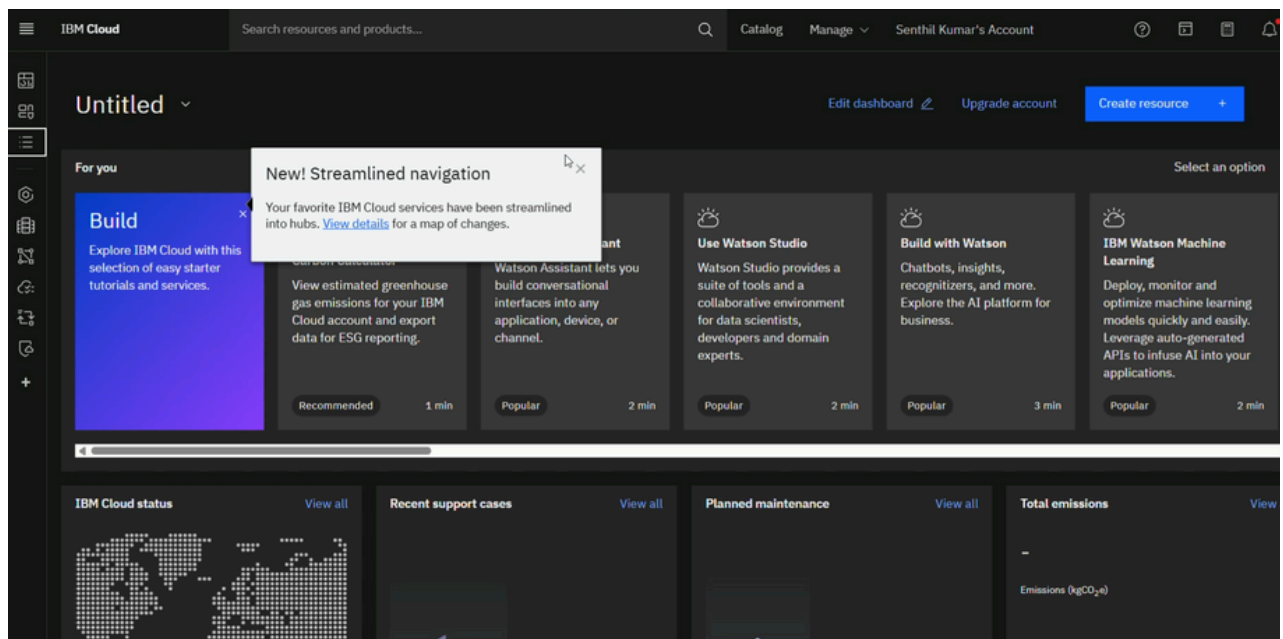


# Agentic AI for Personalized Course Pathways

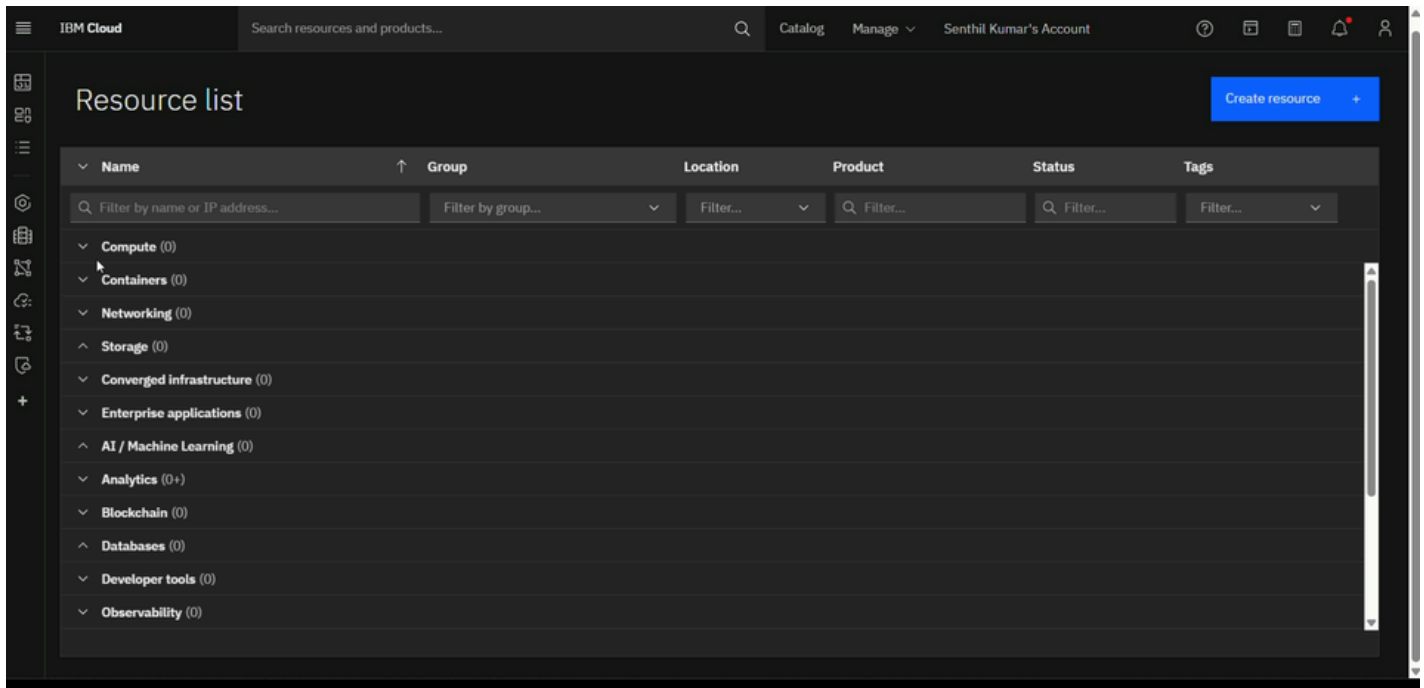
## Problem Statement:

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. This lack of tailored support can lead to confusion, loss of motivation, and inconsistent fitness habits. There is a growing need for intelligent solutions that provide personalized fitness recommendations. An AI-powered fitness buddy can bridge this gap by understanding the user's current fitness level, goals, and daily routine, and suggesting an optimal path towards a healthier lifestyle. Such a system enhances fitness adherence and helps users reach their goals faster with more confidence using agentic ai for Fitness and healthy Lifestyle(Fitness buddy)

