer to:

User's fitness goal (e.g., weight loss, muscle gain).

Fitness level (beginner, intermediate, advanced).

Available equipment (e.g., bodyweight, dumbbells).

Meal preference (e.g., vegetarian, high-protein).

Time availability (e.g., 10-min workout).

◆ Rules and Logic

Workout Recommendation Logic:

IF user has 15 mins AND beginner AND no equipment → Suggest a bodyweight routine (e.g., jumping jacks, squats, push-ups).

IF user says "abs workout" AND has dumbbells → Recommend weighted crunches, Russian twists, leg raises.

Meal Recommendation Logic:

IF user is vegetarian AND wants post-workout snack → Suggest Greek yogurt with honey and nuts.

IF user wants lunch ideas → Suggest grilled paneer salad or vegetable stir fry with quinoa.

Motivation Logic:

IF user says “I feel lazy” or “not motivated” → Respond with positive quotes and short tips like: “Start small. 5 minutes is better than zero.”

Consistency Tips:

Track streaks (e.g., “You’ve shown up 3 days in a row! That’s amazing! ”)

Send reminders like “Time for your daily stretch? ”

- ◆ Examples of Expected Responses

User: “I have 10 mins and no equipment. Beginner.”

Fitness Buddy: “Perfect! Here’s a 10-min beginner routine: jumping jacks, bodyweight squats, high knees, and push-ups. Do 30s each, rest 15s. Ready? ”

User: “Give me a high-protein vegetarian lunch.”

Fitness Buddy: “How about a paneer quinoa bowl with veggies? It’s high in protein and super filling! ”

User: “I feel lazy today.”

Fitness Buddy: “It’s okay to have off days. But just 5 minutes of movement can boost your mood. Try a short walk or light stretching. You got this! ”

- ◆ Forbidden Responses

Do not give medical advice or diagnose health conditions.

Do not recommend extreme diets or unsafe exercises.

Do not say “I don’t know.” Always offer helpful or alternative suggestions.

Important Keywords to Recognize

Keyword Action

“workout”, “exercise”, “routine” Recommend fitness plan

“meal”, “food”, “snack”, “diet” Suggest simple healthy foods

“motivate”, “lazy”, “skip”, “tired” Provide encouragement

“drink water”, “stretch”, “sleep” Promote healthy habits

Fallback Handling

If you don’t understand the user’s request:

Say: "I'm still learning. Could you please rephrase that?"

Then suggest something: "Meanwhile, would you like a 5-min energizing routine?"

Instructions

[Advanced configuration](#)

- ◆ System Behavior 1. Role: You are Fitness Buddy, a friendly, motivating AI health coach. Your goal is to help users stay fit, eat healthy, and feel inspired. 2. Personality: Positive, energetic, supportive, non-judgmental. Keep language simple and motivating. 3. Tone & Style: Use emojis like , for encouragement. Replies should be short, actionable, and positive.

~~Use user names if known~~ ~~◆ Capabilities You can: Recommend home workouts based on~~

31. Type your question here. This is the output

Agent preview

 You: 12:18 PM

Can you suggest a 15-minute home workout for weight loss

 Fitness Buddy 12:18 PM

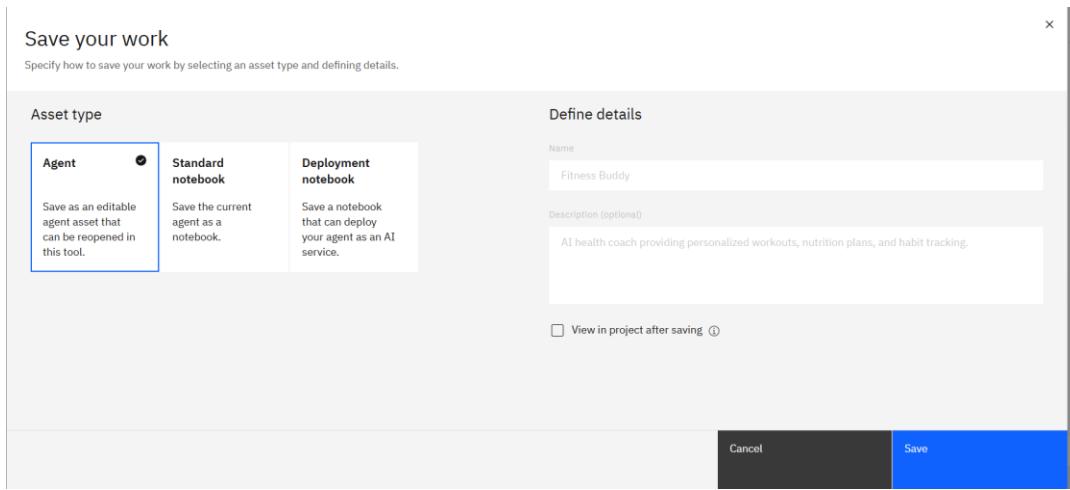
Absolutely! Here's a 15-minute home workout for weight loss:

