

FITBOT

YOUR CHATBOT BUDDY

GROUP MEMBERS

SEAN TERENCIO



CLARISSE PANSOY



RJAY LLAMANZARES



WELCOME TO FITBOT!

YOUR FITNESS BUDDY.

Fitbot is here to help you stay fit and healthy. Whether you're just starting out on your fitness journey, trying to get back into shape, or looking to level up your routine, Fitbot is here to help! From workout ideas to healthy eating tips, it's like having a personal coach in your pocket.

Let's work together to smash your fitness goals and feel great every day. Fitbot's got you covered!

OVERVIEW

FitBot is a Python-based fitness chatbot designed to provide personalized fitness advice based on the user's body type and fitness goals. The bot utilizes a dataset to recommend training plans and dietary advice. Additionally, it features a macro distribution chart to help users understand the breakdown of macronutrients.

HOW FITBOT WORKS?

1. COLLECTING YOUR INFO

- Your age
- Gender
- Activity level
- Body type

2. TAILORED RECOMMENDATIONS

Based on the information you provide, Fitbot matches you with a training plan and diet options from its database, ensuring the advice fits your personal needs and goals.

3. CAMPAIGN REPORTING AND OPTIMIZATION

Want more details about your nutrition? Fitbot can display a breakdown of macronutrients like protein, carbs, and fats tailored to your plan.

4. YOUR RESULTS

Fitbot provides personalized fitness tips, exercise routines, and dietary guidance. From meal ideas to workout plans, you'll have everything you need to stay on track and achieve your goals.

WHAT ARE THE 3 BODY TYPES ?

①

ECTOMORPH

Naturally thin, long limbs, and lean frame. Ectomorphs have a fast metabolism, making it difficult for them to gain weight or muscle.