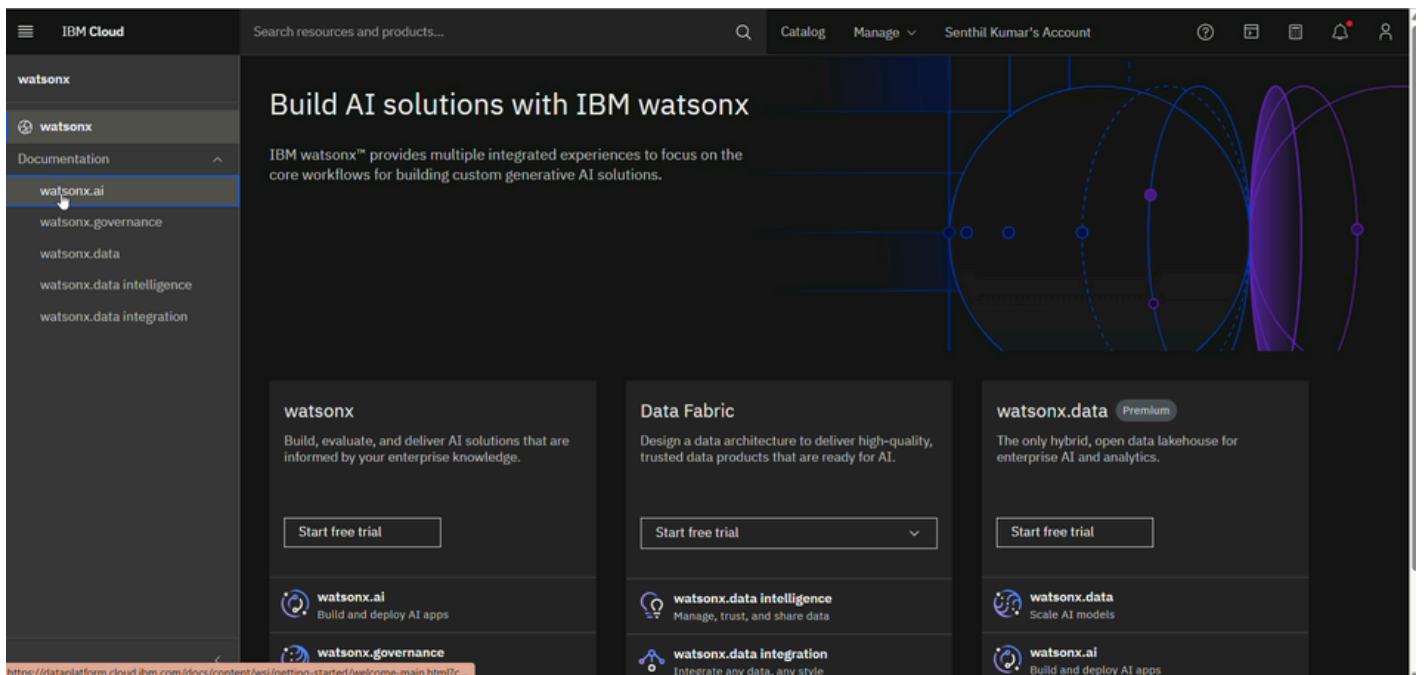
Step 1: Open [cloud.ibm.com/login](https://cloud.ibm.com/login) page ,give the ibm id and the password to login .



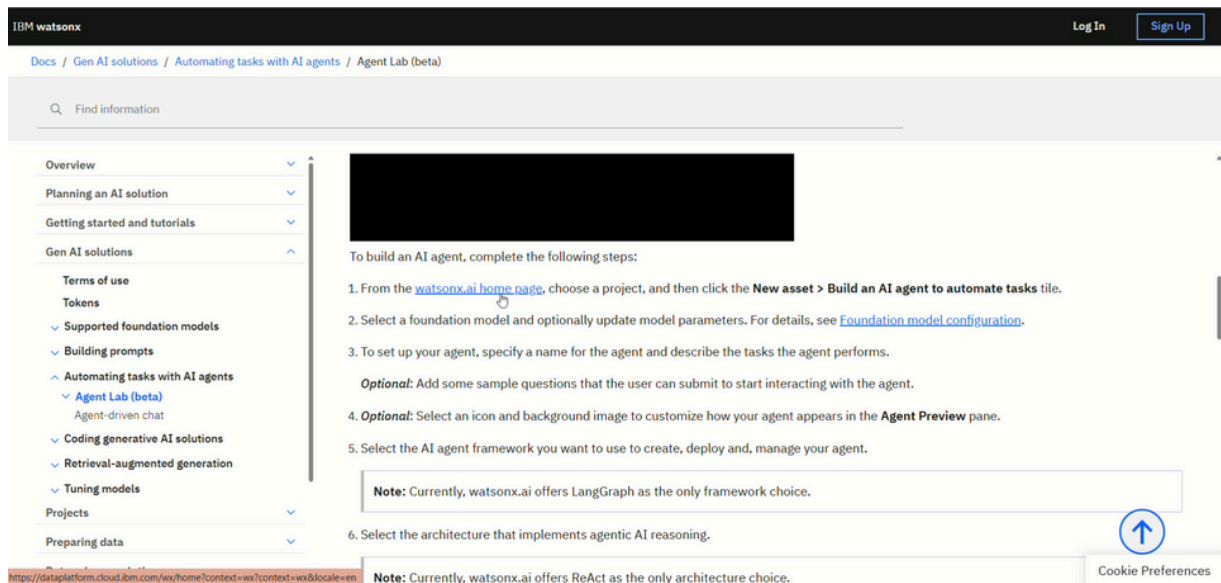
Ensure that all the previously used services and storage are deleted.



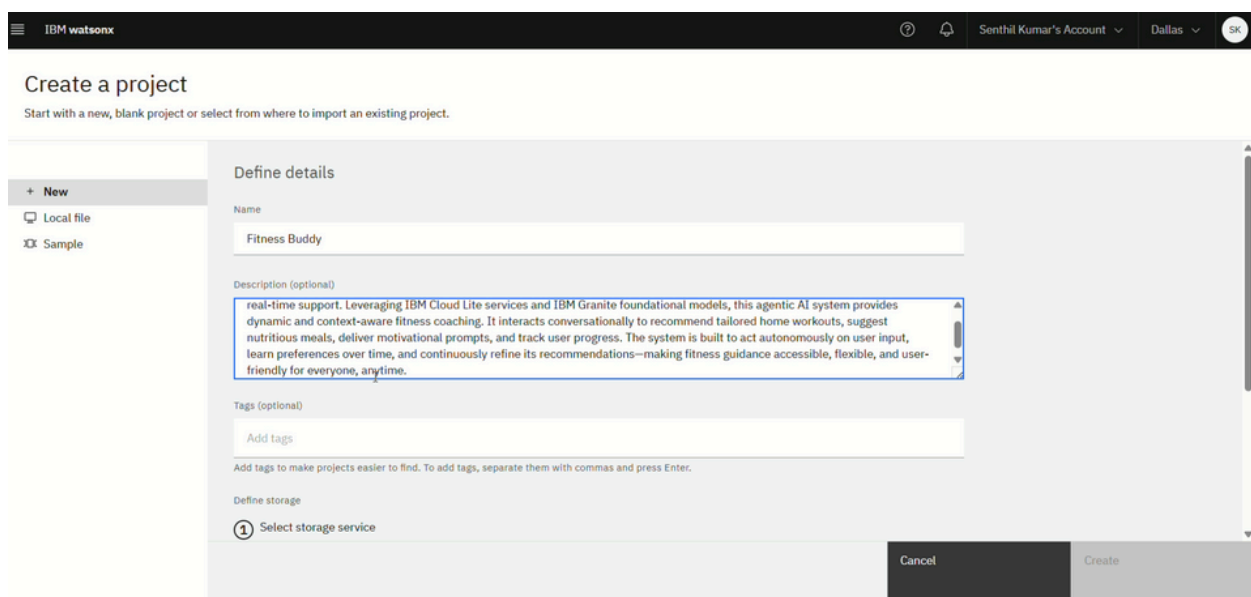
Step 2: Search for Watsonx service and choose watsonx.ai



## Step 3: In the agent beta, go to the watsonx.ai home page



## Step 4: Create a new project



Select the storage space which is free.

## Create a project

Start with a new, blank project or select from where to import an existing project.

+ New

Local file

Sample

Tags (optional)

Add tags

Add tags to make projects easier to find. To add tags, separate them with commas and press Enter.

Define storage

1 Select storage service

Add

Add an object storage instance, and then return to this page and click Refresh.

2 Refresh

Project includes integration with Cloud Object Storage for storing project assets.

