

IBM AICTE PROJECT

FITNESS BUDDY

Presented By:

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PROBLEM STATEMENT

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.



TECHNOLOGY USED

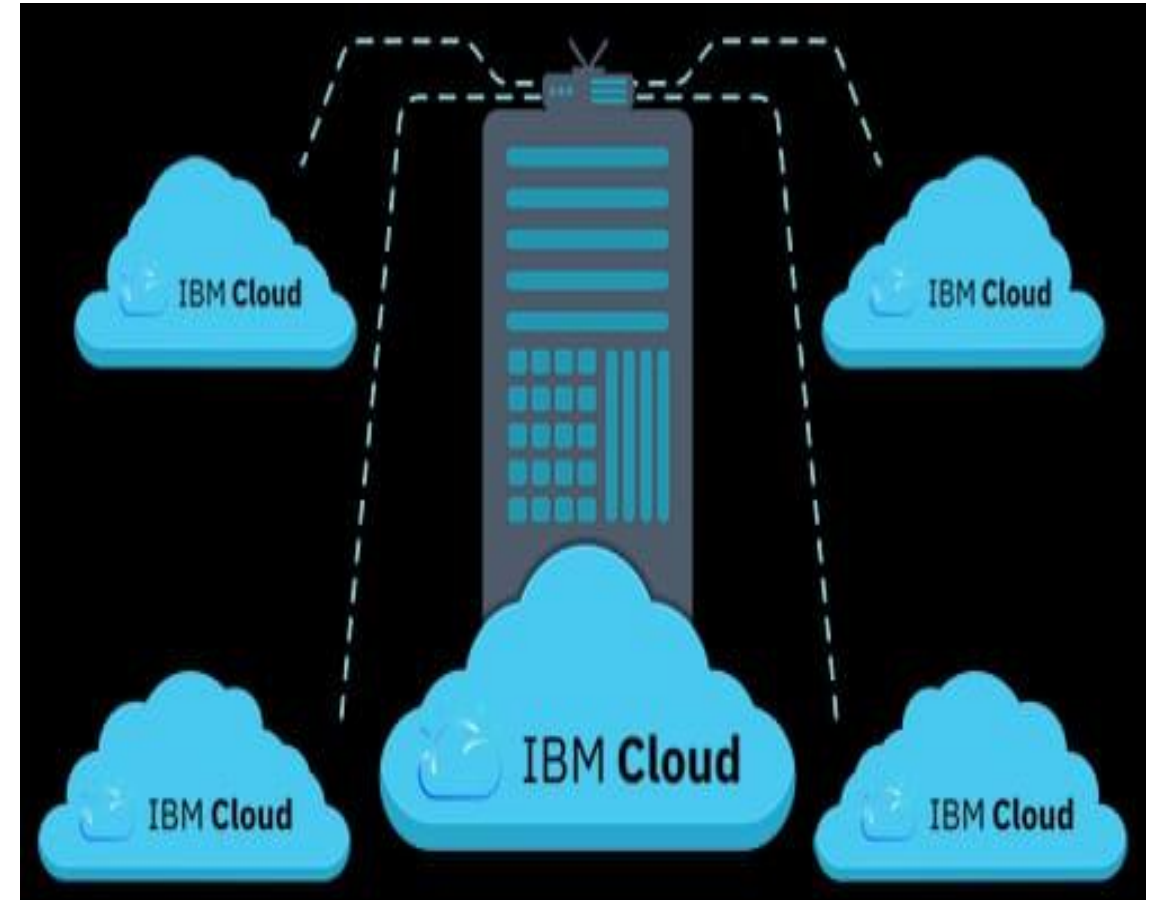
IBM cloud lite service: Free tier service, allowing users to experiment and build applications with limited resources.

AI Agent Lab : Platform that enables users to create, train, deploy, AI agents.

IBM Granite model : Family of AI models designed for enterprise use, focusing on efficiency, integration and real-world impact.

IBM CLOUD SERVICES AND TOOLS USED

- IBM Cloud Watsonx AI Studio
- IBM Cloud Watsonx AI runtime
- IBM Cloud Agent Lab
- IBM Granite foundation model
- IBM Cloud Object Storage
- Document search
- Wikipedia search
- LangGraph framework



WOW FACTORS

Our Fitness Buddy acts as a supportive and motivating partner, helping users achieve their fitness goals through personalized guidance and encouragement.