②

MESOMORPH

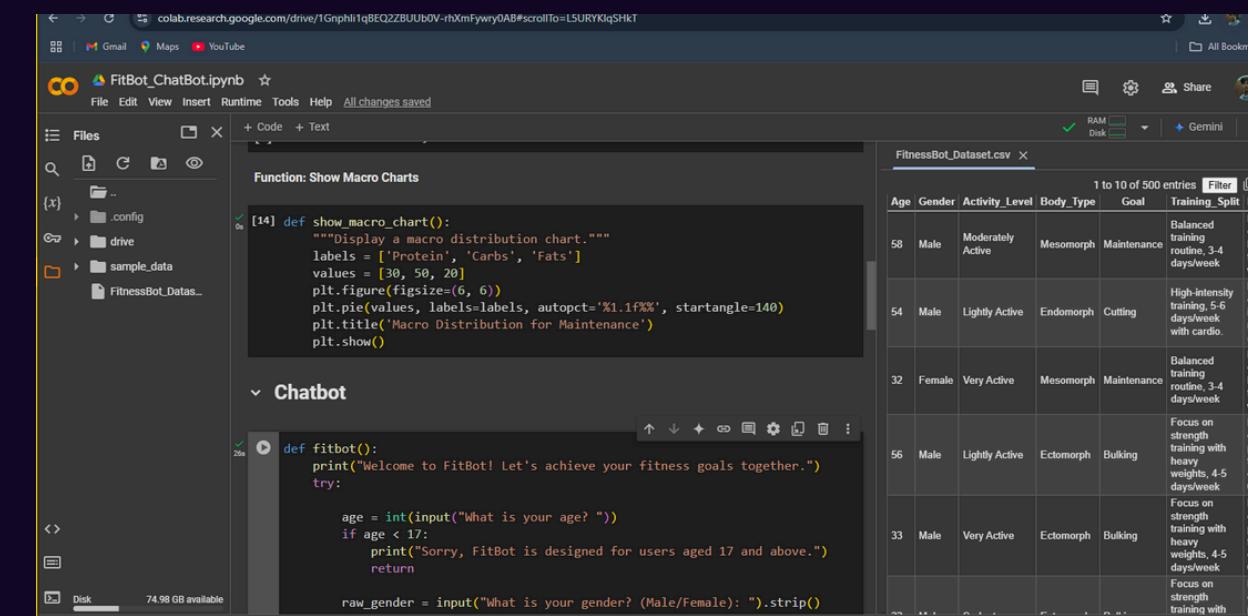
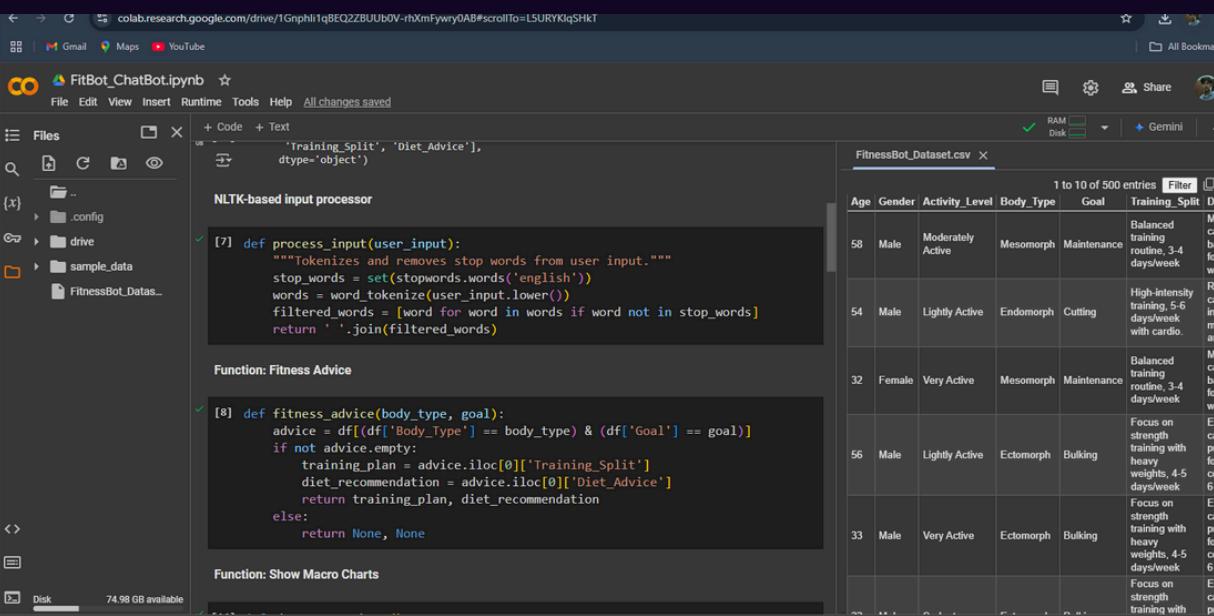
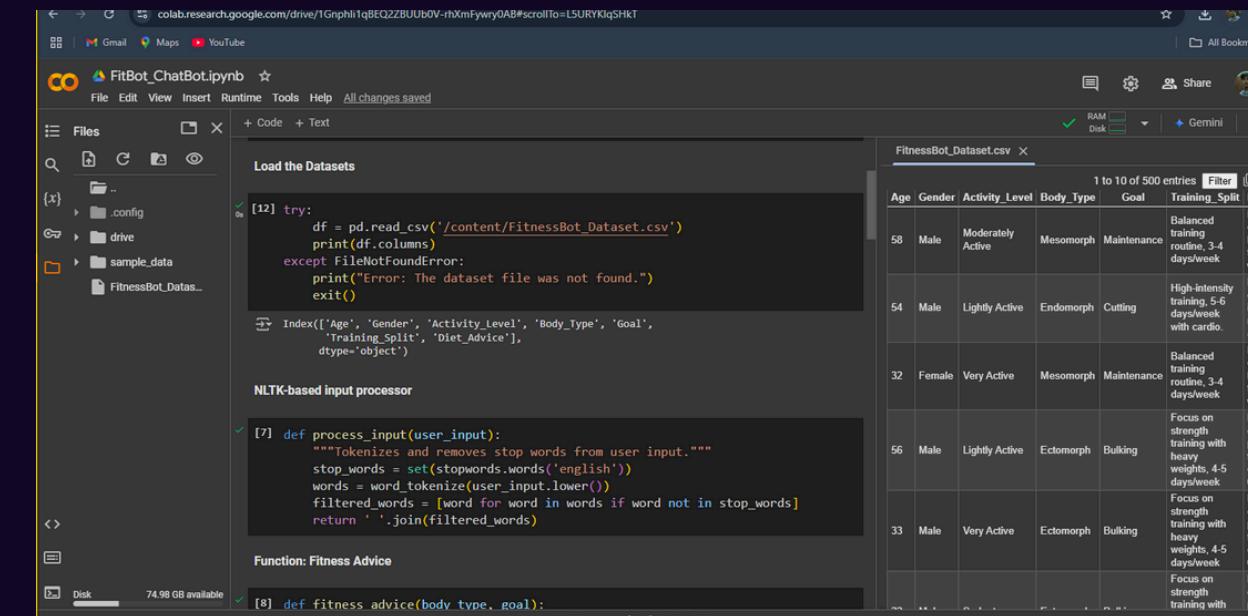
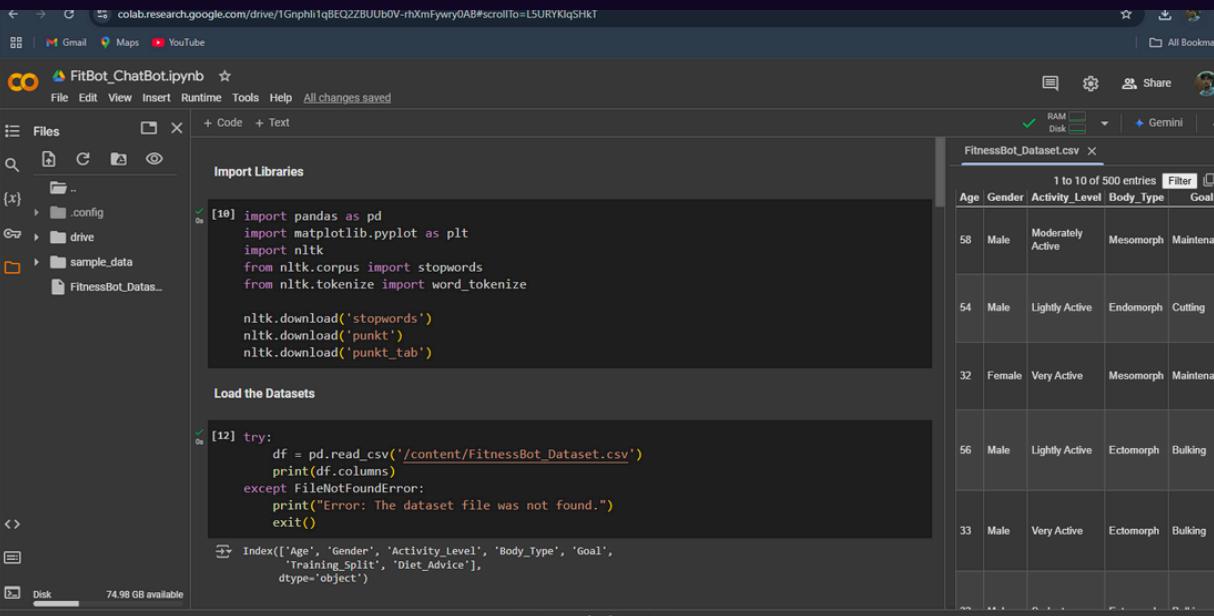
Naturally athletic, muscular, and well-proportioned physique. Mesomorphs gain and lose weight easily and are genetically predisposed to building muscle.