Advanced settings

Cancel

Create

Services catalog /

Cloud Object Storage

Author: IBM • Date of last update: Apr 15, 2025 • Docs • API Docs

CreateAbout

Pricing plan

Displayed prices do not include tax. Monthly prices shown are for country or region: United States

Plan	Features	Pricing
One-Rate	One-Rate Plan is a Pay-as-You-Go option with a single, flat monthly rate (\$/GB) that includes storage, API operations, retrieval, and outbound bandwidth—making it ideal for high-activity workloads with frequent access and data transfer, such as analytics, media, and web apps. The plan includes built-in allowances that scale with stored capacity and offers automatic volume discounts as usage grows	
Lite(deprecated)	Lite plan instance is free to use for Storage capacity up to 25 GB per month. Lite plan instance is used for trial, and can be easily upgraded to Standard plan for unlimited scalability and full functionality.  None  Lite plan services are deleted after 30 days of inactivity.	Free
Standard	Standard Plan is a flexible Pay-as-You-Go option with no minimum fee—ideal for workloads with large	

Summary

Cloud Object Storage

Region: Global

Plan: Lite(deprecated)

Service name: Cloud Object Storage-Ir

Resource group: Default

Create

View terms

Cancel

## Create a project

Start with a new, blank project or select from where to import an existing project.

+ New

Local file

Sample

Tags (optional)

Add tags

Add tags to make projects easier to find. To add tags, separate them with commas and press Enter.

Define storage

1 Select storage service

Add

Add an object storage instance, and then return to this page and click Refresh.

2 Refresh

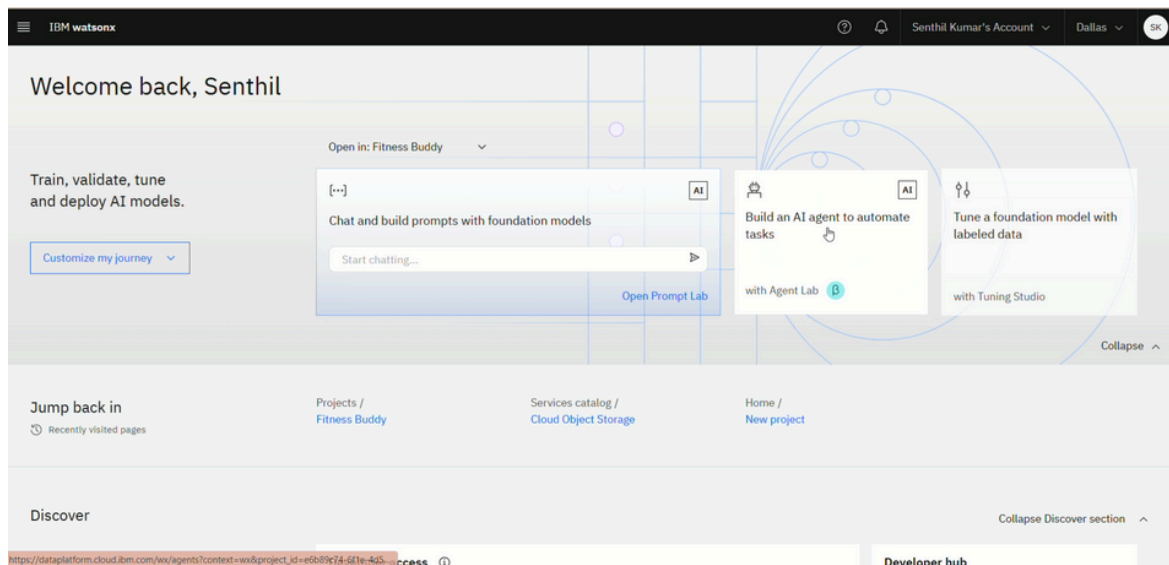
Project includes integration with Cloud Object Storage for storing project assets.

Advanced settings

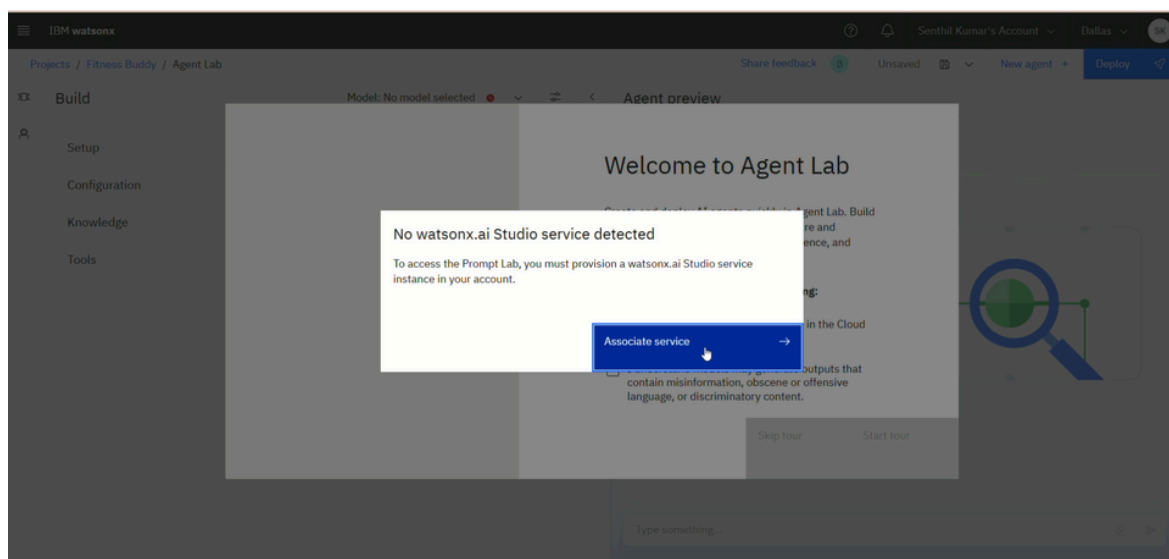
Cancel

Create

Step 5: After creating the project ,again go to the watsonx home page and select the “build with Agent lab”



Step 6: Next Associate the runtime service



Select the Watsonx Runtime Service with the free lite plan.

IBM watsonx

Upgrade ⓘ 🔔 Senthil Kumar's Account Dallas SK

Projects / Fitness Buddy

Over

Associate service

Services

AI / Machine Learning

☐ AI / Machine Learning


☐ Analytics


☐ Databases


☐ Developer tools

☐ Integration

☐ Storage

**watsonx.ai Runtime**  
AI / Machine Learning  
(Formerly known as Watson Machine Learning) Quickly build, run and manage generative AI and machine...  
Lite • Free

**watsonx.ai Studio**  
AI / Machine Learning  
(Formerly known as Watson Studio) Develop powerful AI solutions with an integrated collaborative studio and...  
Lite • Free

**watsonx.governance**  
AI / Machine Learning • Analytics  
Accelerate responsibility, transparency and explainability in your data and AI workflows  
Lite • Free

Analytics

[https://dataplatfom.cloud.ibm.com/catalog?context=wx&target=wx&tearsheet\\_mode...](https://dataplatfom.cloud.ibm.com/catalog?context=wx&target=wx&tearsheet_mode...)

IBM watsonx

Upgrade ⓘ 🔔 Senthil Kumar's Account Dallas SK

Projects / Fitness Buddy

Over

Associate service

Pricing plan

Displayed prices do not include tax. Monthly prices shown are for country or region: United States

Plan	Features	Pricing
Lite	<b>Service instance</b> Instance includes: <ul style="list-style-type: none"><li>• 20 capacity unit-hours (CUH) per month</li><li>• 50,000 tokens/data points per month</li><li>• 100 pages per month</li></ul> ----- <b>Foundation models:</b> <ul style="list-style-type: none"><li>• Inferencing for text generation consumes tokens (as Resource Units)</li><li>• Token usage is the sum of input and output tokens</li><li>• Time series forecasting consumes data points (as Resource Units)</li><li>• Data point usage is the sum of input and output data points</li></ul> ----- <b>Text extraction:</b> <ul style="list-style-type: none"><li>• Each document page or image file or .tiff frame is considered 1 Page</li></ul>	Free

**Summary**

**watsonx.ai Runtime**  
Region: Dallas  
Plan: Lite  
Service name: watsonx.ai Runtime-ym  
Resource group: Default

Create

View terms

Cancel

IBM watsonx

Upgrade ⓘ 🔔 Senthil Kumar's Account Dallas SK

Projects / Fitness Buddy

Over

Associate service

Choose an existing or add a new service to associate with your project.

