

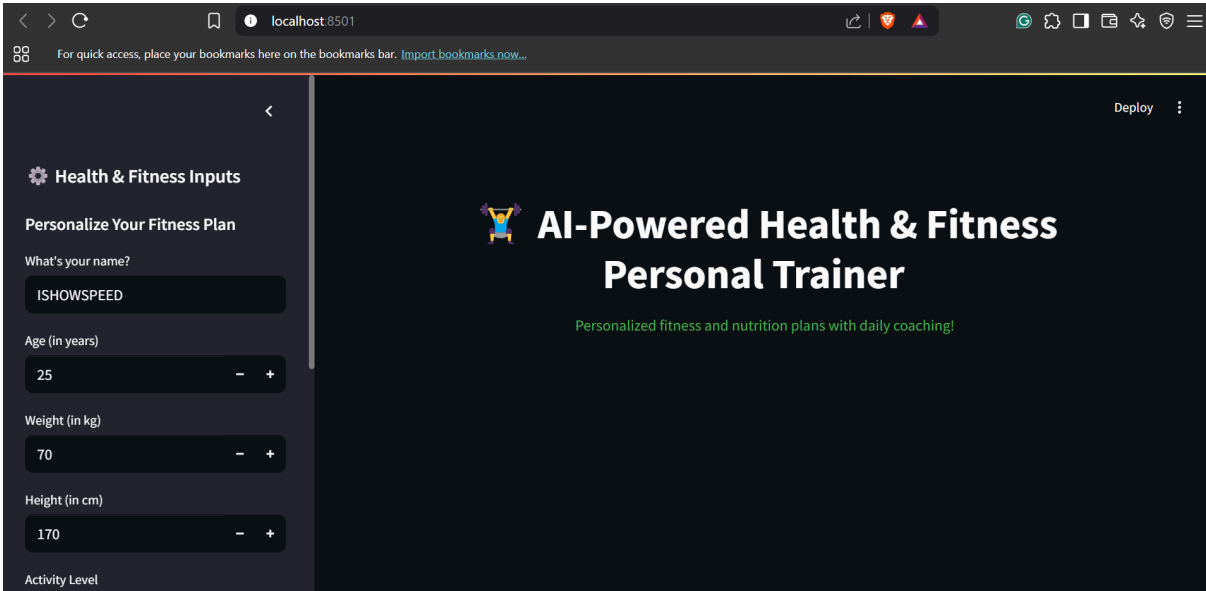
OCTO -> AI POWERED PERSONAL FITNESS TRAINER

-> This is an AI Agent that tracks your daily workout routine and side by side updates your daily routine preferences as per your progress

