IBM AICTE PROJECT

FITNESS BUDDY

Presented By:
Student name : KANISHK VERMA
College Name & Department : BPIT (IT)

OUTLINE

- **Problem Statement**
- **Technology used**
- **Wow factor**
- **End users**
- **Result**
- **Conclusion**
- **Git-hub Link**
- **Future scope**
- **IBM Certifications**

edunet
foundation

Problem Statement

RIn today's fast-moving world, many people find it difficult to maintain a healthy lifestyle due to time limitations, lack of personalized support, and inconsistent motivation. Traditional fitness options often come with high costs, rigid schedules, and limited flexibility, making them inaccessible for many individuals with busy or unpredictable routines.

Fitness Buddy addresses this gap by providing an AI-powered virtual fitness coach that delivers personalized workout plans, motivational tips, healthy meal suggestions, and habit-building support. It offers on-demand, conversational guidance tailored to each user's preferences—helping them stay consistent, motivated, and committed to their wellness goals anytime, anywhere.

Technology used

- IBM watsonx.ai Studio

- IBM Granite Foundation Model (granite-3-3b-instruct)

- Natural Language Processing (NLP)

- LangGraph + ReAct Architecture

- REST APIs for content delivery

- Agent Lab for orchestrating multi-turn conversations

IBM cloud services used

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

Wow factors

- Personalized home workout generation based on user preferences
- Smart meal recommendations tailored to diet type and timing
- Motivation via daily quotes, reminders, and habit tracking
- Scope-restricted AI behavior (answers only fitness-related queries)
- Built-in safety to reject non-domain inputs like coding or singing
- Accessible 24/7, cost-effective alternative to personal coaching
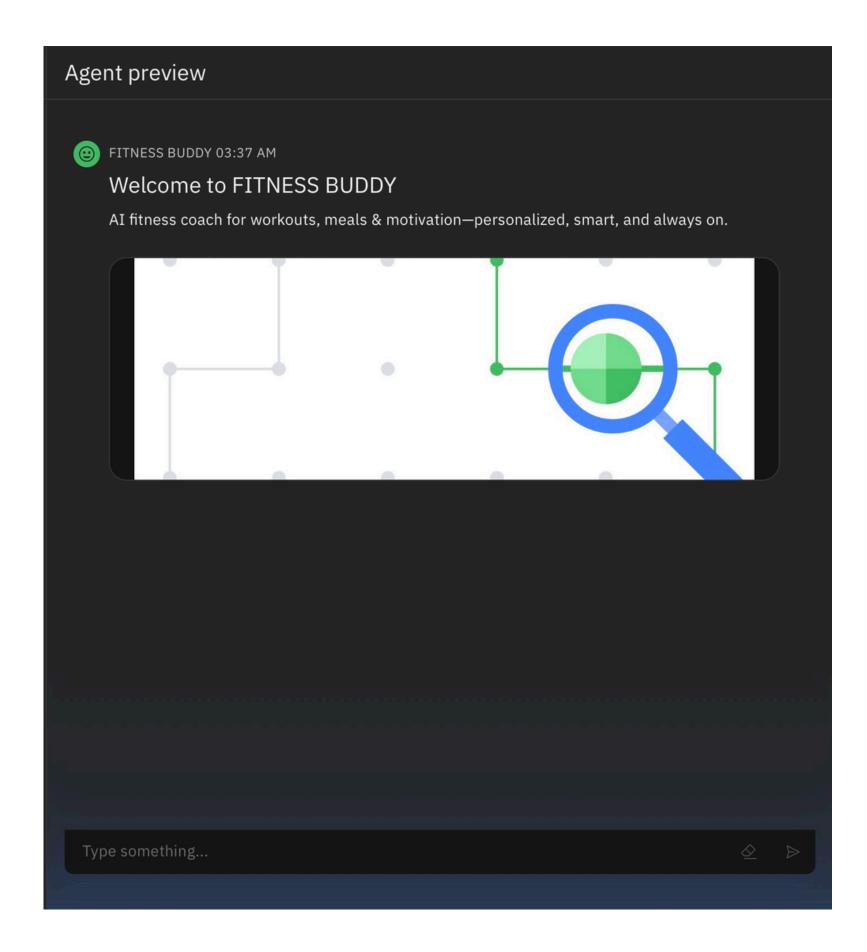
End users