1 x Default

2 x Locations

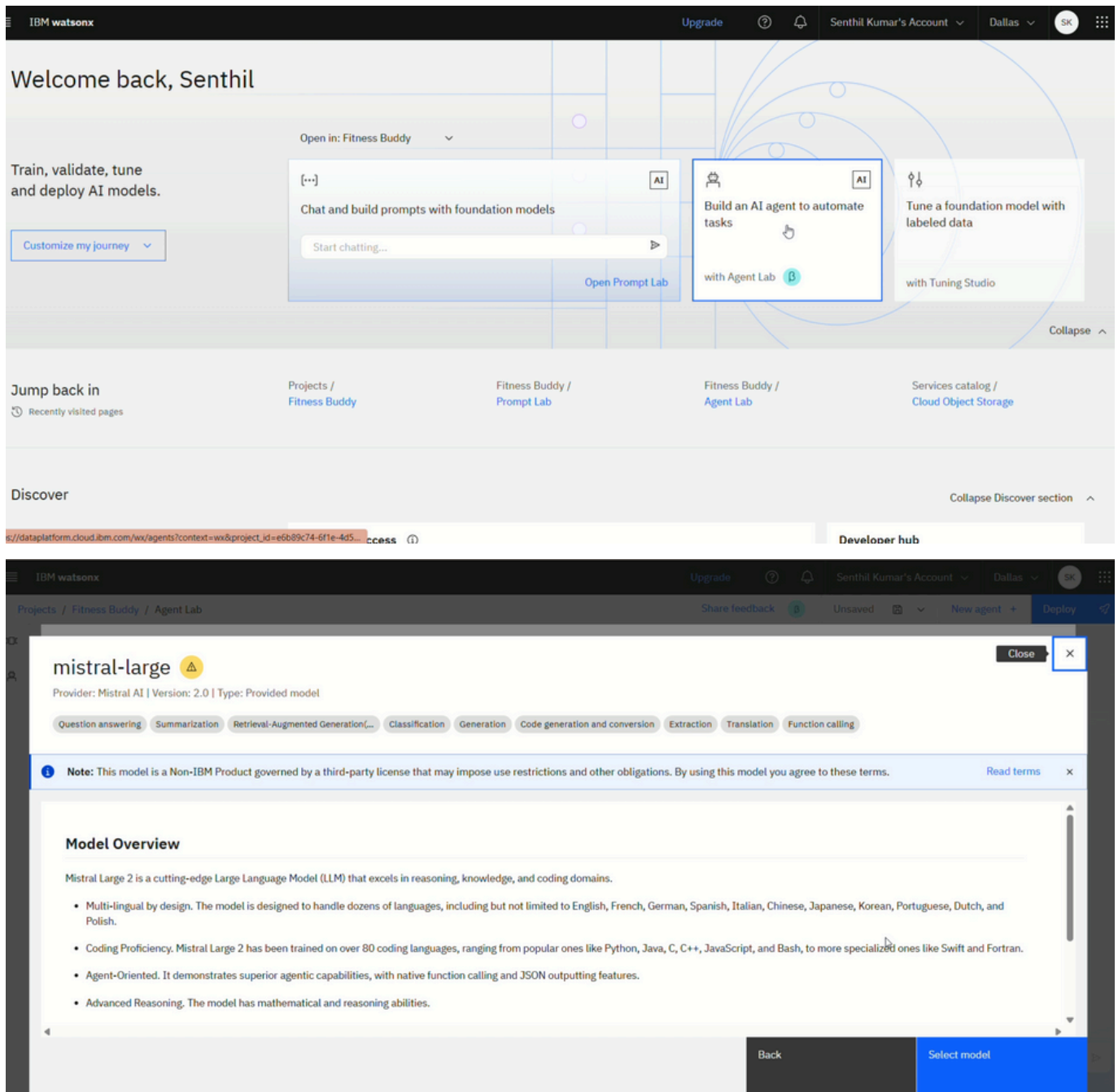
[New service +](#)

Name	Type	Plan	Location	Status	Group
<input checked="" type="checkbox"/> watsonx.ai Runtime-ym ⓘ	watsonx.ai Runtime	Lite	Dallas	Not associated	Default

Cancel

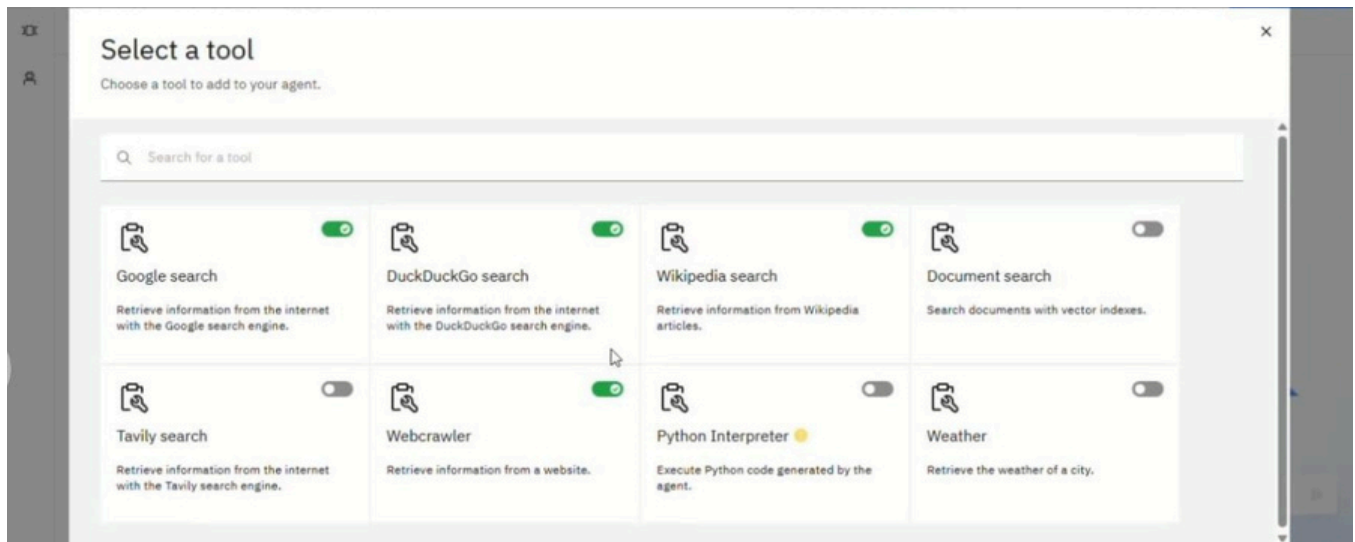
Associate

Step 7: Now again in the watsonx home page choose the agent lab, then in the following page select our LLM model for our project. Iam choosing Mistral-large model.

