

The **CELEB-BOT** 5000

Using AI to personalize fitness

Watch video version
of presentation here:



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- Generates personalized fitness and meal plans.
- Utilizes Google Gemini for AI-driven recommendations.
- Incorporates OpenAI DALL-E for visual aids.
- Integrates fitness data analysis for personalized insights.
- User-centric, customizable, and data-driven.



FEATURES:

- Collects user input: fitness goals, celebrity preferences, and age.
- Generates:
 - Custom workout and meal plans.
 - AI-driven recommendations for holistic health.
 - Predictions for resting BPM based on age using machine learning.
- Creates visual representations for plans using DALL-E.

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APPLICATION WORKFLOW:

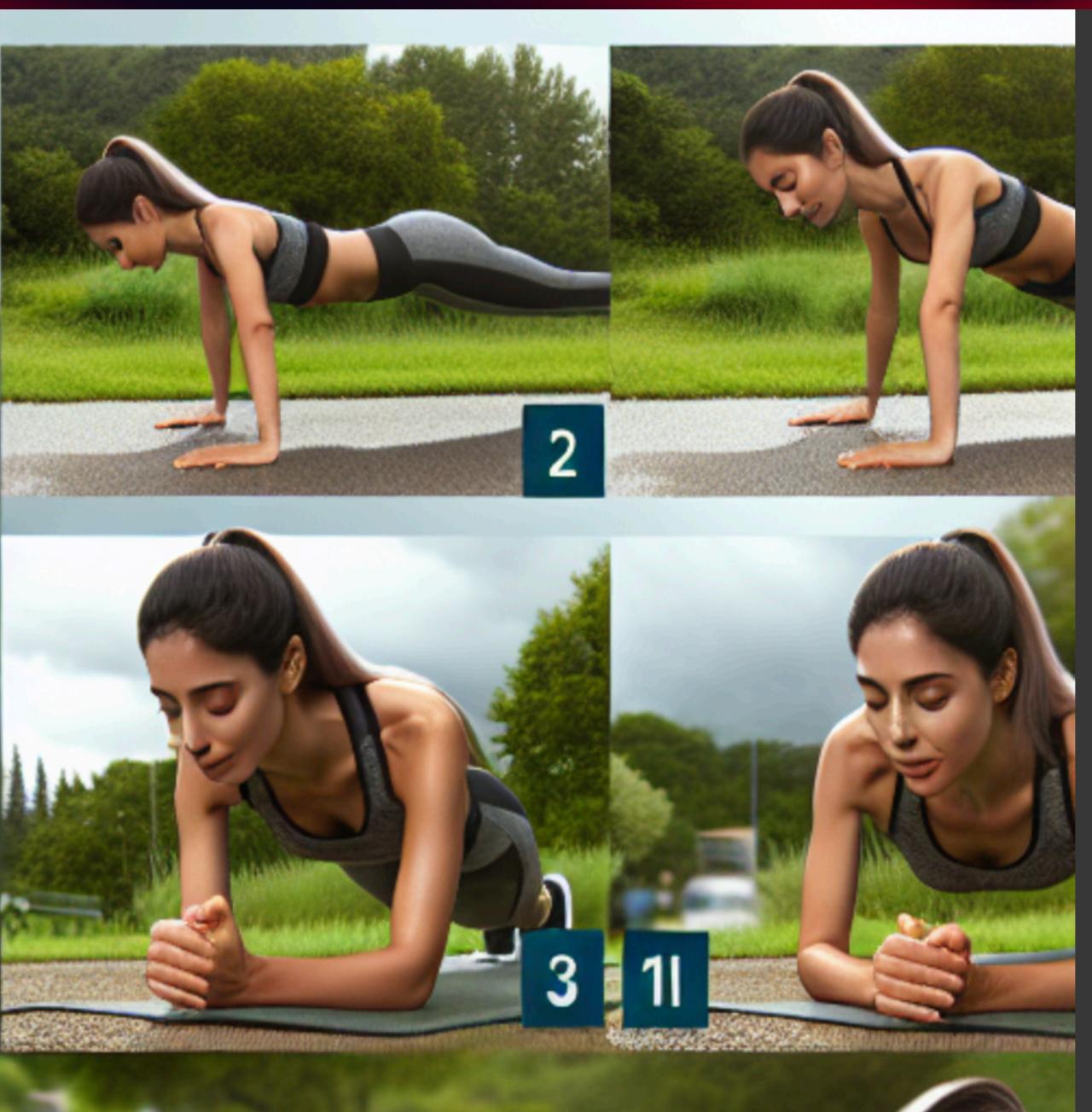
- **Step 1: User input collection (fitness goals, celebrity preferences, age).**
- **Step 2: Data processing using Google Gemini API and fitness dataset analysis.**
- **Step 3: Fetching personalized workout, meal plans, and resting BPM prediction.**
- **Step 4: Image generation with OpenAI DALL-E.**
- **Step 5: Displaying results with text and visuals.**

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RESULTS:

- **Workout Plan: Sample text + DALL-E image.**
- **Meal Plan: Sample text + DALL-E image.**
- **AI Recommendations: Tailored advice.**
- **Prediction: Resting BPM based on age and other data inputs.**

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Images generated by DALL-E



Images generated by DALL-E

DATA SETS:

