

Teacher's Name

Geometry



IS322 - Final Project

First Semester

Grade 5

Title: FitCoachAI

Description: Is a personalized Fitness Coaching with AI

Subtitle: Final Project Presentation

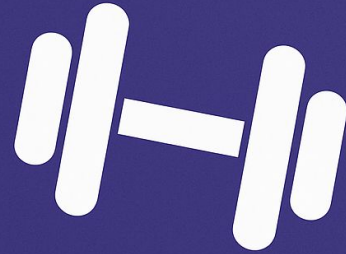
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Course and Section: IS322-102

Date: 05/16/2025

What is FitCoach AI?

- AI powered fitness and nutrition coach
- Personalized plans based on user goals
- Features include: Workout planning, meal guidance, body transformation visualization, and AI chatbot.



FitCoach AI

Technology Used

Frontend:

- React Native (Expo)
- React Native Paper (UI)
- React Navigation
- Context API for state

AI and Services:

- OpenAI GPT-4 (chat, plans, reminders)
- DALL-E (body images visualizations)
- AsyncStorage (data persistence)



App Features

- Personalized workout plans
- Nutrition and meal guidance
- AI chat coach
- Progress tracking
- AI body Transformation
- Smart Reminders



AI Features

GPT-4:

- Chatbot for coaching
- Generate workout/meal plans
- Personalized feedback & reminders

DALL-E:

- Body transformation images
- Before & after predictions



App Workflow

1. User completes onboarding
2. AI generates a plan
3. Daily usage & progress logging
4. AI feedback & visualization



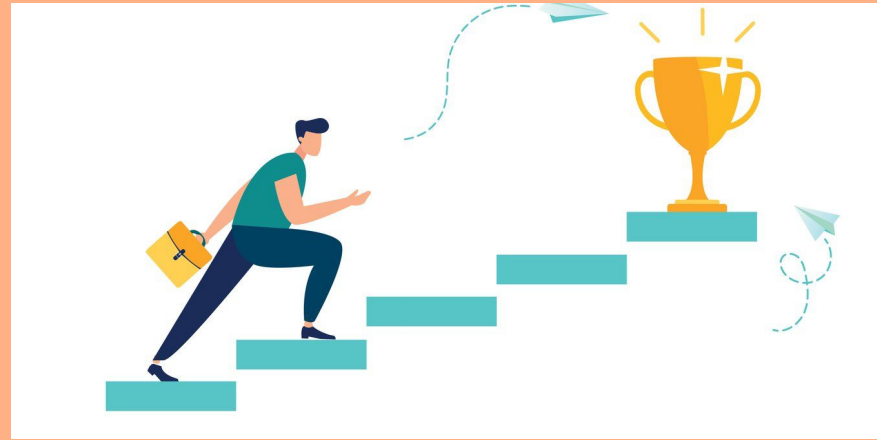
Challenges Faced

Challenges:

- DALL-E API timeouts
- Navigation complexity
- Local data syncing

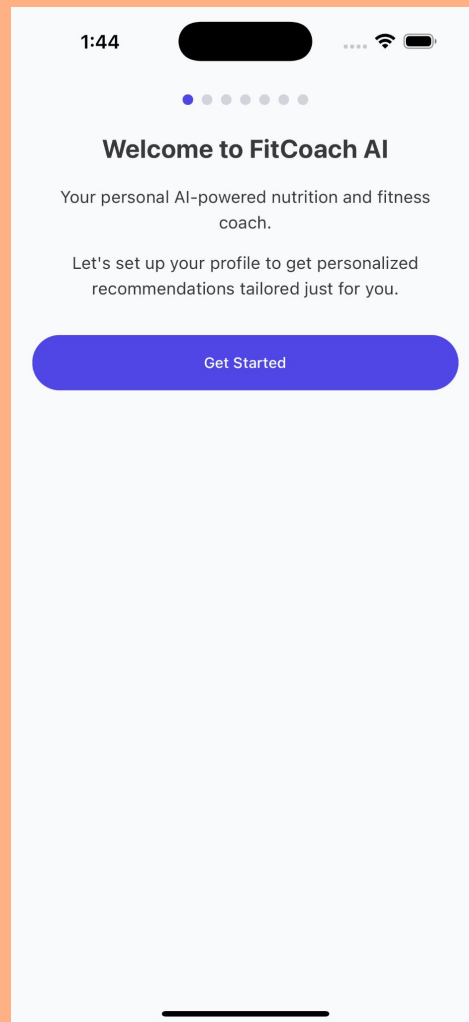
Solutions:

- Retry logic for image calls
- Refactored navigation logic
- Custom hooks for AsyncStorage



What Makes FitCoach AI unique?

- Mobile-first design with responsive UI
- Deep AI integration for personalization
- User-controlled experience with planner and reminders
- Strong project structure and clean codebase



What's Next?

- Fitness wearable integration (e.g. Apple Watch)
- Social progress sharing
- Voice-guided workouts
- Barcode scanning for meals

Demo Video

https://drive.google.com/file/d/1f3DLm0Yq4xCz_nPvJ07PIG9V7XQ1513d/view?usp=sharing