③

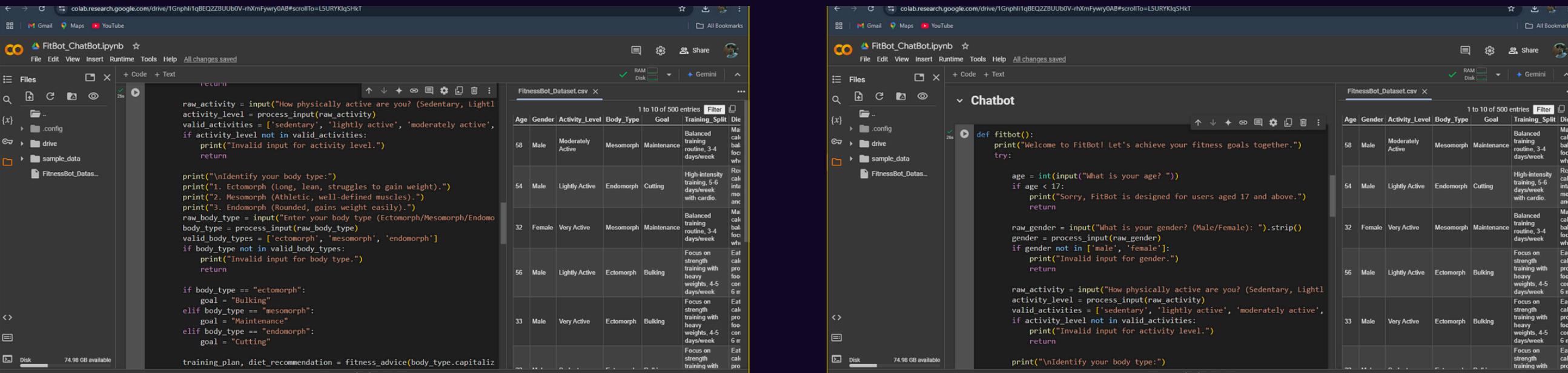
ENDOMORPH

Rounded body, wide hips, and a slower metabolism, making them more prone to gaining weight.

