Group 1

Project Check-in Discussion Review

In our first check-in with the TA we discussed an overview of the function of our application, the Large Lifting Model app (LLM app). The LLM app will create custom workout plans tailored to the users abilities and custom goals. The user will start by creating a profile with their basic overall health information. Once a profile is created, the user will input the parameters for the daily workout they wish to have. Their health information and daily parameters will be sent to the LLM, which will create a customised workout for them. The user will have the option to request changes to the workout or confirm the workout for the day. Once the workout is confirmed, this data will be saved as a past workout and this will be more information that will be fed to the LLM to create better workouts in the future.

We then discussed what LLM technology we are going to use and how we are going to modify the LLM to create customised workouts for each user. We are going to use the Gemini LLM. The LLM will be provided with the health information, daily parameters, and the workout history for the user. With this LLM, each time a new workout is requested by the user, a new conversation token will be generated letting us continue the conversation and modify the workout the user is building. Within this 'conversation' with the LLM, the user will be able to request changes for the workout, until they are happy with the final workout. When the user confirms this workout, this will be saved in their workout history, and the 'conversation' with the LLM will end.