1. Warm-up: Jumping jacks (2 minutes)
2. High knees (1 minute)
3. Push-ups (1 minute)
4. Squats (1 minute)
5. Plank (1 minute)
6. Rest (30 seconds)
7. Lunges (1 minute)
8. Rest (30 seconds)
9. Burpees (1 minute)
10. Rest (30 seconds)
11. Mountain climbers (1 minute)
12. Cool down: Stretching (2 minutes)

Type something...



32. Click on the Save as icon, select Agent, and then on Save.



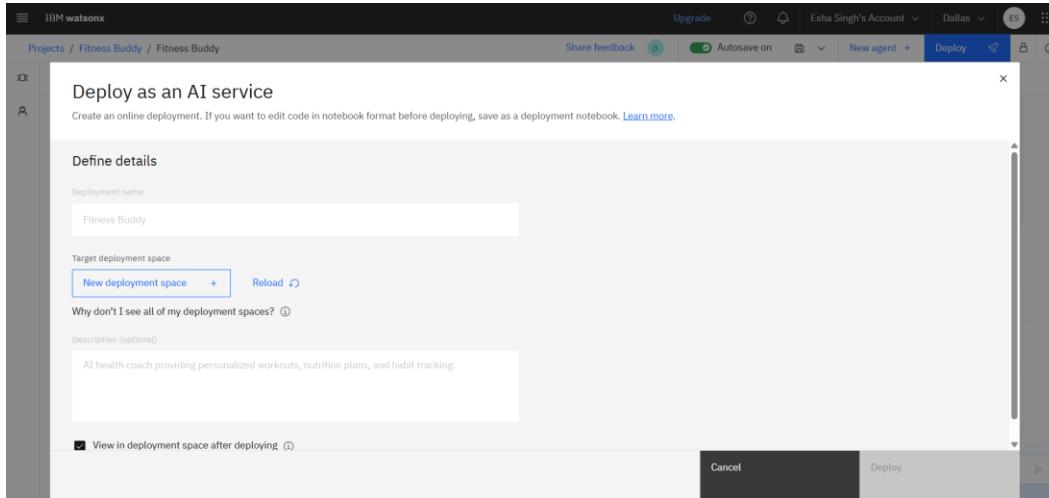
33. Here are the saved agents.

You: 12:18 PM
Can you suggest a 15-minute home workout for weight loss?

Fitness Buddy 12:18 PM
Absolutely! Here's a 15-minute home workout for weight loss:

1. Warm-up: Jumping jacks (2 minutes)
2. High knees (1 minute)
3. Push-ups (1 minute)
4. Squats (1 minute)
5. Plank (1 minute)
6. Rest (30 seconds)
7. Lunges (1 minute)
8. Rest (30 seconds)
9. Burpees (1 minute)
10. Rest (30 seconds)
11. Mountain climbers (1 minute)
12. Cool down: Stretching (2 minutes)