HERES SOME SCREENSHOTS OF OUR FITBOT CODES



HERES SOME SCREENSHOTS OF OUR FITBOT CODES



The screenshot shows the first part of the FitBot ChatBot.ipynb notebook. It includes code for validating activity levels and body types, and a preview of the FitnessBot_Dataset.csv file.

```
raw_activity = input("How physically active are you? (Sedentary, Lightly Active, Moderately Active, Very Active)")
valid_activities = ['sedentary', 'lightly active', 'moderately active', 'very active']
if activity_level not in valid_activities:
    print("Invalid input for activity level.")
    return

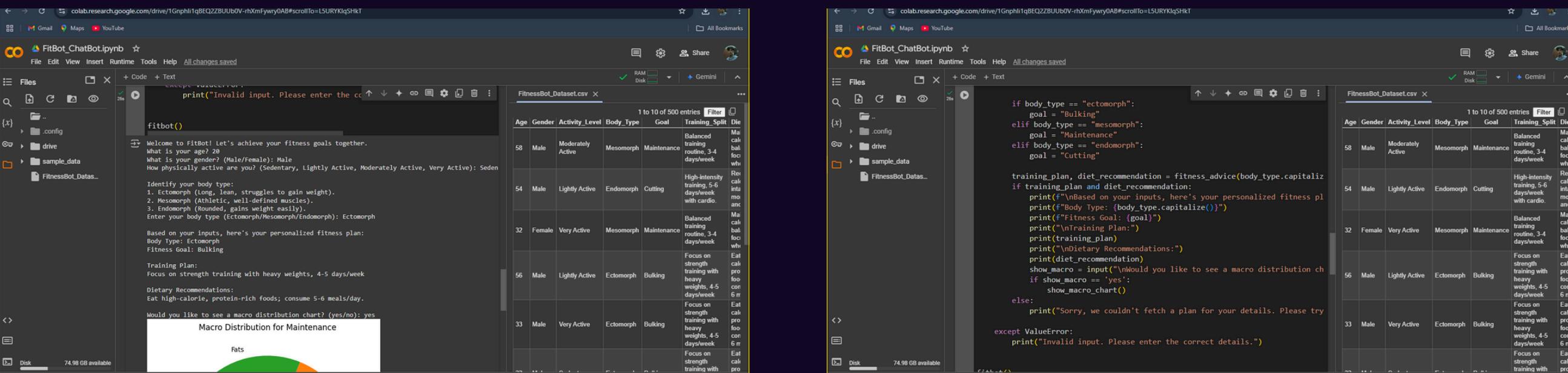
print("\nIdentify your body type:")
print("1. Ectomorph (long, lean, struggles to gain weight).")
print("2. Mesomorph (Athletic, well-defined muscles).")
print("3. Endomorph (Rounded, gains weight easily).")

raw_body_type = input("Enter your body type (Ectomorph/Mesomorph/Endomorph)")
valid_body_types = ['ectomorph', 'mesomorph', 'endomorph']
if body_type not in valid_body_types:
    print("Invalid input for body type.")
    return

if body_type == "ectomorph":
    goal = "Bulking"
elif body_type == "mesomorph":
    goal = "Maintenance"
elif body_type == "endomorph":
    goal = "Cutting"

training_plan, diet_recommendation = fitness_advice(body_type.capitalize(), goal)
```

Age	Gender	Activity_Level	Body_Type	Goal	Training_Split	Diet
58	Male	Moderately Active	Mesomorph	Maintenance	Balanced training routine, 3-4 days/week	Macros: caloric intake, protein, carbohydrates, fats
54	Male	Lightly Active	Endomorph	Cutting	High-intensity training, 5-6 days/week with cardio.	Macros: caloric intake, protein, carbohydrates, fats
32	Female	Very Active	Mesomorph	Maintenance	Balanced training routine, 3-4 days/week	Macros: caloric intake, protein, carbohydrates, fats
56	Male	Lightly Active	Ectomorph	Bulking	Focus on strength training with heavy weights, 4-5 days/week	Macros: protein, carbohydrates, fats
33	Male	Very Active	Ectomorph	Bulking	Focus on strength training with heavy weights, 4-5 days/week	Macros: protein, carbohydrates, fats



