
CAPSTONE PROJECT

FITNESS BUDDY

Presented By:

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OUTLINE

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

PROBLEM STATEMENT

Problem Statement No.13 - Fitness Buddy The challenge - In today's fast-paced world, many individuals struggle to maintain a healthy lifestyle due to lack of personalized guidance, time constraints, and inconsistent motivation. Traditional fitness solutions often require expensive subscriptions, in-person consultations, or rigid schedules that don't adapt to personal preferences or daily routines. There is a growing need for an accessible, friendly, and intelligent virtual assistant that can provide ondemand fitness advice, healthy lifestyle suggestions, and basic nutrition guidance—all tailored to individual needs and available at any time. Fitness Buddy aims to solve this problem by offering a conversational, AI-powered health and fitness coach that can:

Recommend home workouts and routines based on user input.

☐ Provide motivational tips and daily fitness inspiration.

☐ Suggest simple, nutritious meal ideas. ☐ Encourage habit-building and consistency.

TECHNOLOGY USED

IBM cloud lite services

watsonx.ai Studio (Prompt Lab)

watsonx.ai Runtime

Agent Lab

Natural Language Processing (NLP)

IBM Granite model

IBM CLOUD SERVICES USED

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

WOW FACTORS

- Real-time adjustment of workouts and meals based on feedback
- Integrated motivational nudges to reinforce habits
- Automatic progress reports (weekly/monthly) delivered via email or dashboard
- Zero-cost entry with Lite plans and open-source model integrations

END USERS

- Busy Professionals seeking flexible home workout
- Students balancing study and self-care
- Fitness beginners needing guided routines
- Health enthusiasts wanting data-driven meal plans

RESULTS

Deployed AI Agent

The screenshot displays the IBM watsonx user interface. At the top, the navigation bar includes the 'IBM watsonx' logo, an 'Upgrade' button, and user account information for 'LAVISH VERMA's Account' in 'London'. The breadcrumb trail indicates the current location: 'Deployment spaces / Development / Fitness Buddy'.

The main section is titled 'Fitness Buddy' and shows its status as 'Deployed' and 'Online'. Below this, there are three tabs: 'API reference', 'Test', and 'Preview', with the 'Preview' tab currently selected.

The chat interface shows a message from 'Fitness Buddy' at 06:11 AM: 'Welcome to Fitness Buddy. Your on-demand AI fitness coach and nutrition guide.' Below the message is a large blue graphic with white curved lines and a white circle. Underneath the graphic, there are two 'Quick start samples' with input fields and arrows: 'What can I eat for a high-protein lunch?' and 'Give me a 15-minute cardio routine.' At the bottom, there is a text input field with the placeholder 'Type something...' and a send button.

On the right side, a sidebar titled 'About this deployment' provides detailed information about the agent:

- Name:** Fitness Buddy
- Description:** Your on-demand AI fitness coach and nutrition guide
- Deployment Details:**
 - Deployment ID: dde75389-583a-45...
 - Serving name: No serving name.
 - Software specification: runtime-24.1-py3.11
 - Hardware specification: Extra extra small: 1 CPU and 2 GB RAM
 - Copies: 1
- Tags:** wx-agent
- Associated asset:** Fitness Buddy
- Last modified:** 18 minutes ago
- Created on:** Aug 5, 2025

RESULTS

IBM watsonx

Upgrade ⓘ 🔔

LAVISH VERMA's Account ▾ London ▾ LV

Deployment spaces / Development / Fitness Buddy / ⓘ ⚙️ 🗨️ 📄 📁

Fitness Buddy 🟢 Deployed Online

API reference Test **Preview**

New chat +

You 06:11 AM

What workout should I do today?

Fitness Buddy 06:11 AM

Hi, I am Fitness Buddy, How are you?

Hey! Ready to crush today's goals?

Here's a great workout for you:

Workout: Jumping Jacks Interval

- **Duration:** 7 minutes
- **Intensity:** Moderate to high
- **Equipment:** None
- **Steps:**
 1. 30 seconds of jumping jacks
 2. 30 seconds of rest
 3. Repeat for the duration of the workout

Motivation Tip: Remember, consistency is key! Even a short workout can make a big difference.

Type something...

➤

About this deployment ×

Name ✎

Fitness Buddy

Description ✎

Your on-demand AI fitness coach and nutrition guide.

Deployment Details

Deployment ID: `dde75389-383a-45...`

Serving name: ✎

No serving name.

Software specification: ✎

`runtime-24.1-py3.11` ⓘ

Hardware specification: ✎

Extra extra small: 1 CPU and 2 GB RAM

Copies: ✎

1

Tags ✎

`wx-agent`

Associated asset ✎

🔗 Fitness Buddy

`fe2565ce-794b-4d8d-986a-decc7b183e66`

Last modified

18 minutes ago

Created on

Aug 5, 2025

CONCLUSION

- Fitness Buddy makes personalized fitness and nutrition guidance accessible to everyone..
- By combining Watsonx Agent Lab and cloud services, we deliver a frictionless user experience..
- Habit-building and data-driven insights empower users to stay motivated and track real progress..

FUTURE SCOPE

- Integration with wearable devices for live biometricsVoice-Activated Research Assistant
- Voice-enabled interactions (Alexa/Google Assistant)
- Social features: friend challenges and community support
- Integration with Publishing Platforms
- AI-driven injury prevention and form-correction via computer vision

IBM CERTIFICATIONS

In recognition of the commitment to achieve
professional excellence



Lavish Verma

Has successfully satisfied the requirements for:

Getting Started with Artificial Intelligence



Issued on: Jul 27, 2025

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Journey to Cloud: Envisioning Your Solution



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IBM CERTIFICATIONS

IBM **SkillsBuild**

Completion Certificate



This certificate is presented to

Lavish 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: 01 Aug 2025 (GMT)

Learning hours: 20 mins

Git hub link : https://github.com/LavishV/Fitness_Buddy

GITHUB LINK

- Make sure that there should be readme file



THANK YOU