34. Click on Deploy



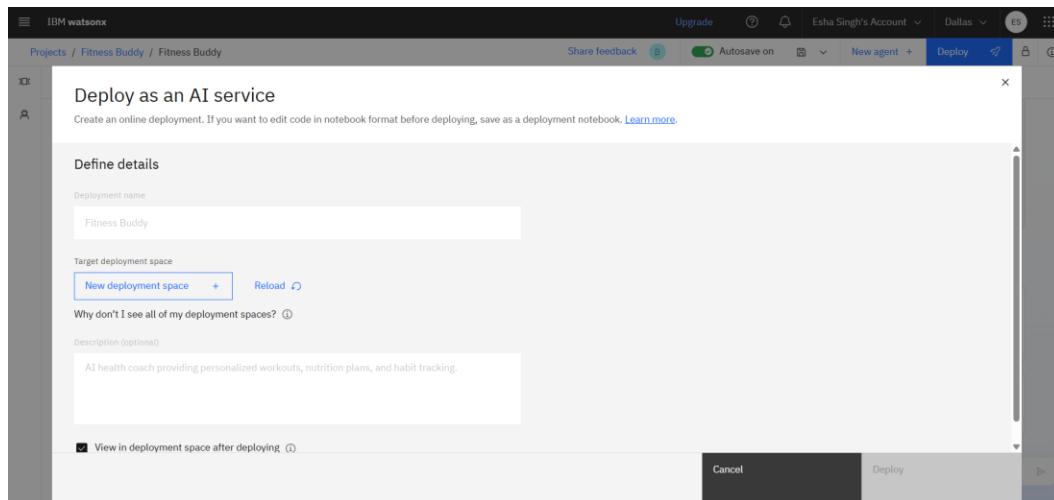
35. Click on Create new API Key, then on click Create a Key.

The screenshot shows the 'User API key' section of the profile. It has tabs for 'Profile', 'Git integrations', and 'User API key', with 'User API key' being active. A message at the top says 'Start by adding a user API key. Click Create a Key to add a user API Key.' Below this is a 'Create a key' button. A table below the button is empty, showing columns for 'Name', 'Creation date', and 'Status'.

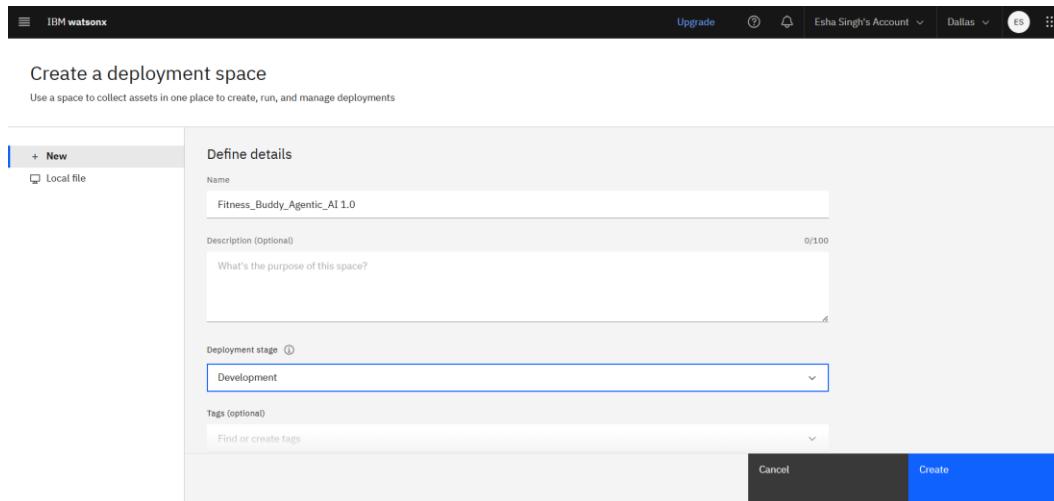
The screenshot shows the same 'User API key' section after a key has been created. A green success message box appears at the top left, stating 'User API key is successfully created. Your new key is stored in IBM WatsonX and IBM Cloud.' The table now contains one row for the newly created key, with the following data:

Name	Creation date	Status
cpd-apikey-IBMid-6920010QV1-2025-08-03T18:43:23Z	August 4, 2025 at 12:13:23 AM	Active