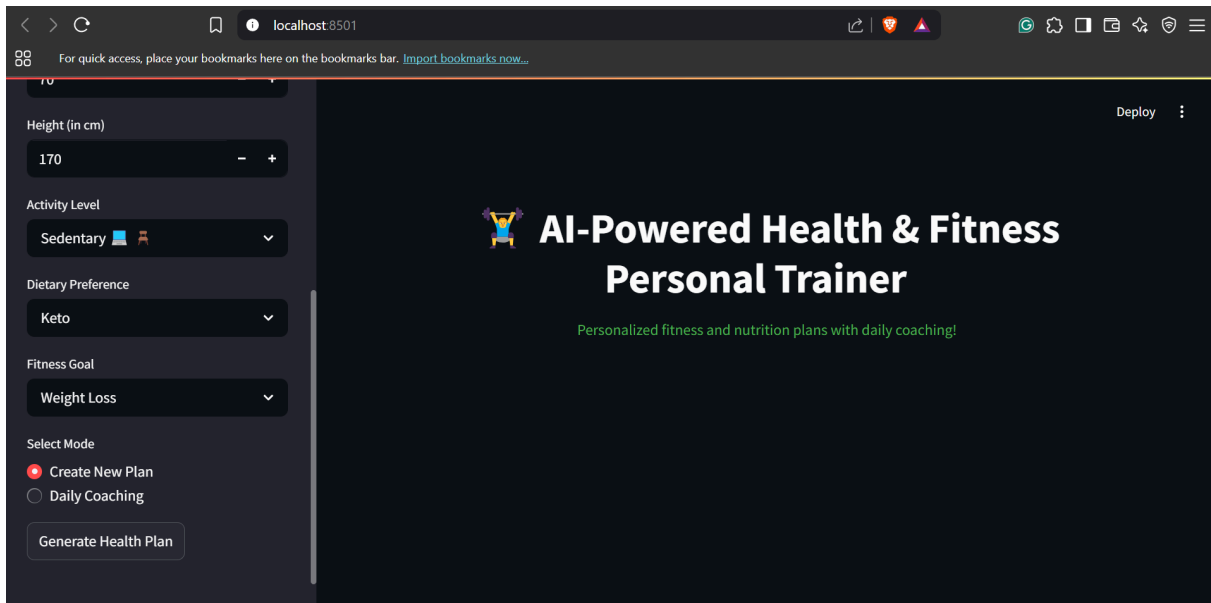
-> OCTO is primarily for individuals with **SEDENTARY LIFESTYLES** who spend most of their time working at the desk or those with minimal daily physical activity. It provides tailored diet recommendations alongside exercise plans, emphasizing daily protein and carbs intake to support overall health and fitness goals.

First, it takes some inputs like {name, age, weight, height, activity level, dietary preference, fitness goal}