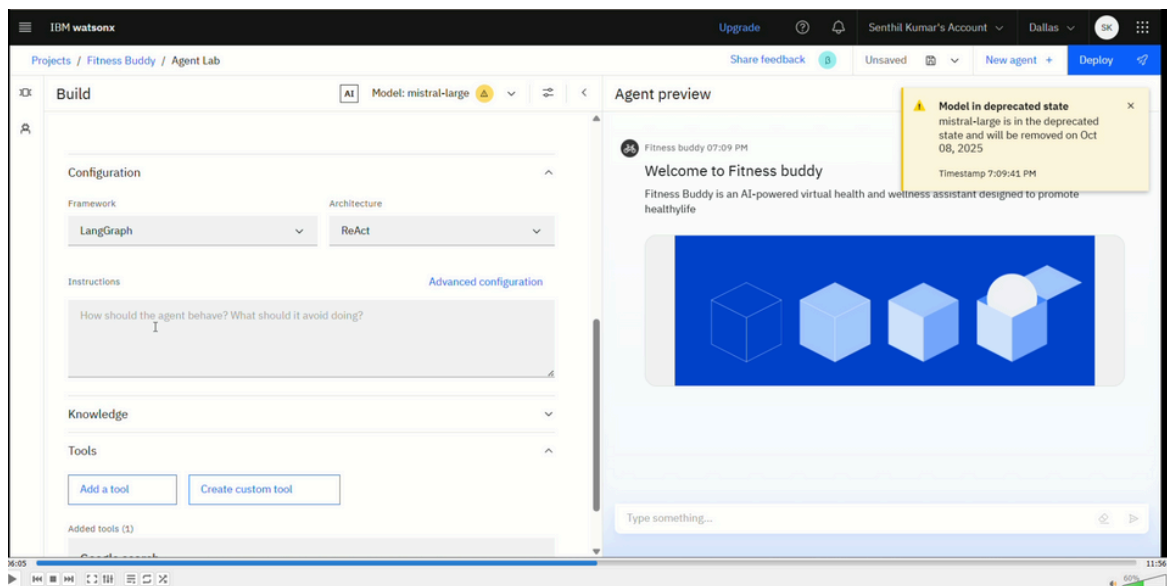


Step 8: Select the tools to get the additional info for the user like the fitness advisories



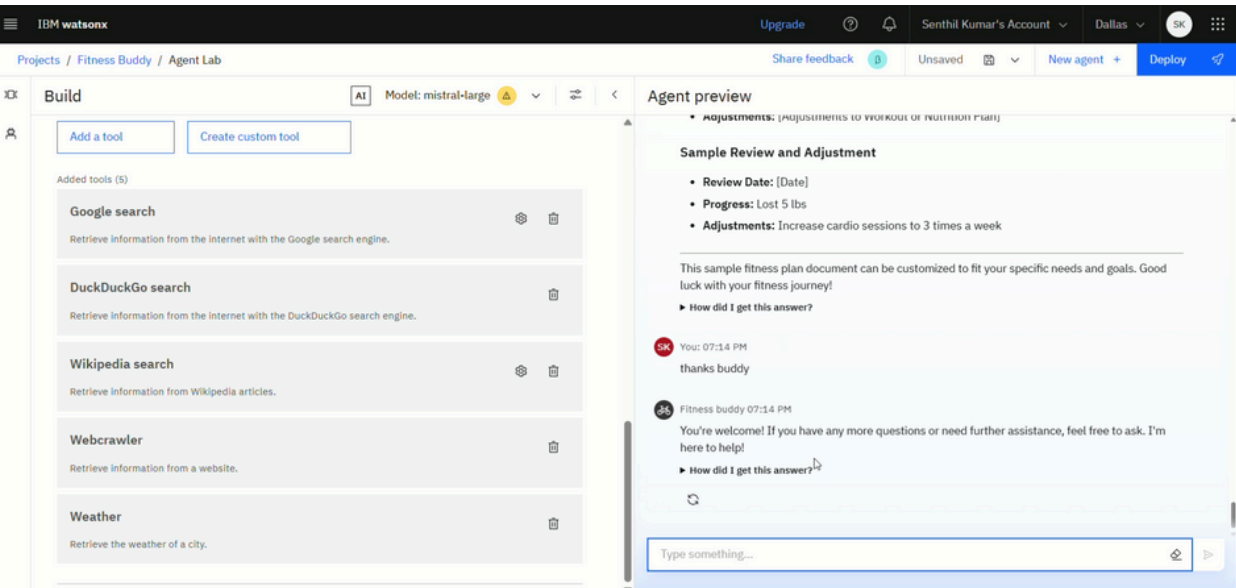
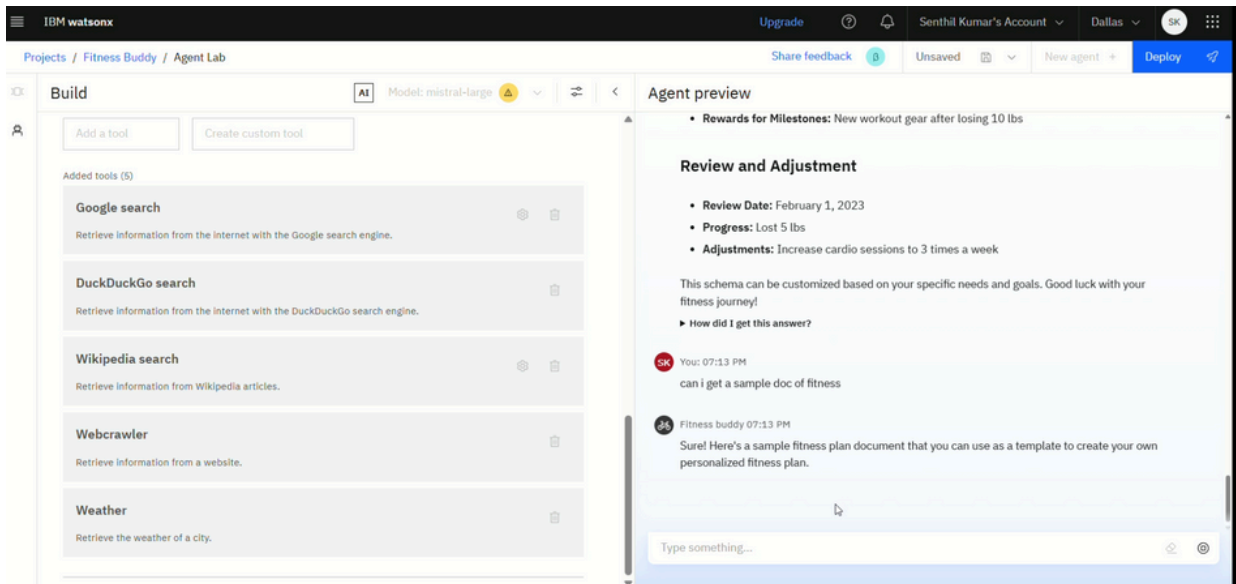


Step 9: Now, give the instructions for our Agent.

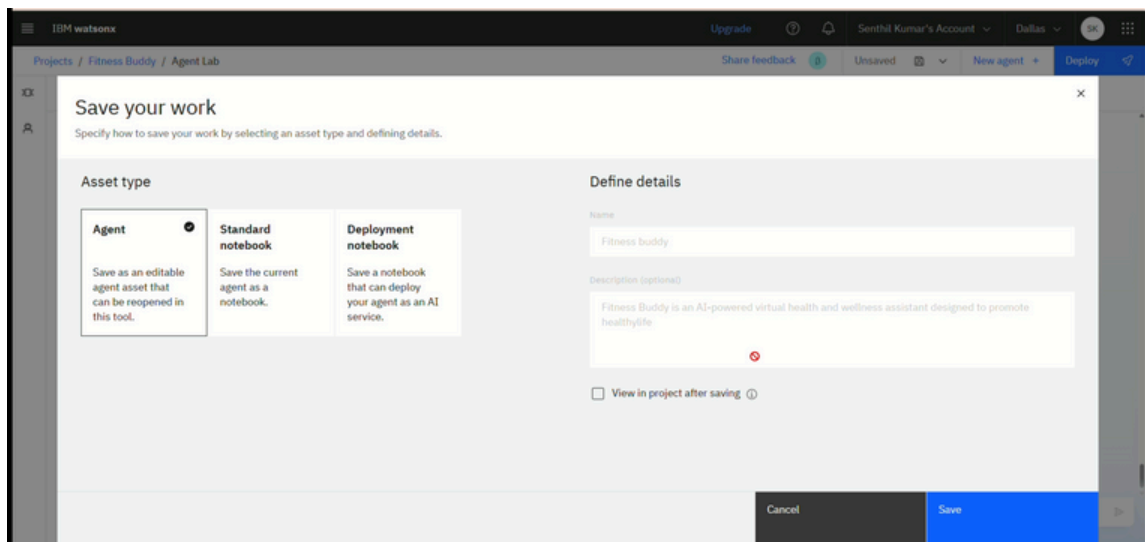


Step 10: Testing the model by giving different user input and prompts .

