

CAPSTONE PROJECT

FITNESS BUDDY

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OUTLINE

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

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. There is a growing need for an accessible, friendly, and intelligent virtual assistant that can provide on demand fitness advice, healthy lifestyle suggestions, and basic nutrition guidance—all tailored to individual needs and available at any time.

TECHNOLOGY USED

IBM cloud lite services

Natural Language Processing (NLP)

Retrieval Augmented Generation (RAG)

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


- This agent will significantly enhance personal fitness journeys, streamline workout planning, and empower users with real-time, data-driven health insights. It supports beginners and experienced individuals alike by delivering tailored fitness guidance, promoting consistency, and improving overall health outcomes.
- **Personalized workout recommendations** based on fitness goals, body type, and progress

End users

- Academic Researchers
- Research Institutions and Universities
- Industry R&D Teams
- Educators

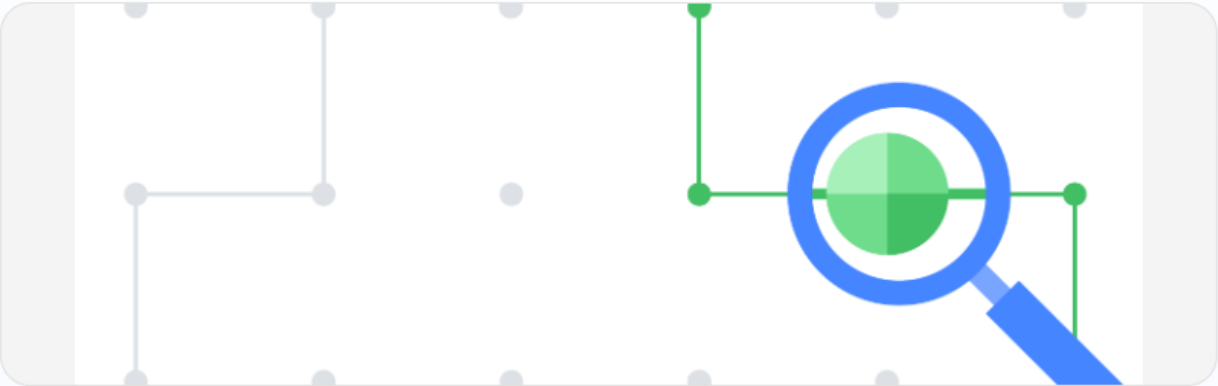
RESULTS

< Agent preview


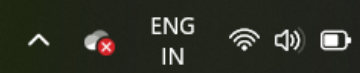
 Fitness AI 06:00 PM

Welcome to Fitness AI

Change this description to reflect your particular agent



Type something...


  ENG IN 18:00 04-08-2025

RESULTS


[Upgrade](#) [?](#) [🔔](#) [Nishant Vatsa's Account](#) [Dallas](#) [NV](#)

[Share feedback](#) [β](#) [Unsaved](#) [📁](#) [New agent](#) [+](#) [Deploy](#) [🔗](#)

Agent preview

 You: 05:56 PM

give me some motivational quotes


 Fitness AI 05:56 PM



Here are some motivational quotes to inspire you:


1. "Believe you can and you're halfway there." - Theodore Roosevelt
2. "Success is not final, failure is not fatal: it is the courage to continue that counts." - Winston Churchill
3. "Don't watch the clock; do what it does. Keep going." - Sam Levenson
4. "The only way to do great work is to love what you do." - Steve Jobs
5. "You miss 100% of the shots you don't take." - Wayne Gretzky
6. "The future belongs to those who believe in the beauty of their dreams." - Eleanor Roosevelt
7. "It does not matter how slowly you go as long as you do not stop." - Confucius
8. "The only limit to our realization of tomorrow will be our doubts of today." - Franklin D. Roosevelt

Remember, these quotes are meant to inspire and remind you of the power of perseverance and belief in oneself. Keep pushing forward, and don't forget to celebrate your progress along the way.

► How did I get this answer?



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RESULTS

Upgrade

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Nishant Vatsa's Account ▾

Dallas ▾

NV

Share feedback β

Unsaved 📁 ▾

New agent +

Deploy 🚀

Agent preview

NV

You: 05:56 PM

give me some motivational quotes

🤖

Fitness AI 05:56 PM

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▶ How did I get this answer?