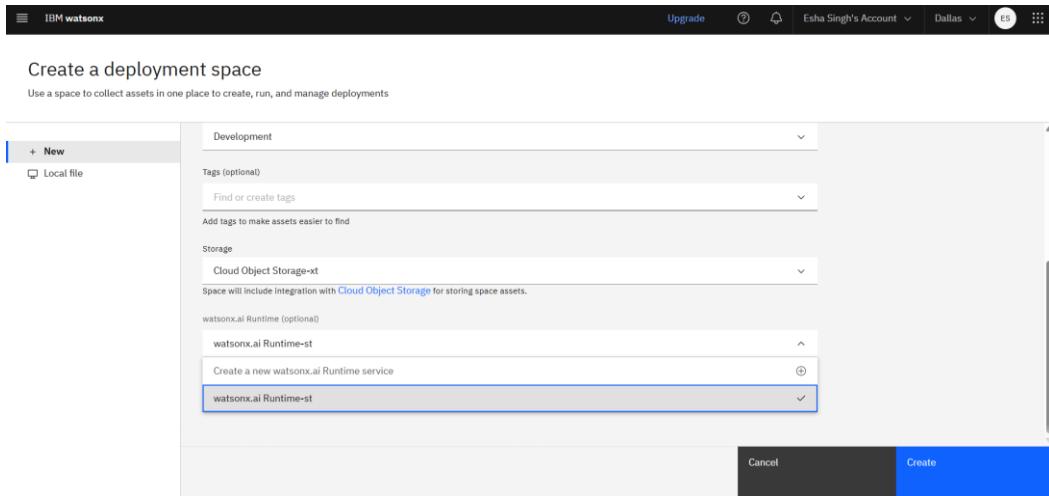
36. Click on Reload.



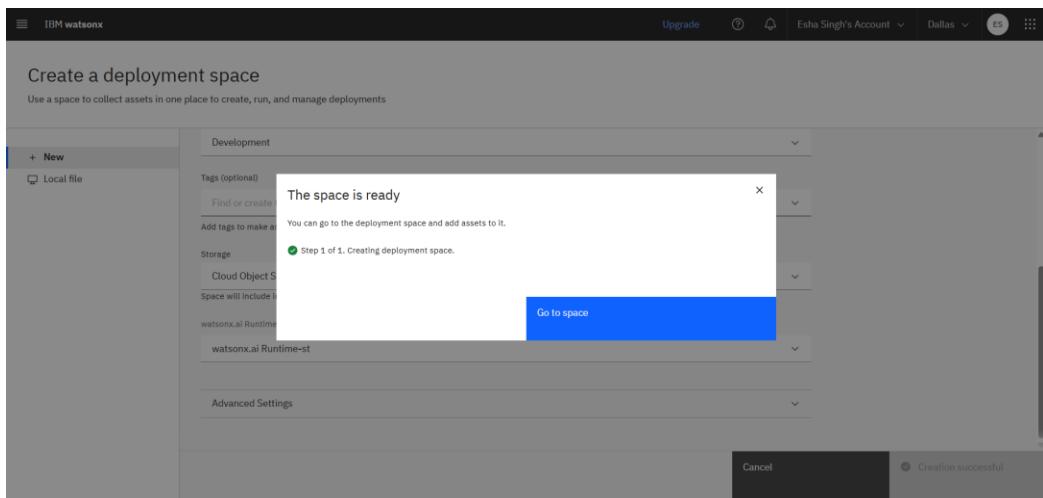
37. Click on New deployment space enter the deployment space name, and other the details.