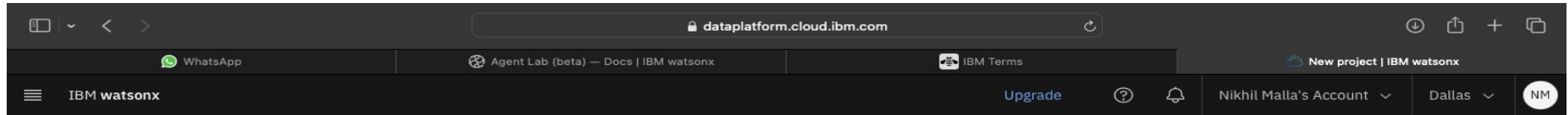
Unique features:

1. ***Sets Fitness Goals:*** Help users set and define achievable fitness goals, such as weight loss, muscle gain, or improved endurance.
2. ***Creates Workout Plans:*** Develop customized workout plans tailored to the user's goals, fitness level, and available time.
3. ***Tracks Progress:*** Monitor and track user progress, providing regular updates and insights on their performance.
4. ***Offers Motivation:*** Provide motivational support and encouragement to help users stay on track and overcome obstacles.

END USERS

- ***Fitness Enthusiasts***: Individuals who regularly work out and seek motivation, inspiration, and community support to enhance their fitness journey.
- ***Health-Conscious Individuals***: People prioritizing healthy eating, wellness, and self-care, looking for nutritious meal ideas and habit-building strategies.
- ***Busy Professionals***: Individuals with limited time, seeking efficient workout routines, meal planning, and stress management techniques.
- ***Beginners***: Those new to fitness, looking for guidance, motivation, and support to establish healthy habits.
- ***Fitness Goal-Oriented Individuals***: People with specific goals, such as weight loss, muscle gain, or improved flexibility, seeking tailored advice and tracking features.

RESULTS



Create a project

Start with a new, blank project or select from where to import an existing project.

+ New

Local file

Sample

Define details

Name

Fitness Buddy

Description (optional)

☐ Provide motivational tips and daily fitness inspiration.

☐ Suggest simple, nutritious meal ideas.

☐ Encourage habit-building and consistency.

Tags (optional)

Add tags

Add tags to make projects easier to find. To add tags, separate them with commas and press Enter.

Storage

CloudObjectStorage

Project includes integration with [Cloud Object Storage](#) for storing project assets.

Advanced settings

Cancel

Create

RESULTS

The screenshot displays the IBM watsonx Agent Lab interface. The top navigation bar includes the IBM watsonx logo, an 'Upgrade' button, and user account information for 'Nikhil Malla's Account' in 'Dallas'. The main header shows the project path 'Projects / Fitness Buddy / Agent Lab' and buttons for 'Share feedback', 'Unsaved', 'New agent', and 'Deploy'.

The interface is divided into two main sections:

- Build:** This section is used to configure the AI agent. It includes:
 - Model:** Set to 'granite-3-3-8b-instruct'.
 - Icon:** A placeholder for a custom icon, currently showing a robot head.
 - Placeholder image:** A large area for a custom image, currently showing a placeholder with a magnifying glass.
 - Quick start questions:** A section to add up to 4 quick start questions for users.
 - Configuration:** Includes dropdowns for 'Framework' (set to 'LangGraph') and 'Architecture' (set to 'ReAct').
 - Instructions:** A text area with the instruction: 'Act as a supportive and motivating fitness buddy, helping users achieve their fitness goals through personalized guidance and encouragement.' A link for 'Advanced configuration' is also present.
- Agent preview:** This section shows a simulated conversation with the 'Fitness Buddy' agent.
 - User (NM):** 'I'm ur AI Fitness Buddy..on-demand fitness advice,healthy lifestyle suggestions, nutritious guidance' and 'give me fitness advice'.
 - Fitness Buddy:** Responds with a friendly message and a list of fitness advice points.
 - How did I get this answer?** (Link to view reasoning)
 - User (NM):** 'I am looking to build strength and gain muscle mass'.
 - Fitness Buddy:** Provides detailed advice:
 - Resistance Training:** Incorporate strength training exercises into your routine. Focus on compound movements that work multiple muscle groups at once, such as squats, deadlifts, bench presses, and overhead presses.
 - Progressive Overload:** Gradually increase the intensity of your workouts over time. This could mean lifting heavier weights, doing more repetitions, or adding more sets.
 - Rest and Recovery:** Muscles grow during rest, so ensure you're getting enough sleep and taking rest days. Aim for at least 7 hours of sleep per night and consider having at least one full rest day per week.

RESULTS

The screenshot displays the IBM watsonx Agent Lab interface. The top navigation bar includes the IBM watsonx logo, an 'Upgrade' button, and user account information for 'Nikhil Malla's Account' in 'Dallas'. The main breadcrumb trail is 'Projects / Fitness Buddy / Agent Lab'. The interface is divided into two main sections: 'Build' on the left and 'Agent preview' on the right.