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17:58

04-08-2025

CONCLUSION

- The agent can generate reports, suggest hypotheses, and even draft sections for body builders.
- It saves time by automating repetitive tasks like citation management and data extraction.
- It can be used by sick patients to get a daily routine and best food possible.

FUTURE SCOPE

- Hyper-Personalized Training Plans**

AI will analyze real-time physiological data (like heart rate, sleep patterns, and metabolism) to design dynamical

- Virtual Fitness Coaches with Real-Time Feedback**

Using computer vision and wearable sensors, AI can offer real-time posture correction, form analysis, and motiv

- Predictive Injury Prevention**

AI models will be trained to detect early signs of strain or injury risk based on movement patterns, fatigue levels,

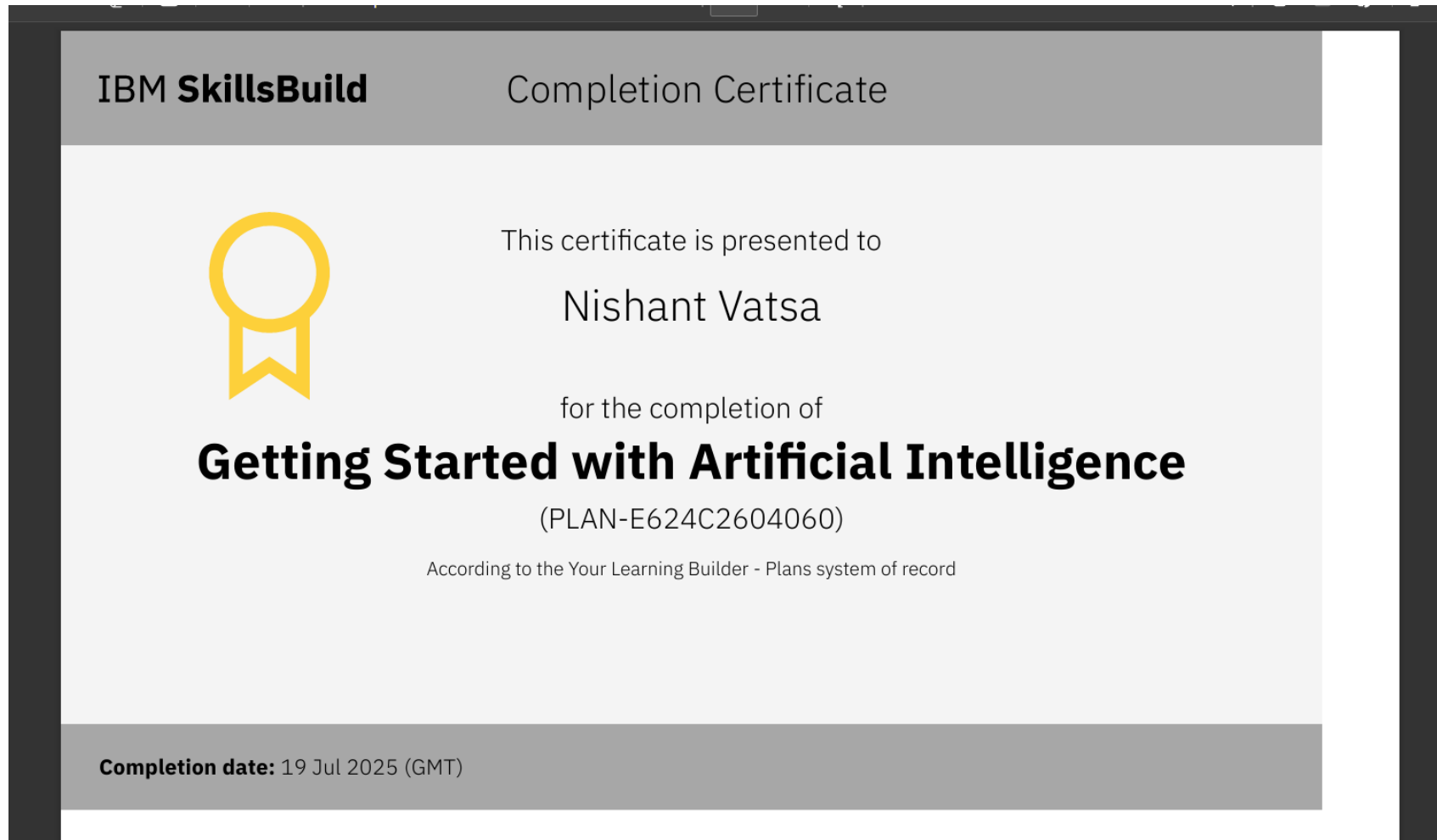
- Integration with Mental Wellness & Lifestyle**

