

## Fitness Coach ChatBot

This project is an **AI Chatbot** designed to act as a personal fitness coach. It leverages a modern AI stack to provide real-time advice on workouts, nutrition, and recovery.

The LLM Engine being implemented in this project is from ChatGroq and the framework is FastAPI to serve the model as a high-performance web API.

LangChain was used to manage the logic flow, prompt templates, and historical context.

MongoDB was used for persistent storage of user conversations, ensuring the coach "remembers" you across sessions.

This chatbot doesn't just store memory, memory is **reconstructed** every time a user sends a message. This gives the AI "Episodic Memory," allowing it to recall previous injuries, goals, or preferred workout styles.

GitHub link

[https://github.com/Koonie19/Fitness\\_Chatbot](https://github.com/Koonie19/Fitness_Chatbot)

Below is the HOSTED API Link

[https://fitness-chatbot-l2n8.onrender.com/docs#/default/chat\\_chat\\_post](https://fitness-chatbot-l2n8.onrender.com/docs#/default/chat_chat_post)

And here is a sample test screenshot.