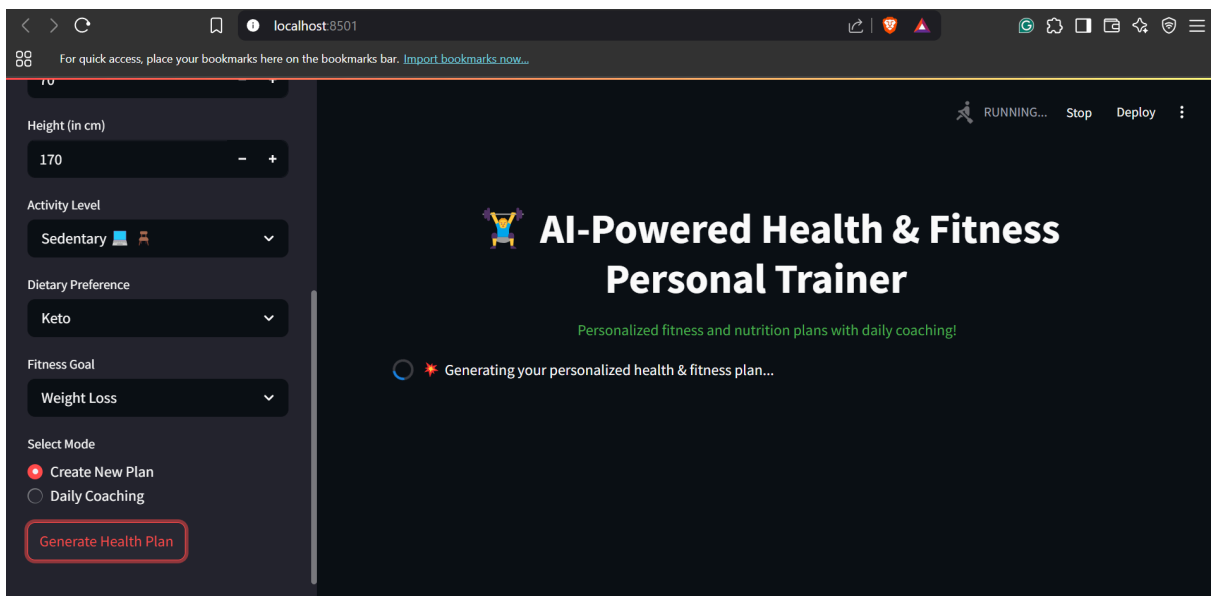
HERE HOW THE DASHBORAD LOOKS LIKE



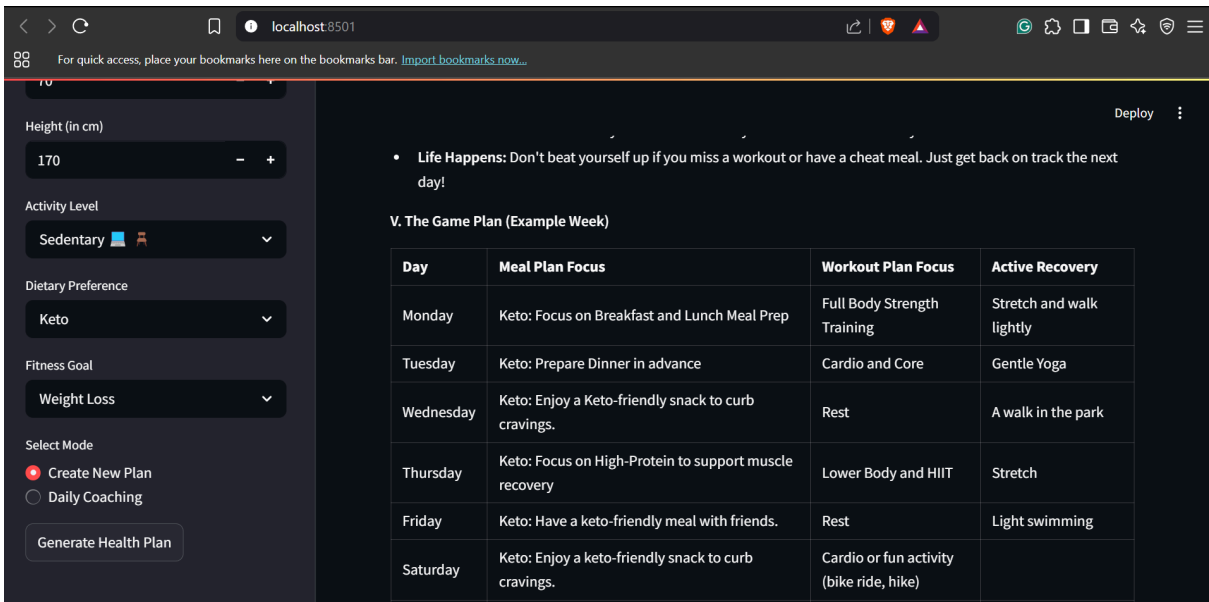
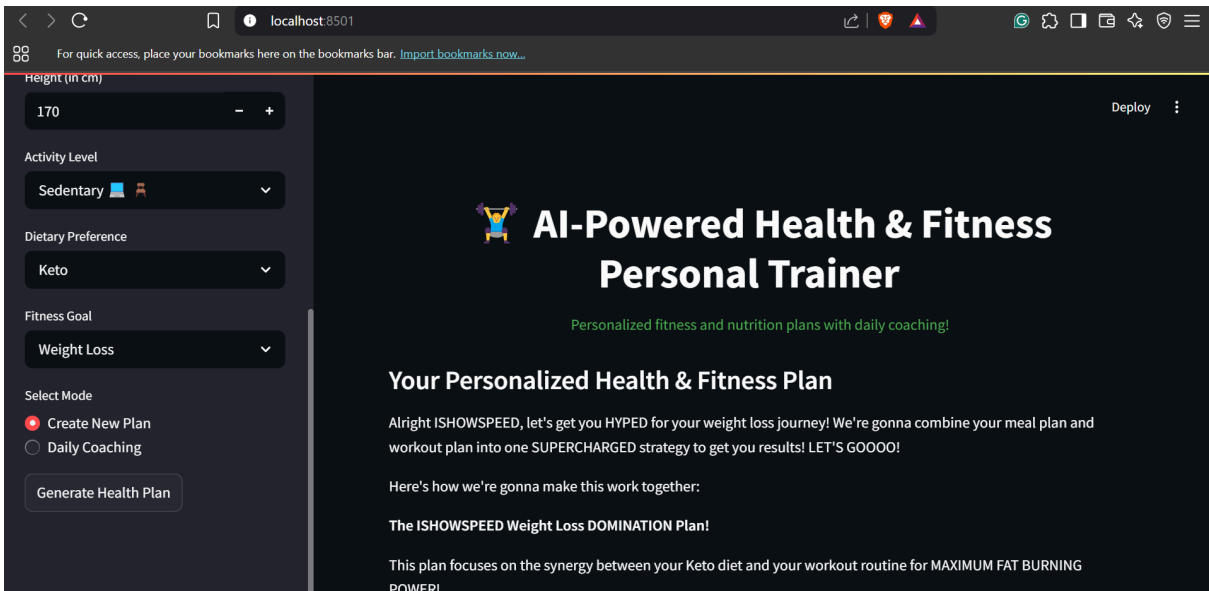
The screenshot shows a web application running on localhost:8501. The interface is dark-themed and split into two main sections. On the left is a sidebar titled 'Health & Fitness Inputs' with a gear icon. It contains a section 'Personalize Your Fitness Plan' with the following inputs: 'What's your name?' with a text input field containing 'ISHOWSPEED', 'Age (in years)' with a numeric input field containing '25', 'Weight (in kg)' with a numeric input field containing '70', 'Height (in cm)' with a numeric input field containing '170', and 'Activity Level' which is partially visible. On the right is the main content area. It features a large heading 'AI-Powered Health & Fitness Personal Trainer' with a small icon of a person jumping to the left. Below the heading is a subtitle 'Personalized fitness and nutrition plans with daily coaching!'. In the top right corner of the main area, there is a 'Deploy' button and a menu icon.