Future AI fitness systems will not just focus on physical health but integrate stress levels, sleep quality, mood, and

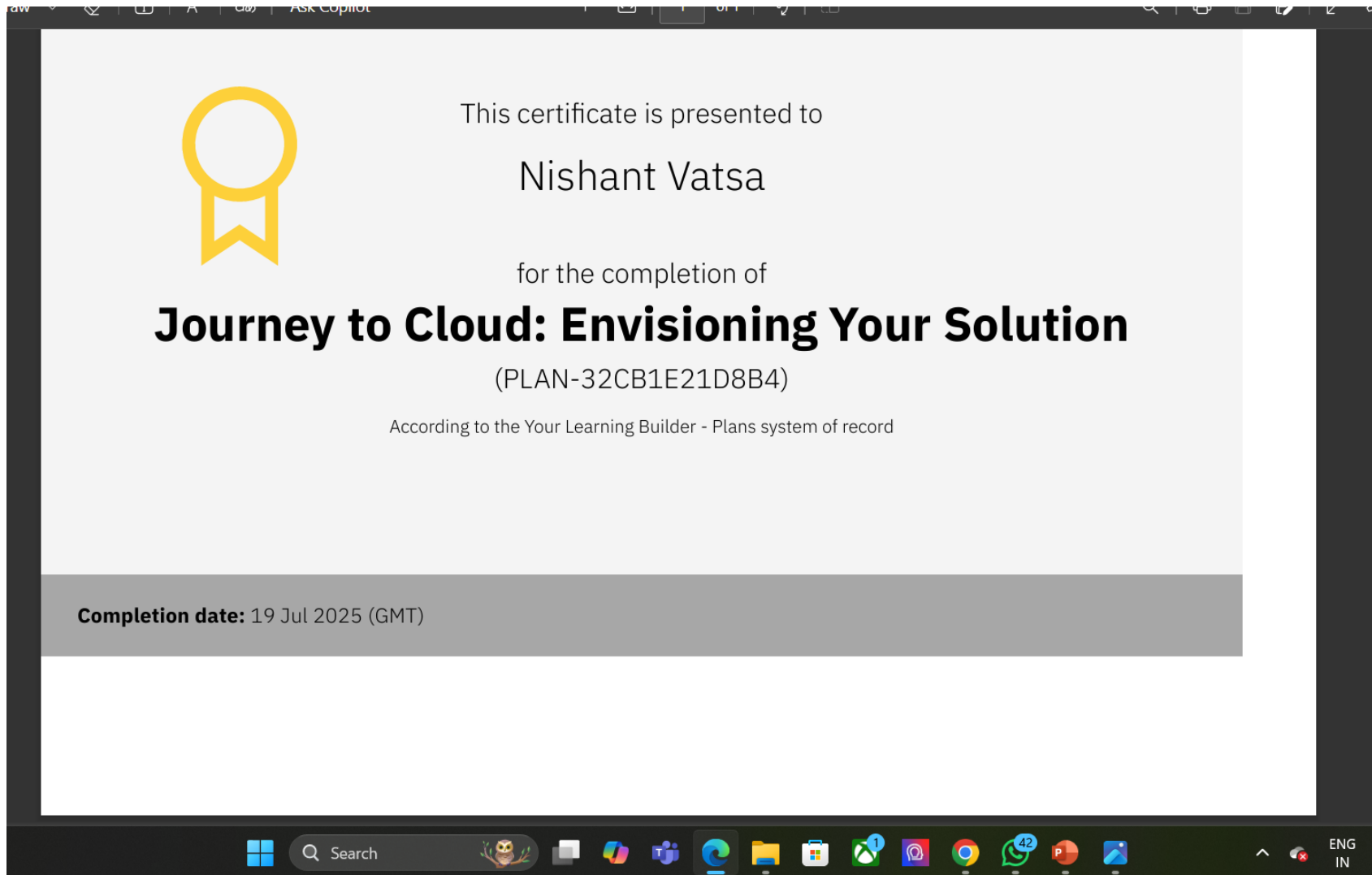
- AI-Powered Social & Competitive Fitness**