Fitness Tracker Dataset

By: Nadeem Majeed

Kaggle

**Merge fitness / meal personalization and image creation with data
to output more personalized plans and information.**

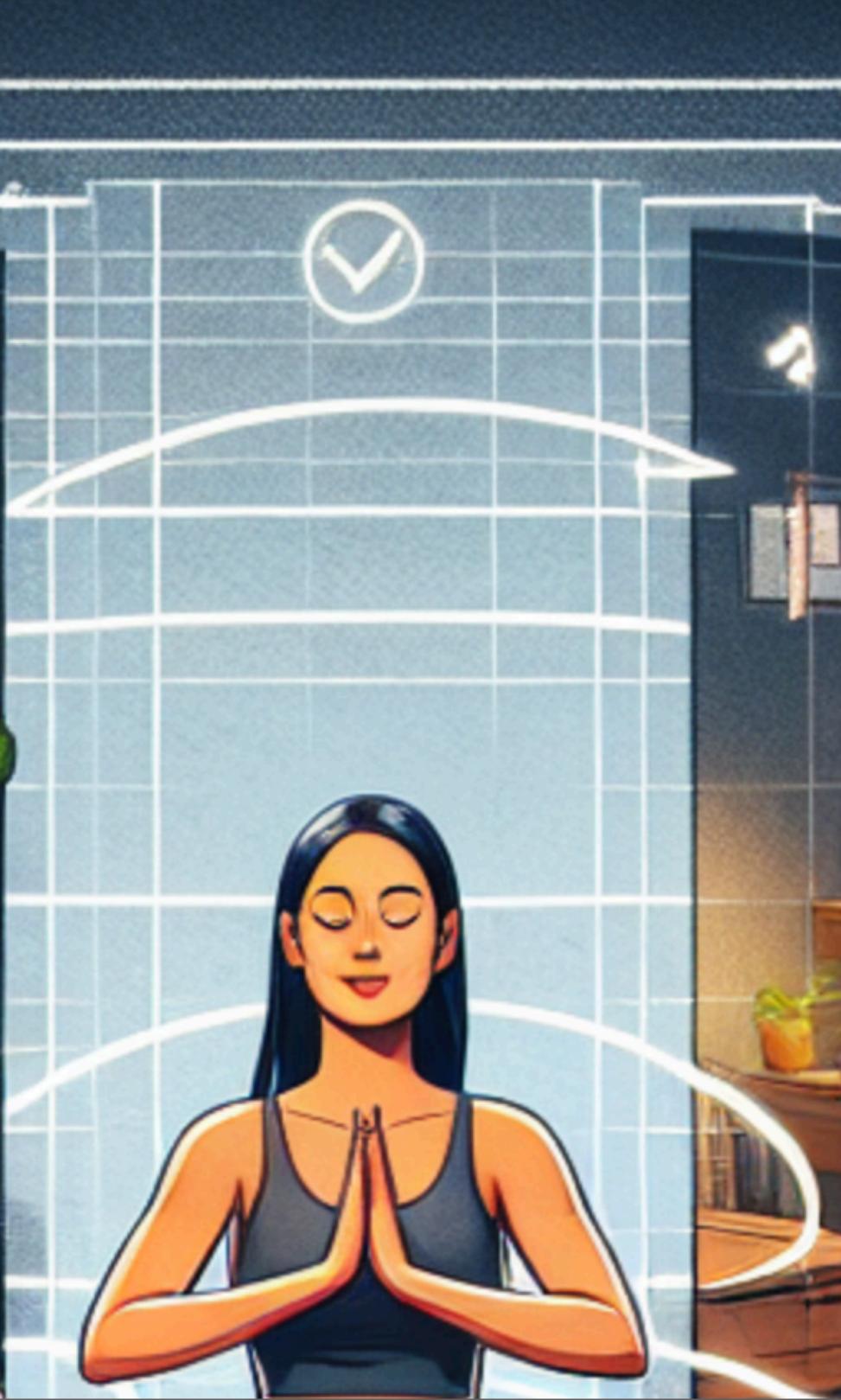
Data includes:

Age, Gender, Weight(kg), Height (m), Max BPM, Avg BPM, Resting BPM, Session Duration, Calories Burned, Workout Type, Fat Percentage, Water Intake, Workout Frequency, Experience Level, BMI

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Workout Plan

Generate a visual representation of a lose weight plan.



Meal Plan

Generate a visual representation of a lose weight plan.



Images generated by DALL-E

Recommendation based on Age and Resting BPM

AI Recommendation

Based on your age and resting BPM prediction (74.0), focus on a balanced routine with regular breaks.

CHALLENGES:

- Ensuring relevance across diverse user preferences.
- Dependency on accurate API configurations.
- Addressing scalability for large datasets.

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NEXT STEPS:

- Refine model prompts for greater accuracy.
- Add APIs like Whisper for voice inputs.
- Expand dietary options for varying needs.
- Integrate real-time fitness tracking for adaptive plans.

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CONCLUSION:

- Combines AI, machine learning, and visual tools to democratize personalized fitness guidance.
- Encourages a holistic approach to health.
- Sets the stage for future innovations in fitness tech.

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CREDITS:

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LEAD CODE

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VIDEO

Voice by voice.ai “Nina Reed”
Music: Universal

Fitness Tracker Dataset
By: Nadeem Majeed
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