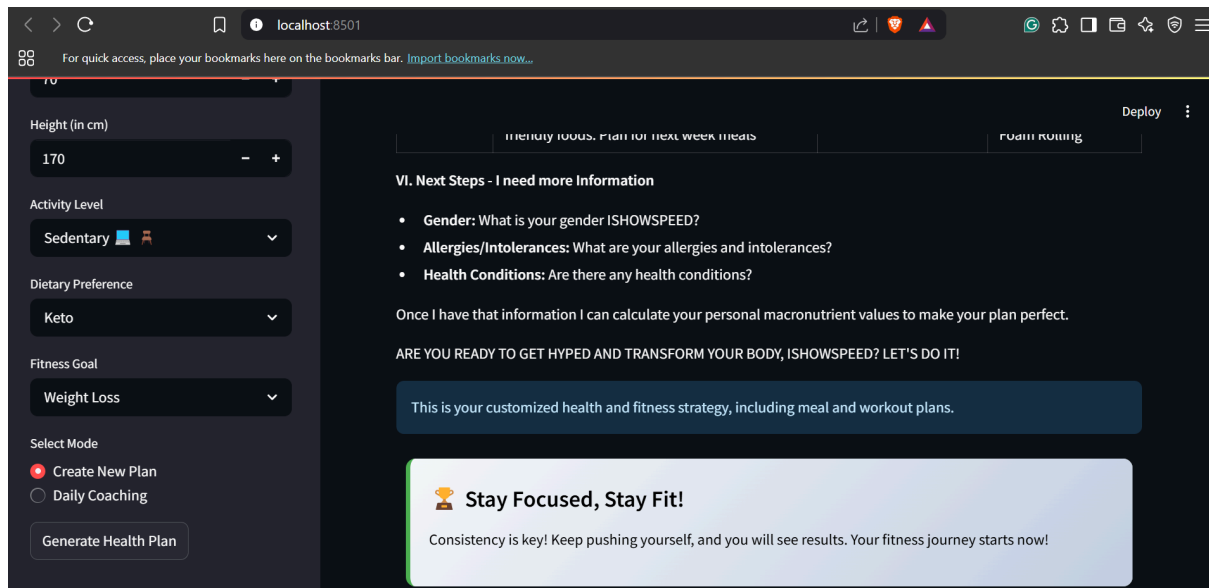
According to all the inputs of user it creates a Brand new plan for user according to the needs



