



Fitness Coach Agent

LangGraph + FastAPI + Groq. A UI so you don't have to curl like it's 1999.

Create Plan Log Day Weekly Review

Create a training plan

Name

khushal

Goal

lose_fat

Level

beginner

Equipment

bodyweight

Days per week

3

Session length (minutes)

65

Weight (kg) (optional)

99,00

- +

Injuries / limitations (optional)

Preferences (optional)

Generate Plan

Plan generated

Your Training Plan

Why this works

Why this plan fits the user:

- The plan is tailored to the user's goal of losing fat, focusing on full-body strength exercises that burn calories and build muscle.
- The beginner level is suitable for the user, with a gradual progression of exercises and sets.
- The 3-day per week schedule is realistic for a beginner, allowing for recovery time and minimizing burnout.
- The bodyweight exercises are a great fit for the user's equipment preferences, requiring no additional equipment.
- The plan's emphasis on consistency in nutrition, including protein, fiber, and sleep, aligns with the user's preferences.

Personalization tips:

1. **Increase the intensity:** As the user gets stronger, they can increase the number of sets, reps, or weight (if using bodyweight, they can try claps or pauses in exercises).
2. **Add variety to the warm-up:** While mobility and light cardio are great, the user can try dynamic stretching, foam rolling, or even a short HIIT (High-Intensity Interval Training) session to get their heart rate up and prepare their muscles.
3. **Make the cooldown more relaxing:** Instead of just stretching, the user can try yoga, deep breathing exercises, or even a short meditation session to help their body recover and reduce stress.

Fallback rule for missed sessions:

If the user misses a session, they should aim to make it up as soon as possible, but not at the expense of their recovery. Instead, they can try to fit in a shorter, modified version of the workout, such as a 20-minute bodyweight circuit or a 10-minute yoga flow. This will help them stay on track and avoid feeling guilty about missing a session.

› Full response JSON