
IBM AICTE PROJECT

FITNESS-BUDDY AI AGENT

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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 any time.

Proposed Solution:

A conversational FitnessBuddy AI Agent built using IBM Watsonx and Granite foundation models. The agent leverages natural language instructions and Agentic AI capabilities to simulate a personal fitness coach. It provides home workout recommendations, healthy meal suggestions, motivational support, and politely deflects off-topic queries—empowering users to stay on track with their fitness goals through natural, engaging conversations.

TECHNOLOGY USED

- IBM Cloud Lite Services
- Watsonx.ai Studio
- Granite Foundation Model (13B)
- Watson Machine Learning (WML)
- Agentic AI (Agent Lab)
- Vector Store
- GitHub

IBM CLOUD SERVICES USED

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

WOW FACTORS

This agent transforms how individuals—especially beginners—approach fitness by offering instant, personalized, and encouraging guidance without needing an app, trainer, or web search. It promotes consistent health habits and empowers users to take control of their fitness journey in a conversational, human-like way.

Unique features:

- Fitness-Only AI: Stays focused on workouts, meals, and motivation — filters out unrelated questions.
- Natural Coaching Tone: Responds like a friendly fitness coach with motivational language.
- Quick Start Prompts: Offers ready-to-use fitness questions for fast, easy interaction.
- No-Code & Cloud-Based: Built using IBM Agentic AI tools, deployed fully on IBM Cloud.

END USERS

- Fitness Enthusiasts and Beginners
- Wellness Coaches and Personal Trainers
- Educational Institutions and Universities
- Corporate Wellness Programs

RESULTS

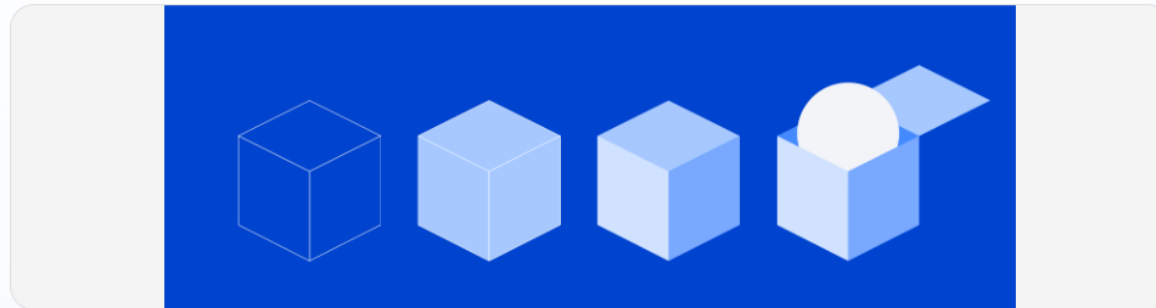
Agent preview



Fit Buddy 11:48 PM

Welcome to Fit Buddy

Ask me about home workouts, motivation, or healthy meals — I'm your fitness coach! 🍌



Sample questions

What's a good 10-minute workout at home?



Suggest a healthy post-workout snack.



Type something...



RESULTS

Agent preview



You: 11:55 PM

Suggest me a 10 minute full body workout at home.



Fit Buddy 11:55 PM

Here's a 10-minute full-body workout you can do at home:

1. Squat for 30 seconds, rest for 30 seconds
2. Push-ups for 30 seconds, rest for 30 seconds
3. Reverse lunges for 30 seconds, rest for 30 seconds
4. Plank for 30 seconds, rest for 30 seconds
5. Burpees for 30 seconds, rest for 30 seconds
6. Mountain climbers for 30 seconds, rest for 30 seconds
7. Jumping jacks for 30 seconds, rest for 30 seconds
8. Bicycle crunches for 30 seconds, rest for 30 seconds
9. Russian twists for 30 seconds, rest for 30 seconds
10. Leg raises for 30 seconds, rest for 30 seconds

Remember to warm up before starting the workout and cool down afterwards. It's also important to listen to your body and rest when needed.

You can find more information and videos on how to do these exercises on websites like YouTube, WebMD, and Men's

Health.



RESULTS

Agent preview



You: 11:56 PM

What should I eat after a workout?



Fit Buddy 11:56 PM

Based on the search results, it seems that there are various foods that can be beneficial to eat after a workout. Some examples include:

- Yogurt and fruit
- Peanut butter sandwich
- Low-fat chocolate milk and pretzels
- Post-workout recovery smoothie
- Turkey on whole-grain bread
- Chicken, potatoes, fish, rice, fruits, vegetables, and plant-based proteins
- Banana with almond butter, sea salt, and cinnamon
- Apple, hard-boiled egg, almonds
- Handful of cashews
- Eggs
- Greek yogurt
- Cottage cheese
- Tuna salad

Type something...



RESULTS

Agent preview



You: 12:18 AM

Can you write a Python program?



Fit Buddy 12:18 AM

I'm here to help with fitness and health questions. Let's get moving! 🙌

► How did I get this answer?



Type something...



RESULTS

Deployed AI Agent

IBM watsonx

Upgrade ⓘ 🔔

Ishan Grover's Account ▾

London ▾

IG ⋮

[Deployment spaces](#) / [Deployment_FitBuddy](#) / [Fit Buddy](#) /

Fit Buddy


✔ Deployed Online

API reference

Test

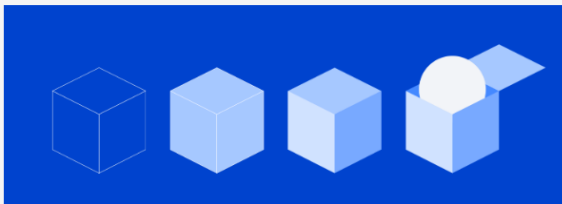
Preview

New chat +

 Fit Buddy 12:01 AM

Welcome to Fit Buddy

Ask me about home workouts, motivation, or healthy meals — I'm your fitness coach! 🍌



Quick start samples

Type something... 🔍

CONCLUSION

- The agent offers instant, personalized fitness advice through natural language conversation.
- It recommends home workouts, healthy meals, and motivational quotes — all without needing an app or trainer.
- Saves time by eliminating the need to browse multiple sources for fitness guidance.
- Improves consistency by keeping users engaged and motivated with friendly coaching.

GITHUB LINK

https://github.com/Ishan1210/Fitness_Buddy_AI_Agent

FUTURE SCOPE

- User Personalization
- Health Data Integration
- Multi-Language Support
- Voice Interaction
- AI-Driven Goal Setting

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Learning hours: 20 mins



THANK YOU