CAPSTONE PROJECT

GYMBUDDY FITNESS AGENT

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OUTLINE

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- IBM Certifications



PROBLEM STATEMENT

Problem Statement:

In today's fast-paced lifestyle, many individuals face challenges in maintaining a consistent and healthy routine due to lack of personalized guidance, motivation, and flexible fitness solutions. Traditional fitness platforms are often costly, rigid, and fail to adapt to individual needs, making it difficult for users to stay engaged with their health goals.

Proposed Solution:

Fitness Buddy is an AI-powered virtual assistant built using IBM Cloud Lite and IBM Granite models. It provides personalized home workout suggestions, daily motivational tips, and simple, nutritious meal ideas through natural language interactions. Available anytime, it encourages habit formation and consistency, offering an accessible and intelligent alternative to traditional fitness coaching.



TECHNOLOGY USED

IBM cloud lite services

Retrieval Augmented Generation (RAG)

IBM Granite model



IBM CLOUD SERVICES USED

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



WOW FACTORS

Fitness Buddy is an Al-powered virtual assistant designed to support users in building a healthy lifestyle. It offers personalized fitness, nutrition, and motivation—accessible anytime through natural conversation.

Key Features

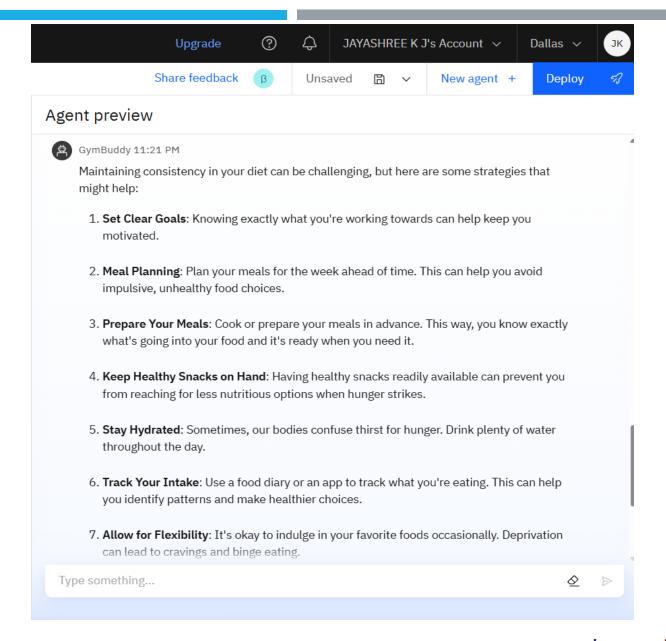
- Personalized home workout recommendations
 Suggests routines based on user fitness level, goals, and preferences.
- Simple and healthy meal suggestions
 Provides easy-to-make, nutritious meal ideas aligned with wellness goals.
- Daily motivational tips and habit reminders
 Sends encouraging messages and nudges to maintain consistency.
- Natural language chat interface using IBM Granite
 Engages users in human-like conversations for a friendly experience.
- 24/7 access via cloud-based virtual assistant
 Always available, free, and scalable through IBM Cloud Lite.



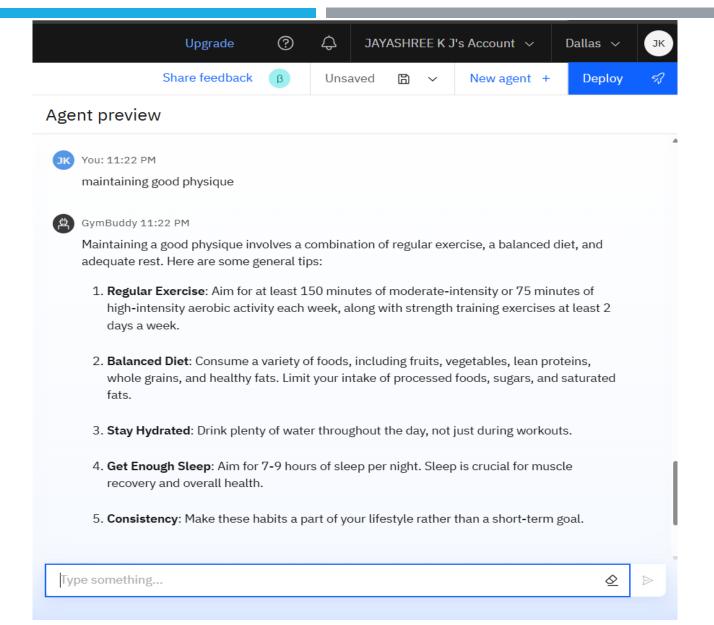
END USERS

- Busy professionals
- Students
- Fitness beginners
- Remote workers
- Health-conscious individuals