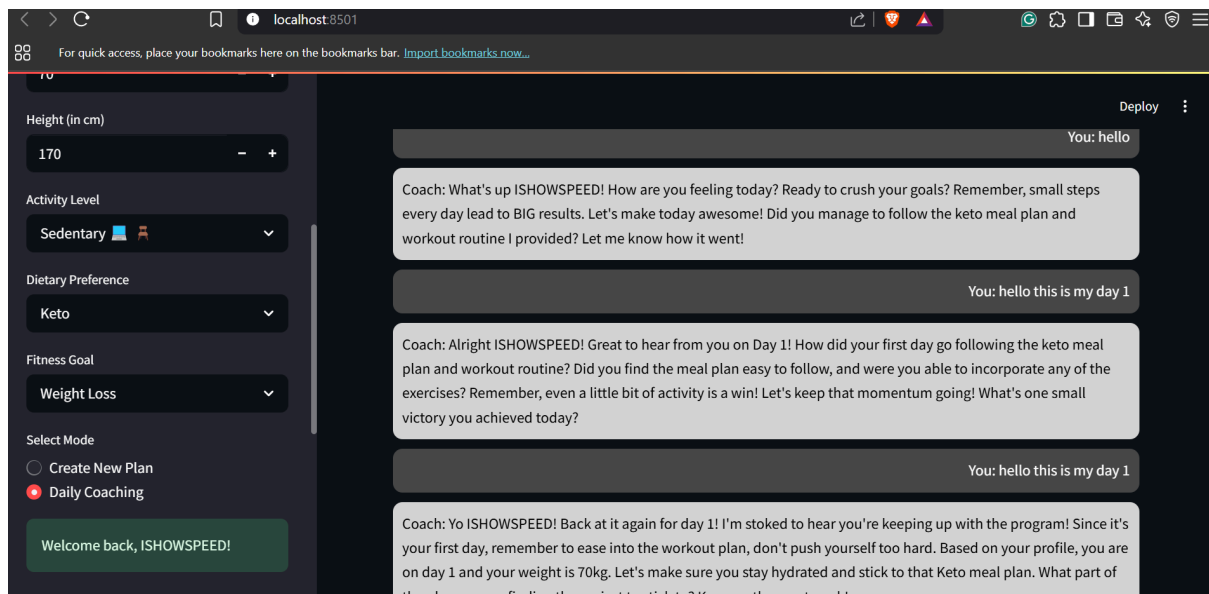
Here you can see that a detailed Plan for diet and workout has been created



Plan ends with a Motivational banner



Third Feature: it has a conversational bot which talks to you while tracking the records, taking inputs from you like {Did able to complete the previous tasks or not}.



Tracks the report in a detailed form

Coach: Progress Report: Alright ISHOWSPEED, let's analyze your progress and get you closer to that endurance goal!

Current Status:

- **Weight:** 70kg (Consistent with your last check-in on 2025-04-26)
- **Diet:** Keto
- **Activity Level:** Sedentary

Analysis:

- **Weight Stability:** Your weight has remained stable since your last check-in, which is a good starting point.
- **Diet Adherence:** Sticking to your keto diet is important for maintaining your body composition while you work on your endurance.
- **Low Activity Level:** This is the key area we need to address. A sedentary lifestyle is the biggest hurdle to achieving an endurance goal.

Recommendations:

1. **Increase Activity Gradually:**
 - **Start Small:** Don't try to become a marathon runner overnight. Begin with 20-30 minutes of light cardio 3-

Fourth Feature: Here you can track your progress as you will be tracking your weight daily and your movements, which is the key Parameter to track your daily progress { Here we can change these parameters.}

Welcome back, ISHOWSPEED!