Build Section:

- Model:** A dropdown menu is open, showing 'llama-3-2-11b-vision-instruct' as the selected option. Other options include 'Recents', 'granite-3-3-8b-instruct', and 'View all foundation models'.
- Configuration:**
 - Framework:** Set to 'LangGraph'.
 - Architecture:** Set to 'ReAct'.
- Instructions:** A list of three instructions is visible:
 1. **Set Fitness Goals:** Help users set and define achievable fitness goals, such as weight loss, muscle gain, or improved endurance.
 2. **Create Workout Plans:** Develop customized workout plans tailored to the user's goals, fitness level, and available time.
 3. **Track Progress:** Monitor and track user progress, providing regular updates and insights on their performance.
- Knowledge:** A 'Vector index' section shows 'Fitness plan' as the selected index. A note states: 'If you want to add a vector index to the agent, clear the agent preview chat.'
- Tools:** A section for defining tools, currently empty.

Agent preview Section:

The chat history shows the following interactions:

- User (NM):** You: 11:52 PM
give me the summary of the document
- Fitness Buddy:** 11:52 PM
The document is about a supportive and motivating fitness buddy, Malla Nikhil, who has created a fitness plan to help users achieve their fitness goals. The plan includes a weekly workout split, a nutritious diet plan, and motivational quotes to help users stay on track. The workout split includes exercises for different muscle groups, such as chest and triceps, back and biceps, and legs. The diet plan includes meal timing with choices, such as breakfast, lunch, and dinner, and snacks in between. The motivational quotes are meant to inspire and motivate users to continue their fitness journey.
► How did I get this answer?
- User (NM):** You: 11:52 PM
give me Nikhil's weekly exercise routine
- Fitness Buddy:** 11:52 PM
Here is Nikhil's weekly exercise routine:
Monday: Chest & Triceps
 - Bench press
 - Incline dumbbell press
 - Push-ups
 - Triceps dips
 - Skull crushers

The bottom of the preview shows a text input field with the placeholder 'Type something...' and a send button.

RESULTS

Deployed

The screenshot shows the IBM watsonx web interface. The browser address bar displays `datapatform.cloud.ibm.com`. The top navigation bar includes the IBM watsonx logo, an 'Upgrade' button, and user account information for 'Nikhil Malla's Account' in 'Dallas'. The breadcrumb trail indicates the current location is 'Deployment spaces /'. The main heading is 'Fitness Buddy', with tabs for 'Overview', 'Assets', 'Deployments' (selected), 'Jobs', and 'Manage'. Below the tabs is a search bar and a table of deployments.

Name	Type	Status	Asset	Asset type	Tags	Last modified
watsonx Agent	Online	Deployed	watsonx Agent	Ai service	wx-agent	26 seconds ago Nikhil Malla (You)

At the bottom of the interface, there is a pagination bar showing 'Items per page: 20', '1-1 of 1 items', and '1 of 1 pages'.

CONCLUSION

- 1. ***Empowering Fitness Journeys***: "The Fitness Buddy project aims to empower individuals to take control of their fitness journeys, providing personalized support, motivation, and guidance to help them achieve their goals."
- 2. ***Transforming Lives through Fitness***: "By offering a comprehensive fitness experience, the Fitness Buddy project strives to transform lives by promoting healthy habits, motivation, and ultimately helping users reach their full potential."
- 3. ***Achieve Your Fitness Potential***: "With the Fitness Buddy project, you'll have the tools, motivation, and support needed to achieve your fitness potential, overcome challenges, and celebrate successes along the way."
- 4. ***Fitness for Everyone***: "The Fitness Buddy project is designed to make fitness accessible and enjoyable for everyone, regardless of fitness level or goals, providing a supportive community and personalized guidance to help users succeed."

FUTURE SCOPE

- Virtual Fitness Classes and Training
- Integration with Smart Home Devices
- Mental Wellness and Health Features
- Advanced Biometric Sensors
- Gamification and Incentives
- Predictive Analytics



GITHUB LINK

<https://github.com/Nikhil-14-GH/Fitness-Buddy>

IBM CERTIFICATIONS



IBM SkillsBuild

Completion Certificate



This certificate is presented to

Nikhil Malla

for the completion of

Lab: Retrieval Augmented Generation with LangChain

(ALM-COURSE_3824998)

According to the Adobe Learning Manager system of record

Completion date: 22 Jul 2025 (GMT)

Learning hours: 20 mins

In recognition of the commitment to achieve
professional excellence



Nikhil Malla

Has successfully satisfied the requirements for:

Journey to Cloud: Envisioning Your Solution



Issued on: Jul 21, 2025
Issued by: IBM SkillsBuild

Verify: <https://www.credly.com/badges/d72f7bf8-2281-43da-9c1c-f829788447b4>



THANK YOU