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

Recommend home workouts and routines based on user input

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, Al-powered health and fitness coach that can:

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☐ Provide motivational tips and daily fitness inspiration.
\square Suggest simple, nutritious meal ideas. \square 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 Al Studio
- IBM Cloud Watsonx Al 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



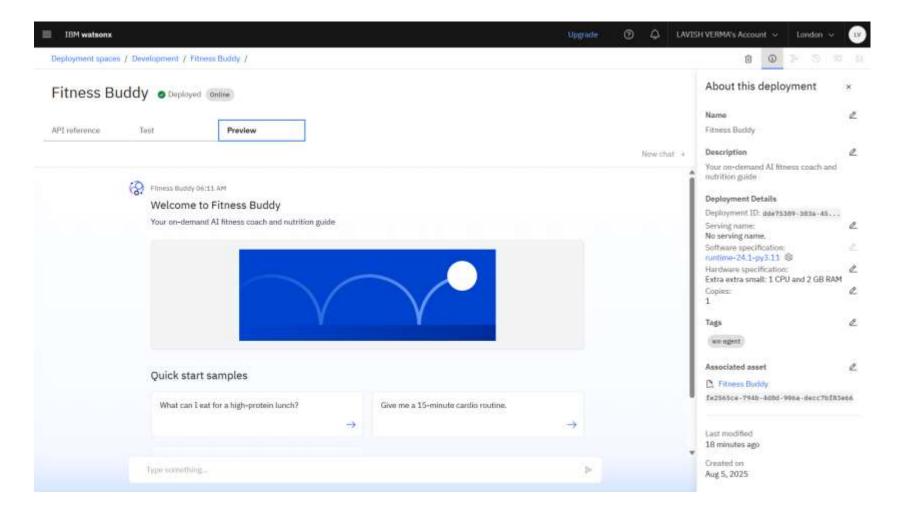
END USERS

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



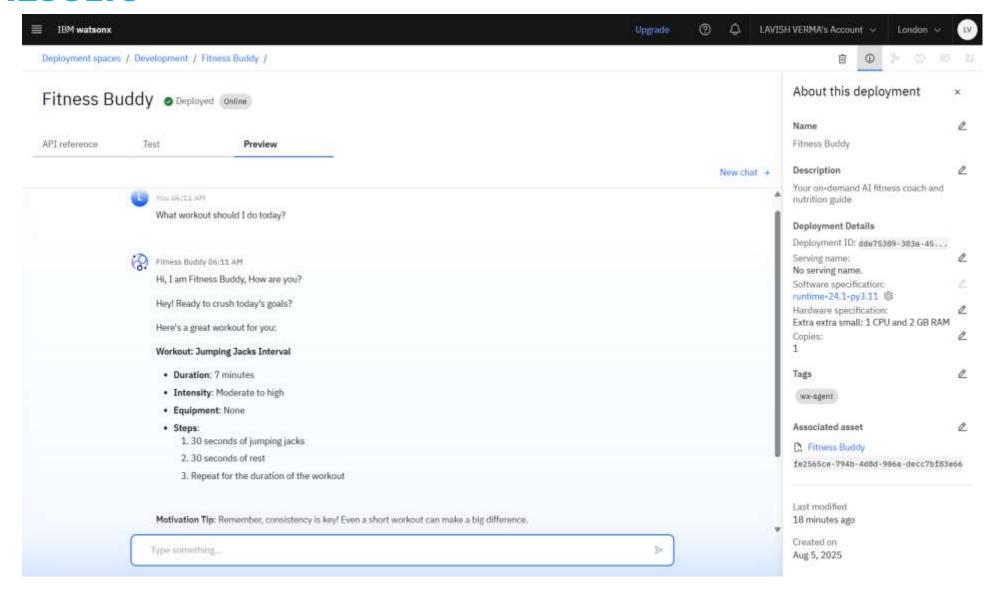
RESULTS

Deployed AI Agent





RESULTS





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
- Al-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:

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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