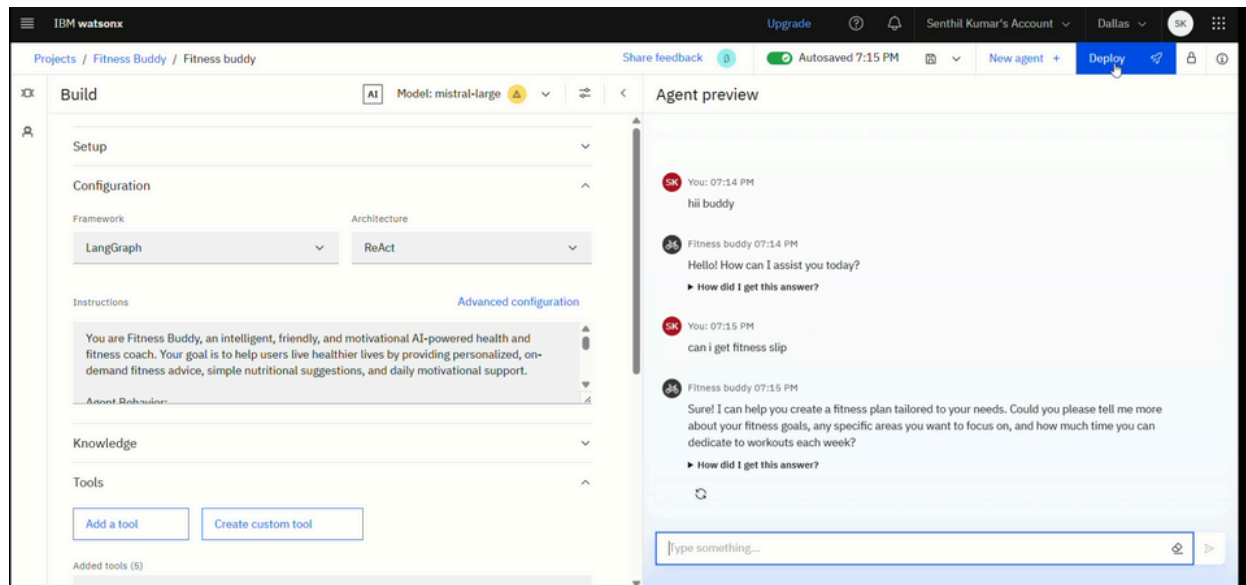




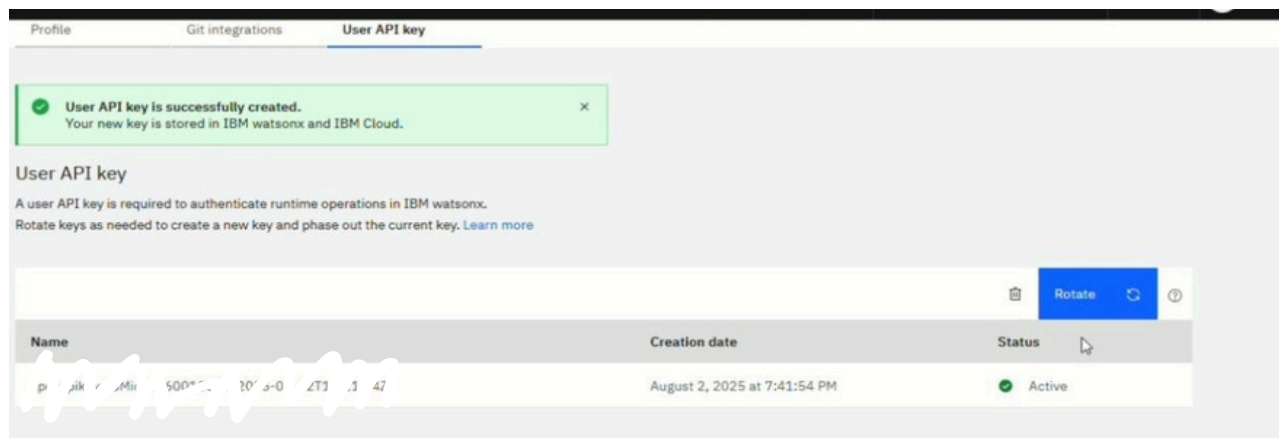
Step 11: Saving the project.

