CAPSTONE PROJECT

FITNESS BUDDY

Presented By

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OUTLINE

- Problem Statement
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- IBM Certifications



PROBLEM STATEMENT

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 on demand 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

Natural Language Processing (NLP)

Retrieval Augmented Generation (RAG)

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

Fitness Buddy is a virtual AI-powered fitness assistant designed to empower individuals to stay active and healthy—whether at home or in the gym. It promotes a consistent lifestyle by offering personalized exercise routines, nutrition suggestions, and motivational support tailored to individual needs and goals.

Unique features:

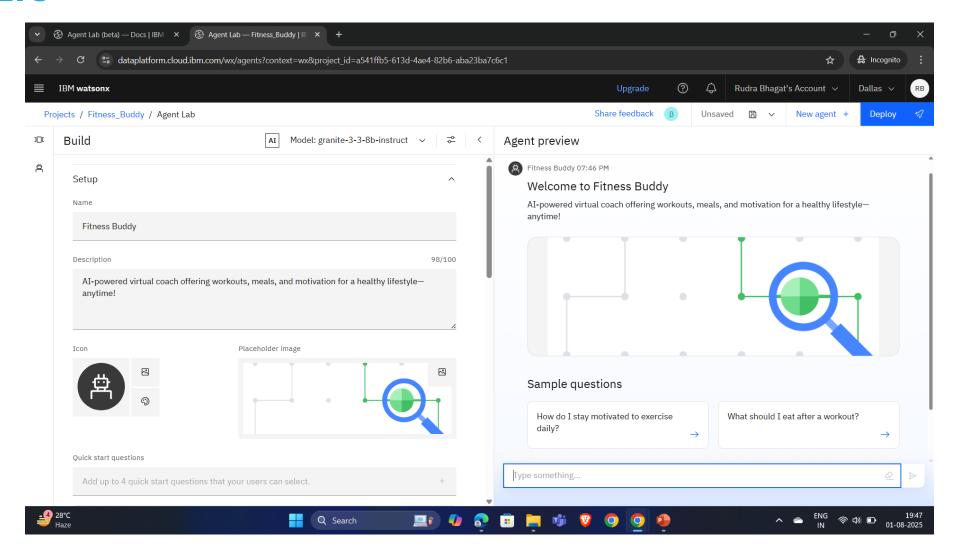
- Personalized workout plans for both home and gym users
- Smart adaptation to user fitness goals (weight loss, muscle gain, endurance, etc.)
- Instant healthy meal suggestions based on dietary preferences and goals
- Habit tracking and daily reminders to encourage consistency
- Daily motivational tips and fitness challenges to keep users inspired
- Built on IBM Watson and IBM Cloud Lite for intelligent NLP and scalability
- Inclusive and accessible design for all ages and fitness levels



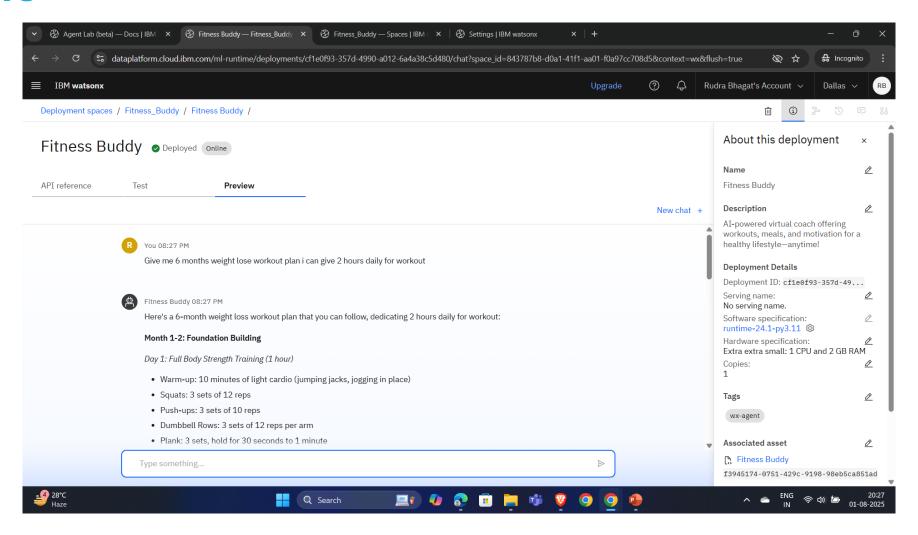
END USERS

- Beginners Starting Their Fitness Journey
- Home Workout Enthusiasts
- Gym-goers and Fitness Enthusiasts
- Busy Professionals and Students
- Older Adults and Seniors
- People with Physical Limitations or Recovery Needs
- Anyone Seeking a Healthy Lifestyle