Progress Tracking

Current Weight (kg)

70

Progress Notes

Check In

7. Next Check-in:

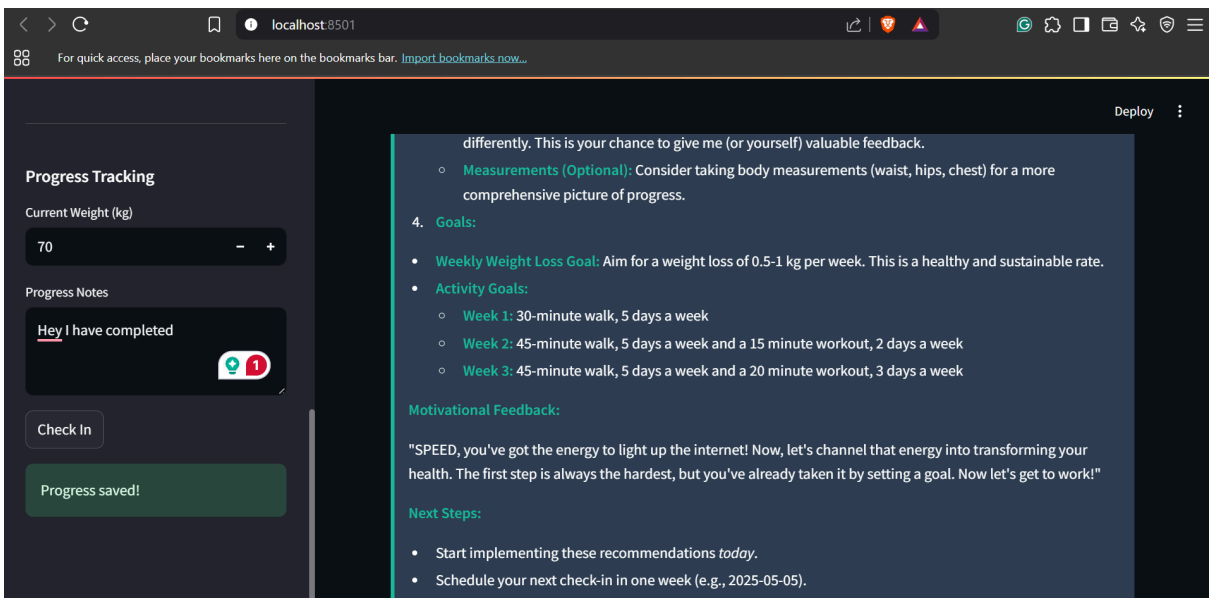
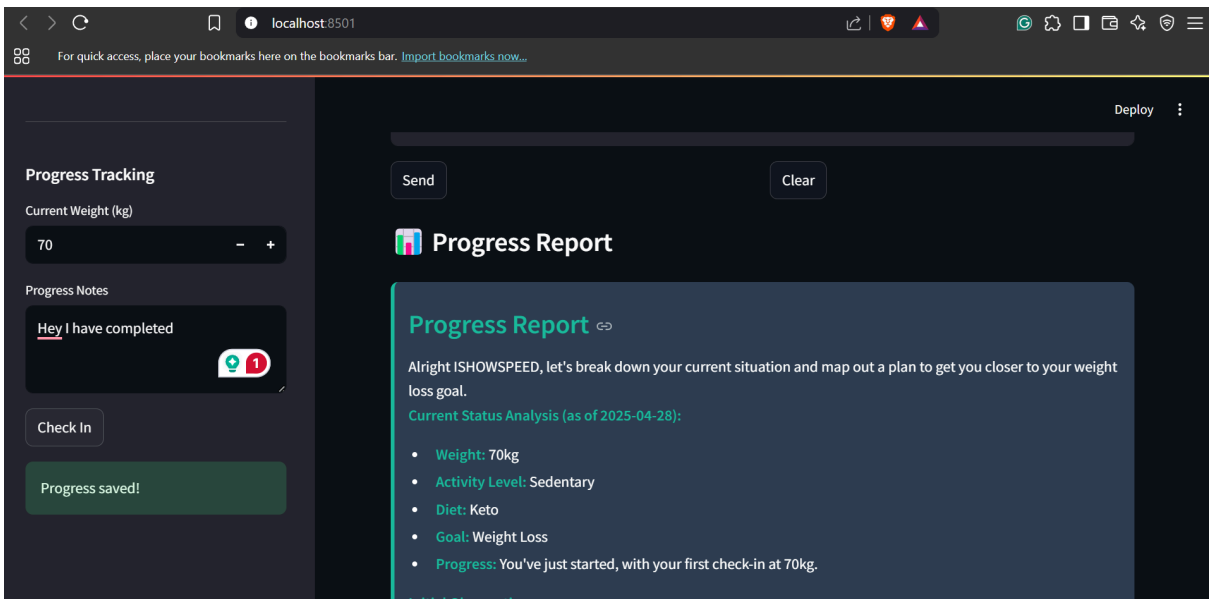
- In your next check-in, include what exercises you were able to do. This will assist in making more accurate recommendations.