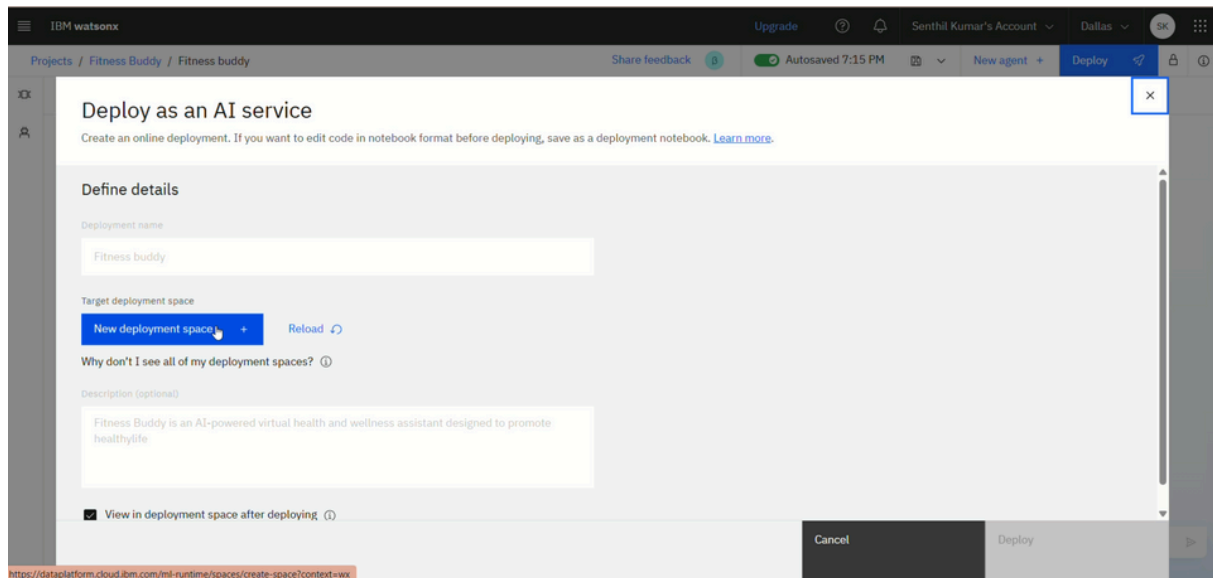


## Step 12: Deploy the model project

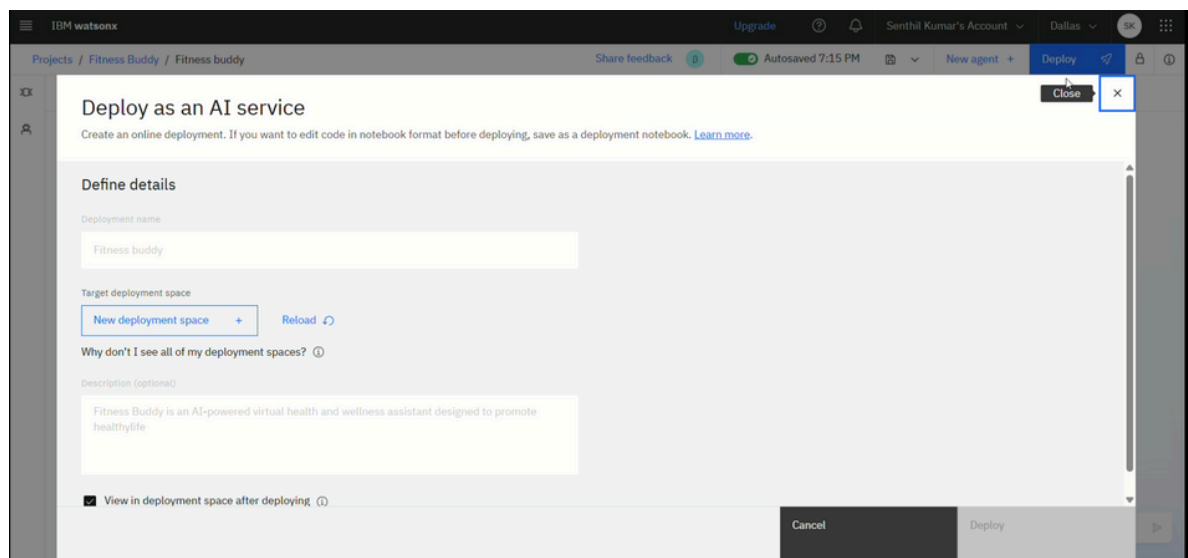


For that an API Key have to be created.

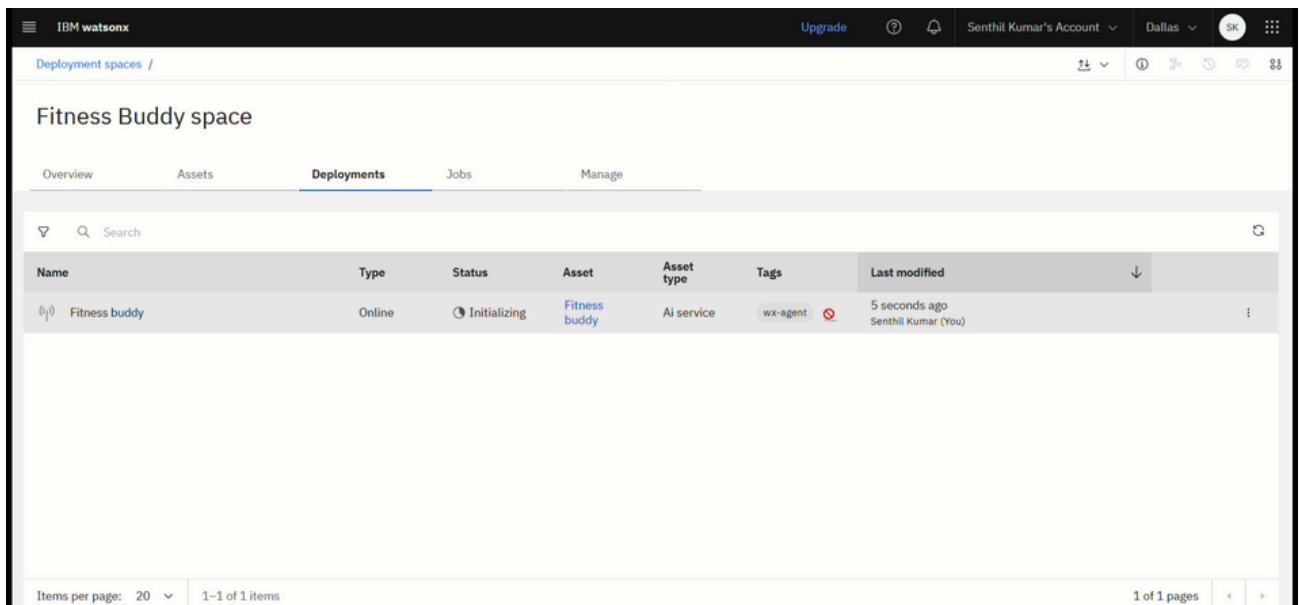




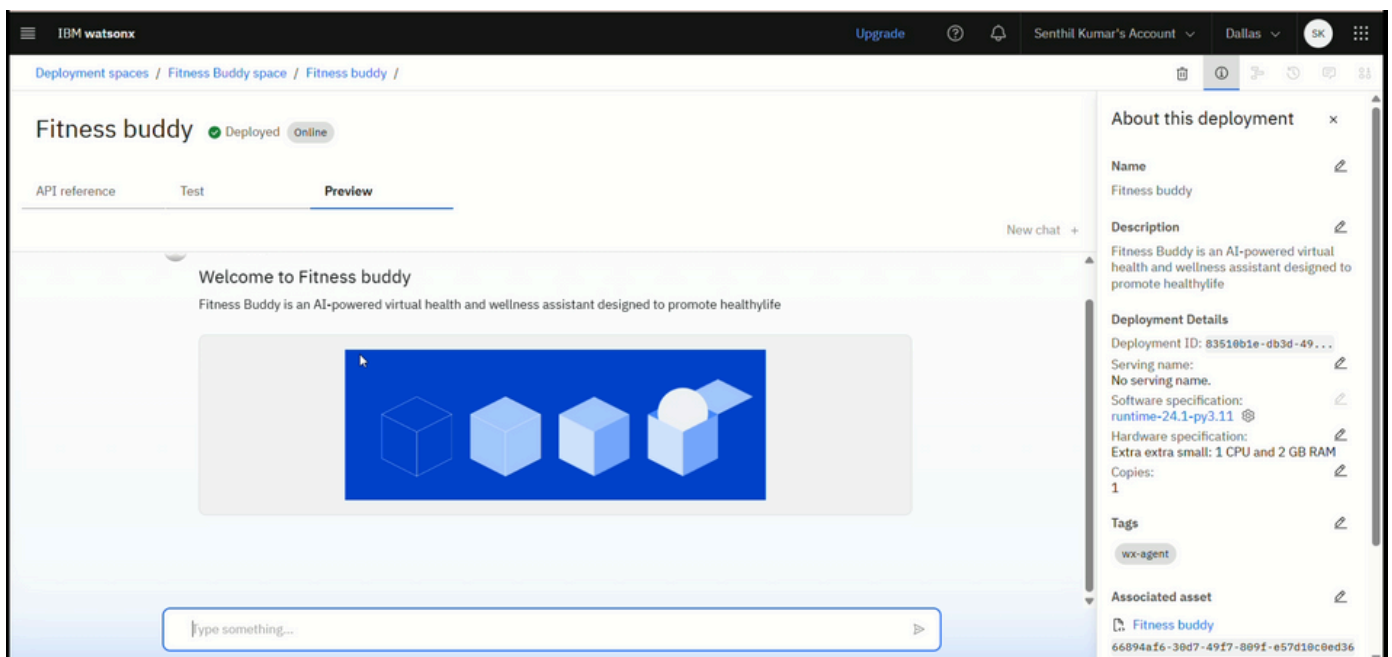
Step 13: Creating a deploy space and Deploy it.