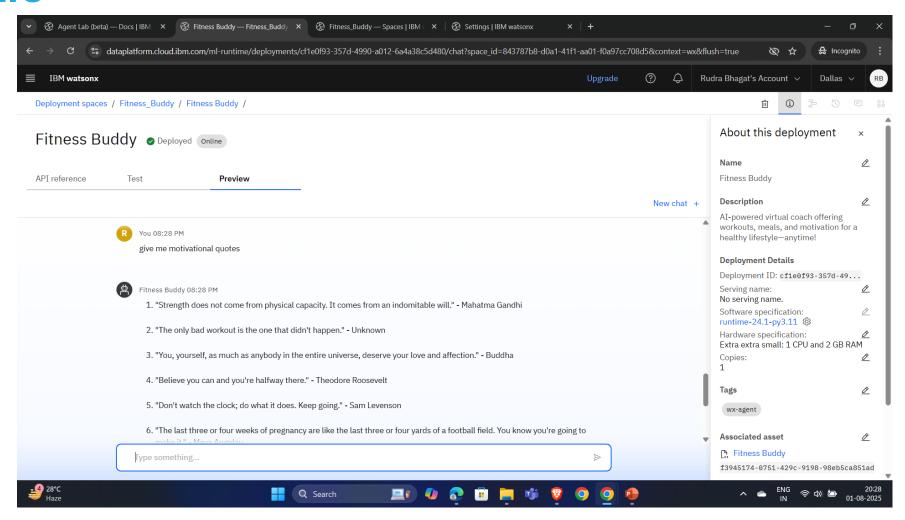




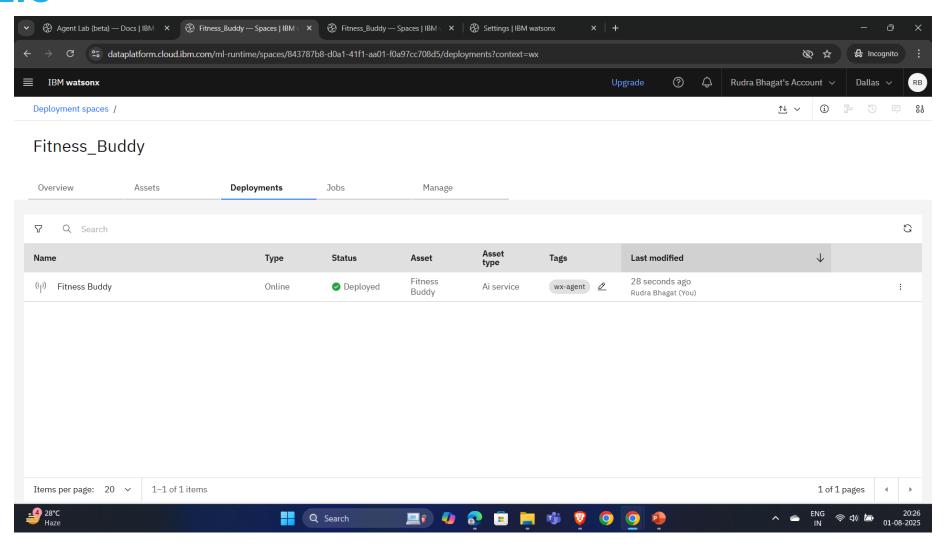














CONCLUSION

- Fitness Buddy is a smart Al-powered fitness companion that supports users in both home and gym workouts.
- It personalizes workout and nutrition plans based on user goals, fitness level, and preferences.
- The agent keeps users motivated with real-time guidance, progress tracking, and reminders.
- Fitness Buddy promotes a healthy lifestyle by making fitness accessible, engaging, and tailored for everyone.



GITHUB LINK

https://github.com/RudraBhagat/Fitness_Buddy.git



FUTURE SCOPE

- Expand accessibility by supporting multiple regional and international languages.
- Enable users to interact hands-free during workouts via voice commands.
- Adapt workouts and nutrition plans based on real-time mood and stress analysis.
- Sync with fitness bands, smartwatches, and health trackers for real-time data analysis.
- Offer proactive health suggestions and risk alerts using user behavior and fitness history.



IBM CERTIFICATIONS

In recognition of the commitment to achieve professional excellence Rudra Bhagat Has successfully satisfied the requirements for: Getting Started with Artificial Intelligence Issued on: Jul 16, 2025 Issued by: IBM SkillsBuild Verify: https://www.credly.com/badges/53cc46f5-3427-40c3-aa06-7491bc24430a



IBM CERTIFICATIONS

In recognition of the commitment to achieve professional excellence



Rudra Bhagat

Has successfully satisfied the requirements for:

Journey to Cloud: Envisioning Your Solution



Issued on: Jul 18, 2025 Issued by: IBM SkillsBuild







IBM CERTIFICATIONS

IBM SkillsBuild

Completion Certificate



This certificate is presented to

Rudra Bhagat

for the completion of

Lab: Retrieval Augmented Generation with LangChain

(ALM-COURSE_3824998)

According to the Adobe Learning Manager system of record

Completion date: 18 Jul 2025 (GMT)

Learning hours: 20 mins



THANK YOU