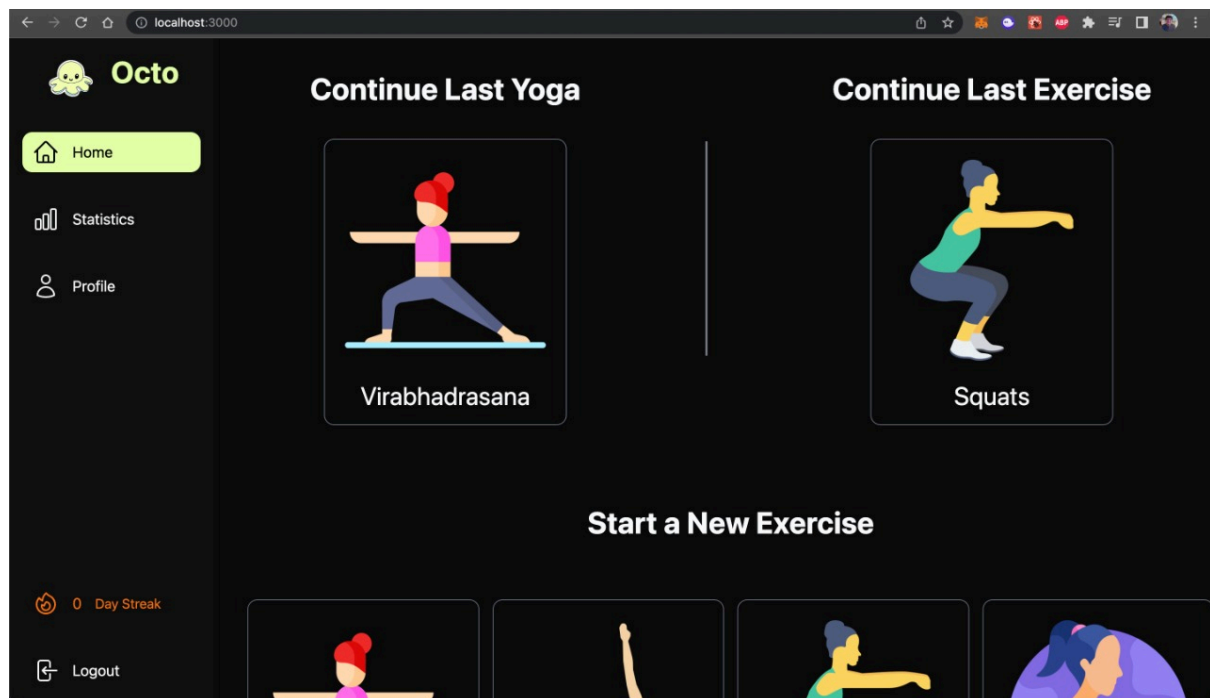
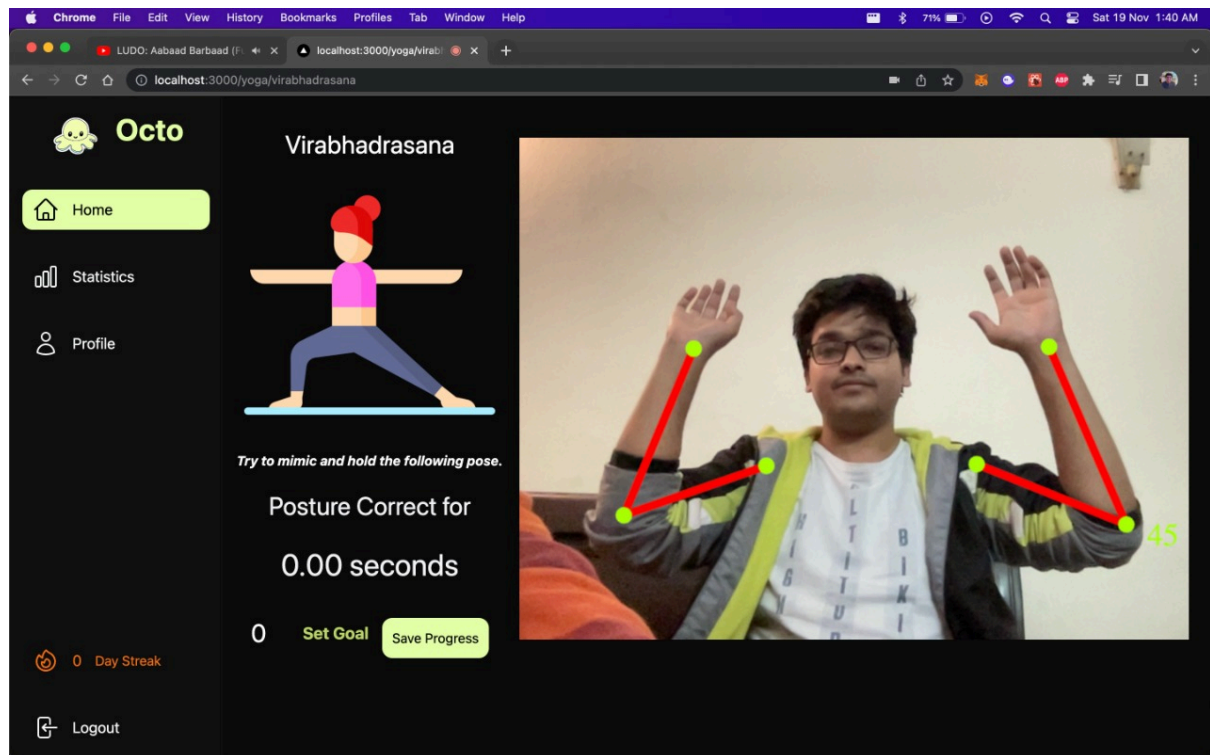
Keep up the positive attitude, ISHOWSPEED! Remember to listen to your body and adjust your plan as needed. Let me know how it goes!

Message your coach:

Send Clear

Here’s how you get a beautifully prepared daily report, which will be saved in your user data.





The last exciting feature you can check your angles while performing exercise, so you don't need any YOGA assistant to guide you.

-> How is it different from conventional apps that have a set pattern and do not have adaptability like AI.

-> How is it different from ChatGPT, like I can ask this same thing to ChatGPT as well for Adaptive Planning, but you cannot track your daily progress? Yeah, you can go to the old chat as it has memory, but you will not be able to retrieve it after a certain time.

-> Progress tracker is the key feature that has an Adapting capability according to the user.

FUTURE IMPROVEMENTS:

- 1) I can integrate the Apple Watch for your daily inputs**
- 2) I can give it a more visual feel, add some graphs for the representation.**
- 3) I can voice-over features to make it talk to you as well.**

THANKS FOR GIVING A LOOK AT MY PROJECT

FELL FREE TO ASK ANY QUESTIONS