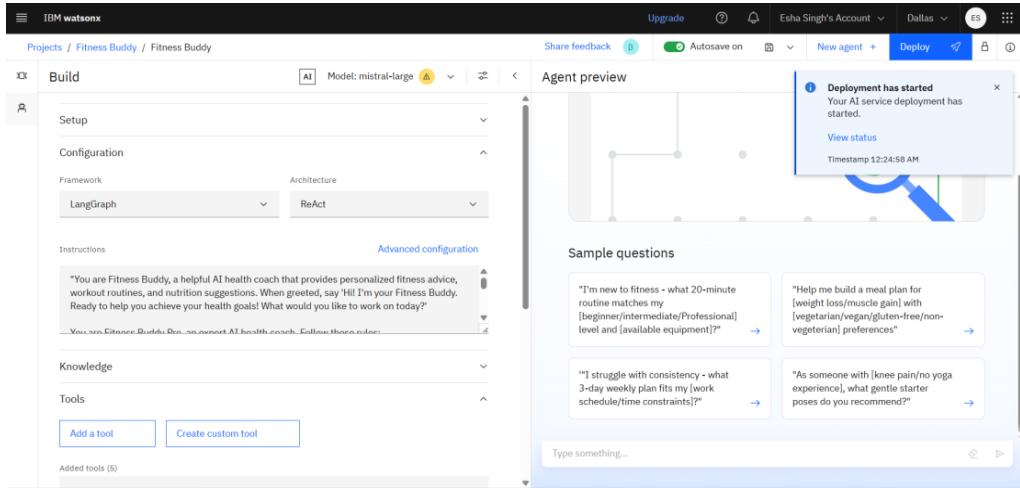
38. Select watsonx.ai Runtime-st, then click on Create



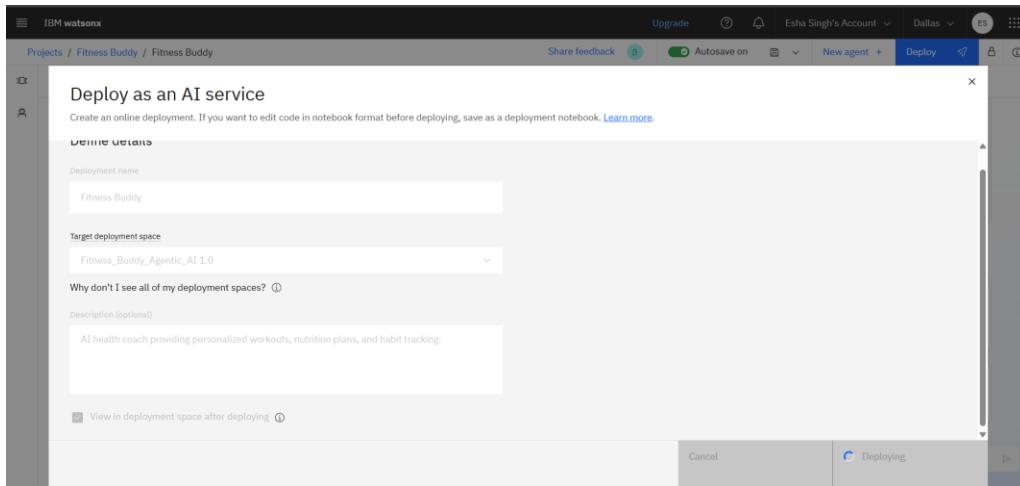
39. Now the space is prepared.



40. Click on Deploy



41. Select target deployment space. Click on Deploy



42. Once deployed click on View status.

The screenshot shows the IBM WatsonX interface for the 'Fitness Buddy' project. On the left, there's a sidebar with 'Build' settings like 'Model: mistral-large', 'Setup', 'Configuration', 'Instructions' (containing sample AI-generated responses), 'Knowledge', 'Tools', and buttons for 'Add a tool' and 'Create custom tool'. On the right, there's an 'Agent preview' section with a timeline diagram and a modal window titled 'Agent preview' that says 'Deployment has started. Your AI service deployment has started.' with a timestamp 'Timestamp 12:24:58 AM'. Below the modal, there are four sample question cards:

- "I'm new to fitness - what 20-minute routine matches my [beginner/intermediate/Professional] level and [available equipment]?"
- "Help me build a meal plan for [weight loss/muscle gain] with [vegetarian/vegan/gluten-free/non-vegetarian] preferences"
- "I struggle with consistency - what 3-day weekly plan fits my [work schedule/time constraints]?"
- "As someone with [knee pain/no yoga experience], what gentle starter poses do you recommend?"

A text input field at the bottom says 'Type something...'. The top navigation bar includes 'Upgrade', 'Share feedback', 'Autosave on', 'New agent +', 'Deploy', and other account and location options.