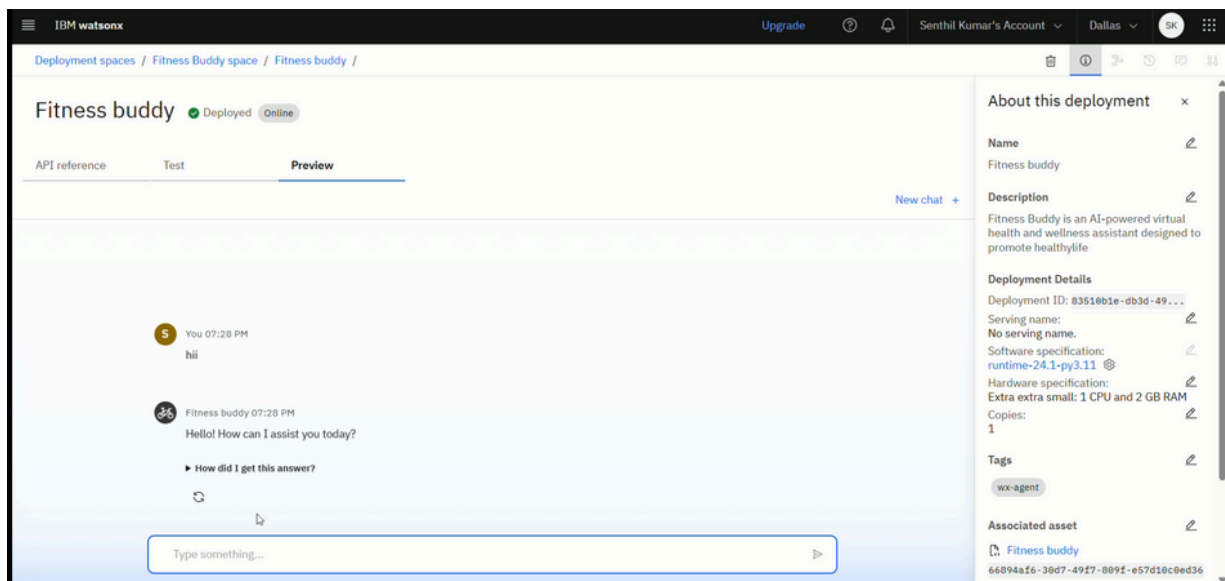


Step 14: The deployment is initialised and later it get deployed.

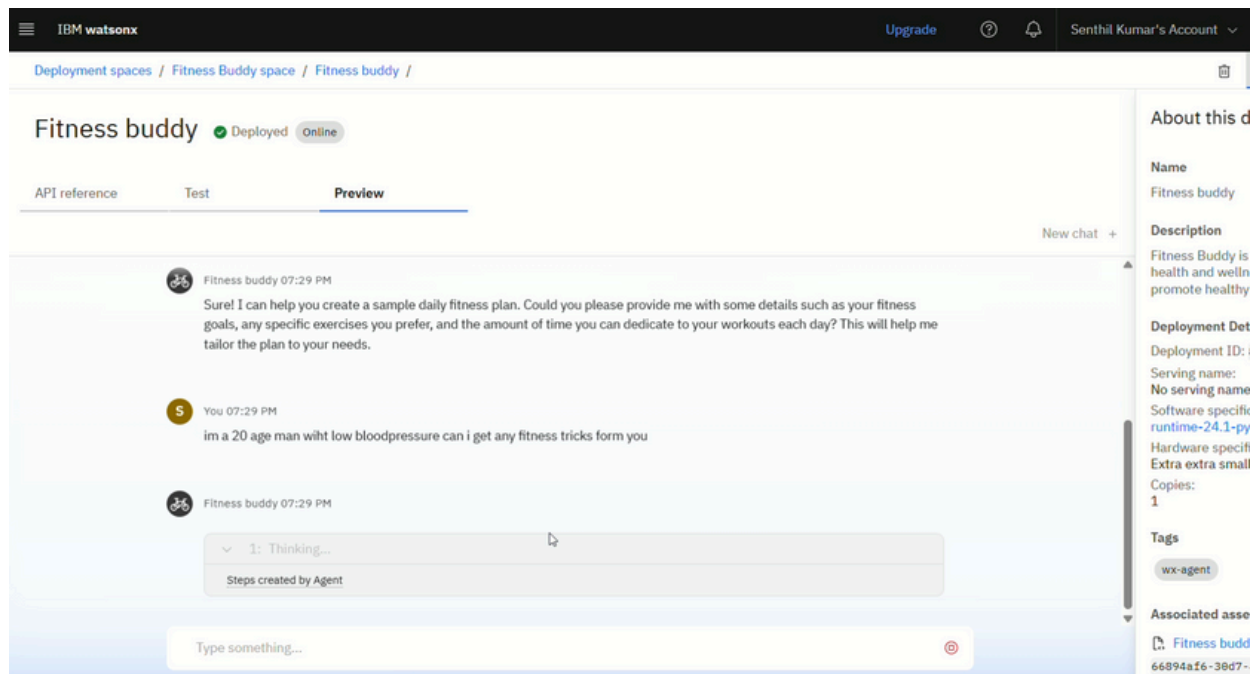


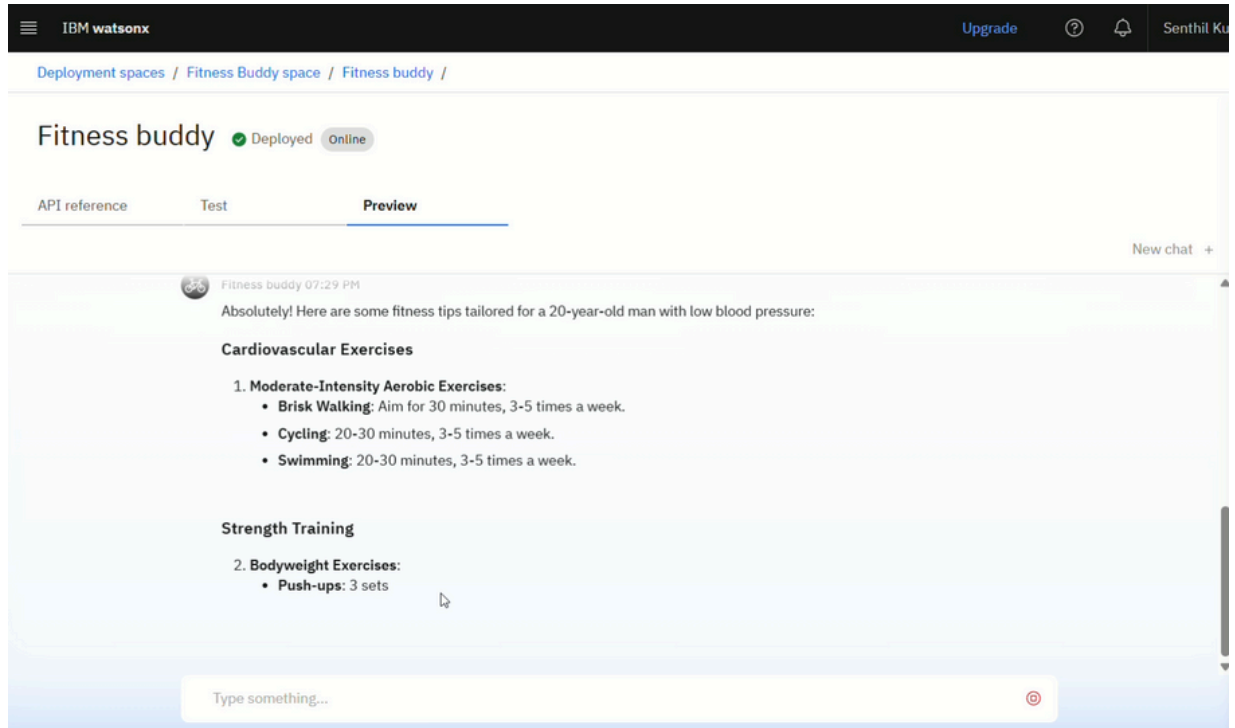
Step 15: After deployment , click on it and go to preview to see our final output. Also save our model as "Fitness Buddy".





Step 16: Giving user query to see the result.





The suitable solution for the requested query is given by our Fitness buddy model perfectly.

Thank You