The screenshot shows the continuation of the FitBot ChatBot.ipynb notebook. It includes the start of the chatbot interaction and a macro distribution chart.

```
def fitbot():
    print("Welcome to FitBot! Let's achieve your fitness goals together.")
    try:
        age = int(input("What is your age? "))
        if age < 17:
            print("Sorry, FitBot is designed for users aged 17 and above.")
            return
        raw_gender = input("What is your gender? (Male/Female): ").strip()
        gender = process_input(raw_gender)
        if gender not in ['male', 'female']:
            print("Invalid input for gender.")
            return

        raw_activity = input("How physically active are you? (Sedentary, Lightly Active, Moderately Active, Very Active)")
        valid_activities = ['sedentary', 'lightly active', 'moderately active', 'very active']
        if activity_level not in valid_activities:
            print("Invalid input for activity level.")
            return
```

Based on your inputs, here's your personalized fitness plan:

Body Type: Ectomorph

Fitness Goal: Bulking

Training Plan:

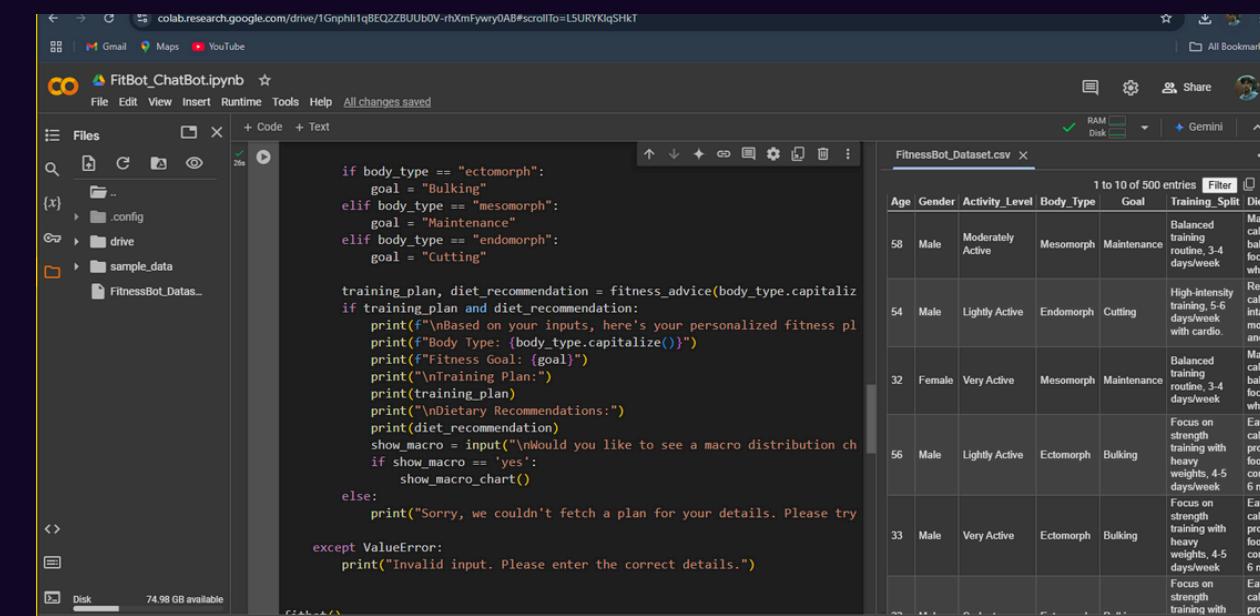
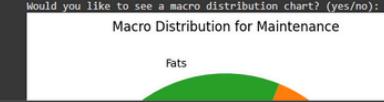
Focus on strength training with heavy weights, 4-5 days/week

Dietary Recommendations:

Eat high-calorie, protein-rich foods; consume 5-6 meals/day.

Would you like to see a macro distribution chart? (yes/no): yes

Macro Distribution for Maintenance



The screenshot shows the final part of the FitBot ChatBot.ipynb notebook. It includes a detailed macro distribution chart and dietary recommendations.

```
if body_type == "ectomorph":
    goal = "Bulking"
elif body_type == "mesomorph":
    goal = "Maintenance"
elif body_type == "endomorph":
    goal = "Cutting"

training_plan, diet_recommendation = fitness_advice(body_type.capitalize(), goal)

if training_plan and diet_recommendation:
    print("\nBased on your inputs, here's your personalized fitness plan:")
    print("Body Type: (%s)" % body_type.capitalize())
    print("Fitness Goal: (%s)" % goal)
    print("Training Plan:")
    print(training_plan)
    print("Dietary Recommendations:")
    print(diet_recommendation)
    show_macro = input("\nWould you like to see a macro distribution chart? (yes/no): ")
    if show_macro == 'yes':
        show_macro_chart()

else:
    print("Sorry, we couldn't fetch a plan for your details. Please try again later.")
```

except ValueError:
 print("Invalid input. Please enter the correct details.")

THANK YOU!