The Problem

Access to personal trainers in traditional gyms often comes with a hefty price tag, reaching over ₹10,000 per month. This high cost creates a significant barrier for the younger population, deterring them from consistently engaging in gym routines. Due to this, many individuals struggle to achieve their fitness goals, losing motivation & risking injury due to improper training or lack of guidance.

Our Solution

To address these challenges, we present "CoachFit" a revolutionary health tech app. CoachFit harnesses the power of AI to offer a cost-effective alternative. The app's core features include the generation of personalized workout plans and dietary recommendations using machine learning algorithms. With just a few simple clicks, users can obtain tailored fitness and nutrition plans that cater to their unique needs and goals.

Furthermore, the app offers real-time tracking of users' workout sessions, accurately counting repetitions and calculating calories burnt during each exercise. By providing an accessible, affordable, and AI-driven fitness solution, CoachFit aims to empower individuals, particularly the younger generation, to pursue healthier lifestyles, reduce injury risks, and achieve their fitness aspirations.

A Bullet-Point Analysis

- Traditional coaches can cost north of ₹10,000 per month. CoachFit's personalized assistant costs up to ₹500.
- Traditional coaches require timed slots which may conflict with an individual's time table. CoachFit's assistant is available 24/7 all year round.
- While traditional coaches require individuals to visit the gym, CoachFit allows users to workout anywhere, like from their homes.
- All in all, CoachFit is a personalized AI-driven gym trainer that fits in your pocket and lets you work out anywhere, anytime, to your convenience while staying on budget.

Team Details

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