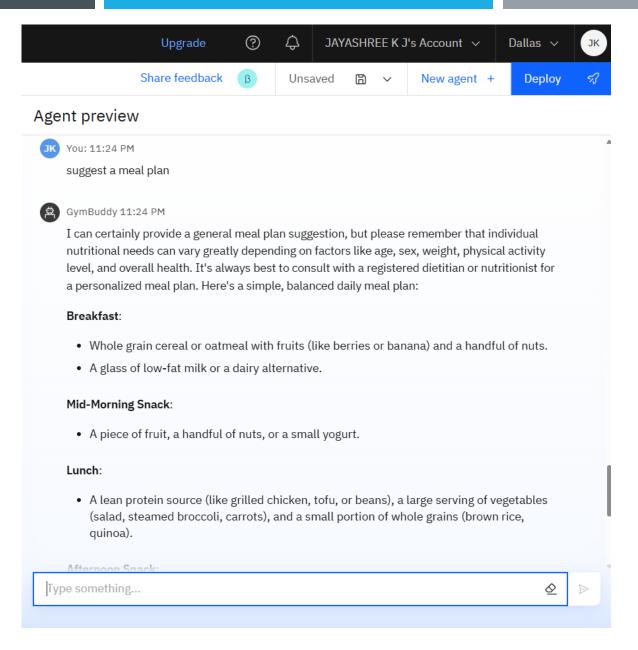






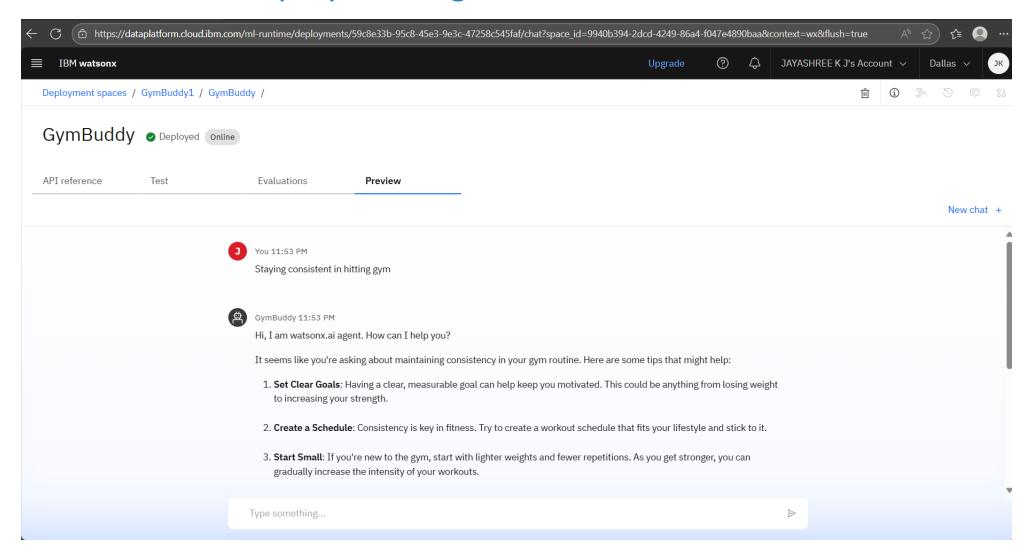








Deployed AI Agent





CONCLUSION

- Acts as a virtual fitness agent that generates personalized workout plans and healthy meal suggestions.
- •Saves time by **automating routine tasks** like daily reminders, motivational messages, and habit tracking.
- •Enhances consistency, engagement, and wellness through intelligent, 24/7 Alpowered support.



FUTURE SCOPE

- Voice assistant integration for hands-free interaction
- Wearable device syncing (e.g., fitness bands, smartwatches)
- Progress tracking dashboard with visual analytics
- •Mental wellness features like guided meditation and stress tips
- Multilingual support for wider accessibility
- Integration with nutrition/diet APIs for advanced meal planning
- •Community support/chatrooms to boost motivation and consistency



IBM CERTIFICATIONS

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Completion Certificate



This certificate is presented to

JAYASHREE K J

for the completion of

Lab: Retrieval Augmented Generation with LangChain

(ALM-COURSE_3824998)

According to the Adobe Learning Manager system of record

Completion date: 25 Jul 2025 (GMT)

Learning hours: 20 mins



GITHUB LINK

https://github.com/K-J-JAYASHREE/GymBuddy



THANK YOU