Leveraging AI to match users with similar goals, suggest group workouts, create smart competitions, and promo

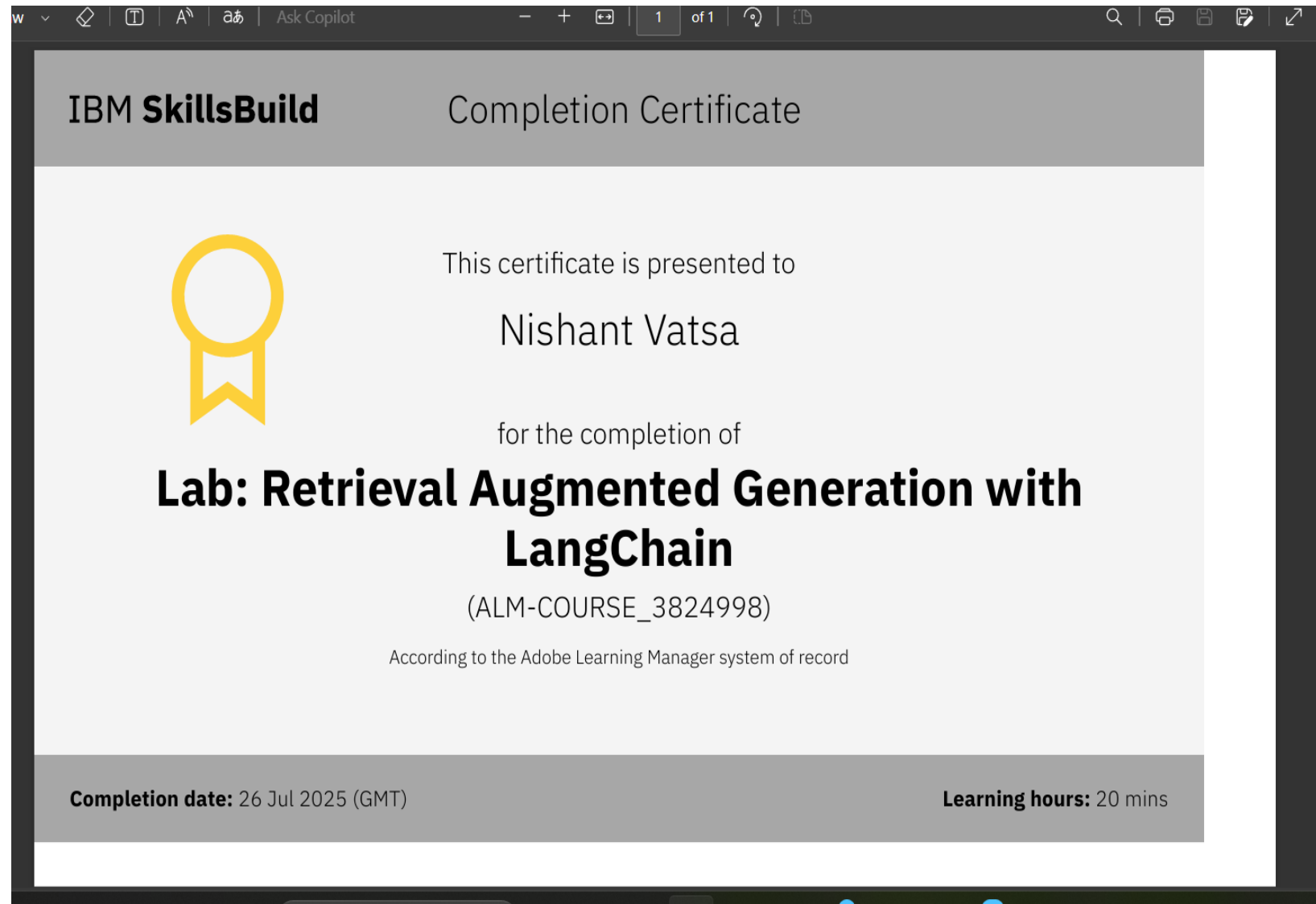
IBM CERTIFICATIONS



IBM CERTIFICATION



IBM CERTIFICATION



GITHUB LINK

- [aicte/README.md at main · Nish-7190/aicte](#)

THANK YOU