Personal Body Trainer in AI

**Purpose for personal body trainer**

1. People become richer and they would like to spend more money and time on health and body training
2. Personal training coaches are expensive
3. Cannot keep in touch with personal training coaches anytime or anyplace you want
4. It is impossible to get a personal training coach for everyone because amount of coaches are much less then those who need them

**Basic idea about personal body trainer**

1. Get information from users and ask user to input their basic goal on their body
2. Analyze information, then give them a specific exercise plan and diet plan maybe per week
3. Meanwhile, give feedback to user everyday and according to learning by the data, the plans would become more and more reasonable
4. Or even, give the user two options, the first is offline mode, algorithm will give you a plan, then you will do that by yourself and no real-time feedback. The other option is that online feedback mode, it will give you real-time feedback or even adjust strength of rest plan just like GRE. At least, we could encourage them to insist if we detect their movement is slower and slower or even stop, for example, play a encourage voice file “Come on, you can do it! ” “Just have 30 seconds left” or something like that.
5. Make a graph to compare their some information before and after one week or one month.
6. In the future, learn how real personal trainers talk and save the general questions in a library. Once users asked the same question, personal trainers can answer directly or send user a link about information they need. Of course, if want add this function, have to make it more “smart” to give them more “specific ” recommendation.

**Challenges:**

1. How to get data from users and avoid inputting every time from users？

Possible Solution:

1. get data from some working out application, such as keep.
2. Get data from smart devices, include cellphones, apple watch and so on
3. Can we get enough information from the solutions mentioned from 1st challenge?

a) Maybe yes, maybe no. If not enough, need to give the user a specific a small training plan to test if they improve their strength or being closer to their goal or not.