- Fitness Enthusiasts
- Health-Conscious Individuals
- Students and Working Professionals
- Wellness Startups and Mobile Health Apps
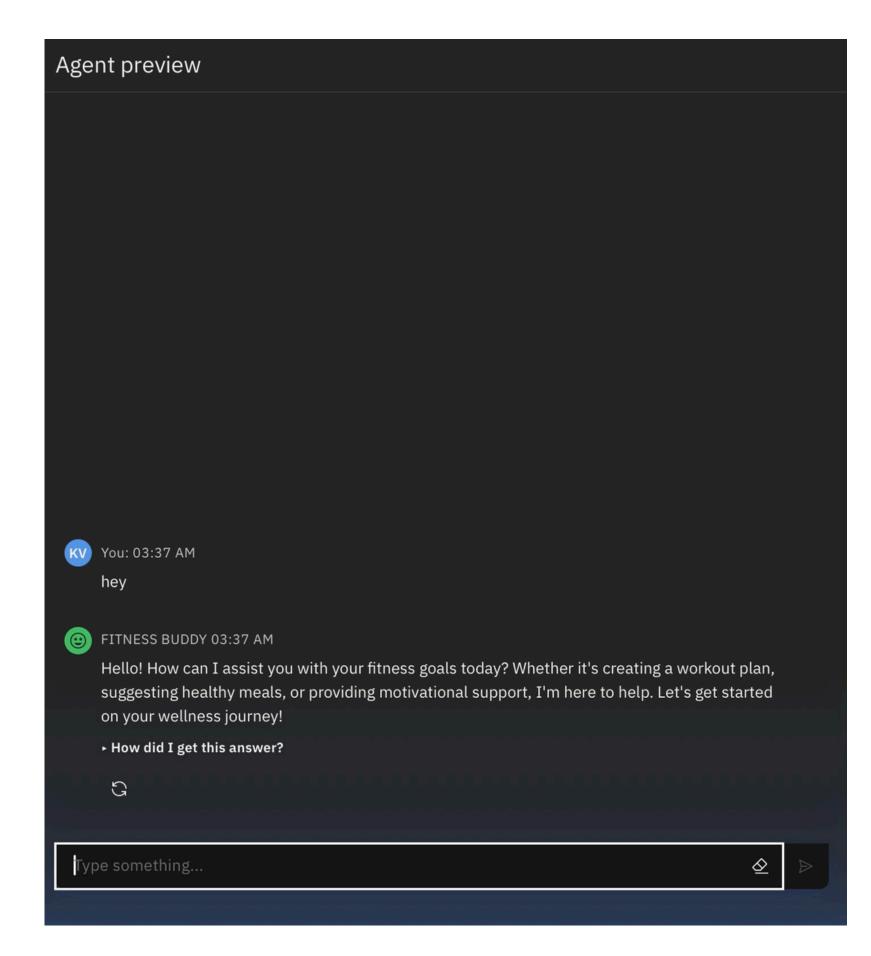- Anyone seeking on-demand fitness guidance

Results

Results

Conclusion

Fitness Buddy showcases how domain-specific AI agents can deliver intelligent, personalized, and context-aware support. By focusing solely on fitness, nutrition, and motivation, it provides a distraction-free wellness experience. The agent demonstrates the power of IBM watsonx and Granite models to build scalable, ethical, and effective AI solutions in the health domain.

Future scope

- Integration with Google Fit/Apple Health
- Voice-based interaction using Watson Speech Services
- Multi-language support (Hindi, Spanish, etc.)
- Fitness milestone tracking and user leaderboard
- Integration with WhatsApp/Telegram
- AI-based injury detection and recovery suggestions (future phase)

IBM Certifications

In recognition of the commitment to achieve professional excellence

Getting Started with Artificial Intelligence
IBM SkillsBuild

Kanishk Verma

Has successfully satisfied the requirements for:

Getting Started with Artificial Intelligence

Issued on: Jul 17, 2025
Issued by: IBM SkillsBuild

IBM

Verify: https://www.credly.com/badges/e93b2169-3127-4b9d-a5ec-c3f51bd05a10

edunet
foundation

GitHub Link

In recognition of the commitment to achieve professional excellence

Journey to Cloud: Envisioning Your Solution
IBM SkillsBuild

Kanishk Verma

Has successfully satisfied the requirements for:

Journey to Cloud: Envisioning Your Solution

Issued on: Jul 20, 2025
Issued by: IBM SkillsBuild

IBM

Verify: https://www.credly.com/badges/a796026a-132d-4cb7-b8cb-dbd007590db4

edunet
foundation

IBM Certifications

IBM SkillsBuild   Completion Certificate

This certificate is presented to

Kanishk Verma

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

GITHUB LINK : https://github.com/Kanishkverma777/IBM_PROJECT.git

THANK YOU