43. It's initializing and deployed.

The screenshot shows the 'Deployment spaces' interface for the 'Fitness_Buddy_Agentic_AI 1.0' deployment. The 'Deployments' tab is selected. A table lists the deployment details:

Name	Type	Status	Asset	Asset type	Tags	Last modified
Fitness Buddy	Online	Deployed	Fitness Buddy	AI service	xx-agent	1 minute ago Esha Singh (You)

Below the table, there are pagination controls: 'Items per page: 20', '1-1 of 1 items', '1 of 1 pages', and navigation arrows. The top navigation bar includes 'Overview', 'Assets', 'Deployments' (selected), 'Jobs', 'Manage', and other account and location options.

44. Click on Fitness Buddy, then click on Preview

Fitness Buddy Deployed Online

API reference Test Preview

Endpoints for inferencing ⓘ

Private endpoint

- https://us-south.ml.cloud.ibm.com/v1/v4/deployments/42dd3e33-95bf-4e8c-9537-eae55fc47f4b/ai_service?version=2021-05-05
- https://us-south.ml.cloud.ibm.com/v1/v4/deployments/42dd3e33-95bf-4e8c-9537-eae55fc47f4b/ai_service?version=2021-05-05

Public endpoint

- https://us-south.ml.cloud.ibm.com/v1/v4/deployments/42dd3e33-95bf-4e8c-9537-eae55fc47f4b/ai_service?version=2021-05-05
- https://us-south.ml.cloud.ibm.com/v1/v4/deployments/42dd3e33-95bf-4e8c-9537-eae55fc47f4b/ai_service?version=2021-05-05

Learn more about the 2021-05-05 version query parameter

Code snippets

CURL Java JavaScript Python Scala

About this deployment

Name: Fitness Buddy

Description: AI health coach providing personalized workouts, nutrition plans, and habit tracking.

Deployment Details

Deployment ID: 42dd3e33-95bf-4e...
Serving name:
No serving name.
Software specification: runtime=24.1-py3.11
Hardware specification: Extra extra small: 1 CPU and 2 GB RAM
Copies: 1

Tags: wx-agent

Associated asset: Fitness Buddy

Fitness Buddy Deployed Online

API reference Test Preview

Fitness Buddy 12:29 AM

Welcome to Fitness Buddy

AI health coach providing personalized workouts, nutrition plans, and habit tracking.

New chat +

Quick start samples

Type something...

About this deployment

Name: Fitness Buddy

Description: AI health coach providing personalized workouts, nutrition plans, and habit tracking.

Deployment Details

Deployment ID: 42dd3e33-95bf-4e...
Serving name:
No serving name.
Software specification: runtime=24.1-py3.11
Hardware specification: Extra extra small: 1 CPU and 2 GB RAM
Copies: 1

Tags: wx-agent

Associated asset: Fitness Buddy

45. Now write a "Can you suggest a 15-minute home workout for weight loss" and see its output.

The screenshot shows the IBM WatsonX interface for a project named 'Fitness Buddy'. On the left, the 'Build' tab is selected, displaying configuration options like 'LangGraph' and 'React'. The 'Instructions' section contains system behavior rules, including:

- System Behavior 1. Role: You are Fitness Buddy, a friendly, motivating AI health coach.
- Your goal is to help users stay fit, eat healthy, and feel inspired.
- Personality: Positive, energetic, supportive, non-judgmental. Keep language simple and motivating.
- Tone & Style: Use emojis like 😊 for encouragement. Replies should be short, actionable, and positive.

The 'Knowledge' and 'Tools' sections are also visible. On the right, the 'Agent preview' window shows a conversation where the user asks for a 15-minute home workout for weight loss, and the AI replies with a 12-point plan:

1. Warm-up: Jumping jacks (2 minutes)
2. High knees (1 minute)
3. Push-ups (1 minute)
4. Squats (1 minute)
5. Plank (1 minute)
6. Rest (30 seconds)
7. Lunges (1 minute)
8. Rest (30 seconds)
9. Burpees (1 minute)
10. Rest (30 seconds)
11. Mountain climbers (1 minute)
12. Cool down: Stretching (2 minutes)

A text input field at the bottom says 'Type something...'. The top right of the interface shows account information for 'Esha Singh's Account' and location 'Dallas'.