

# IBM AICTE PROJECT

## FITNESS BUDDY

**Presented By:**

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# OUTLINE

- Problem Statement
- Technology used
- Wow factor
- End users
- Result
- Conclusion
- Git-hub Link
- Future scope
- IBM Certifications

# PROBLEM STATEMENT

**Problem Statement No.13 - Fitness Buddy** 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.

## **Proposed solution :**

Conversational AI chatbot called **Fitness Buddy**, designed to promote a healthy lifestyle by offering personalized workout plans, nutritious meal suggestions, and motivational tips. It is built using **IBM Watson Assistant** and deployed on **IBM Cloud Lite**, ensuring accessibility and scalability. The chatbot interacts with users through a simple web interface, collecting basic inputs like name and preferences to deliver tailored responses. Its goal is to make fitness guidance easily available anytime without the need for subscriptions or consultations. Overall, it serves as a lightweight, intelligent fitness companion for daily use.

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# TECHNOLOGY USED

- **IBM Cloud Lite Services** – To host and manage the chatbot on a scalable cloud platform.
- **IBM Watson Assistant** – To build the conversational interface and manage dialog flows.
- **Natural Language Processing (NLP)** – For understanding and interpreting user inputs in natural language.
- **Web Chat Integration** – To deploy the assistant on a website interface for real-time user interaction.

# IBM CLOUD SERVICES USED

- IBM Cloud Lite services
- IBM Cloud Watson Assistant
- Natural Language Processing (NLP)
- Web Chat Integration

# WOW FACTORS

- The Fitness Buddy chatbot empowers users to maintain a healthy lifestyle by offering instant, personalized guidance without the need for expensive subscriptions or in-person consultations. It supports daily motivation and consistency, making fitness accessible to everyone, anytime.
- **Unique features:**
  - Conversational interface that adapts to user preferences and fitness goals
  - Personalized home workout suggestions based on user inputs
  - Healthy meal ideas tailored to dietary needs and simplicity
  - Daily motivational quotes to build long-term fitness habits
  - Fully deployed on IBM Cloud with real-time access from any device

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## END USERS

- **Students** – Looking for simple, daily guidance to balance fitness with academic life.
- **Working Professionals** – Who need quick, personalized workouts and nutrition tips within a busy schedule.
- **Fitness Beginners** – Individuals starting their wellness journey and in need of motivational support.
- **General Public** – Anyone seeking an accessible, AI-powered assistant for healthy living without gym memberships or paid consultations.

# RESULTS

IBM Watson Service Page x IBM x +

us-south.assistant.watson.cloud.ibm.com/crn%3Av1%3Abluemix%3Apublic%3Aconversation%3Aus-south%3Aa%2F413905b3524b47ad93263f0bedd0d0f2%3Ad1065ace-d6af-4649-961f-...

IBM watsonx Assistant Lite Upgrade FITNESS BUDDY Learning resources ?

Welcome to watsonx Assistant Back Create

Create Personalize Customize Preview

Personalize your assistant

**Tell us where your assistant will live**  
You may add multiple channels from your dashboard.

Where do you plan on deploying your assistant?

WhatsApp

**Tell us about yourself**  
This information will be used to personalize your onboarding experience.

Which industry do you work in?

Healthcare

What is your role on the team building the assistant?

Developer

This is what your customers will experience

Create assistant page

4:13

Running World

Do you have the Speed Demons in stock? 4:10 PM ✓

The Speed Demons are in stock at our Downtown and Northgate locations, which are both within five miles of you. 4:10 PM

What size and color do you need? 4:10 PM

I need a size 9 in white. 4:10 PM ✓

Great news! The Speed Demons are available in white in a size 9. You can purchase them for curbside pick up or we can ship them to you. Which would you prefer? 4:11 PM

Type here to search

RBI may announce 2... 20:01 02-08-2025



# RESULTS

IBM Watson Service Page

Home | IBM watsonx Assistant

us-south.assistant.watson.cloud.ibm.com/crn%3Av1%3Abluemix%3Apublic%3Aconversation%3Aus-south%3Aa%2F413905b3524b47ad93263f0bedd0d0f2%3Ad1065ace-d6af-4649-961f-...

IBM watsonx Assistant Lite Upgrade FITNESS BUDDY

Learning resources

View all assistants

What's new Documentation

Assistant Builder Home

FITNESS BUDDY

Last updated on August 2, 2025 7:52:44 PM GMT+5:30

Your assistant now has new watsonx generative AI features! Learn more about intelligent information gathering.

Enable in settings

Enhance your assistant

Further improve and customize your assistant with these recommendations.

Build actions

Enhance and improve your assistant's actions.

→

Customize your greeting

Welcome your users in a unique way that aligns with your brand.

→

Create a fallback plan

Train your assistant to adapt to specific situations.

→

Set up search

Determine how your assistant extracts answers for your users' questions.

→

Preview & debug

Enable debug mode when you preview your assistant.

→

Assistant architecture

Here's an overview that depicts the structure of your assistant.

Default behavior

Conversational search

Search

Type here to search

Air quality forecast

20:04 02-08-2025

# RESULTS

The screenshot displays the IBM Watson Assistant console for a bot named "buddy". The browser address bar shows the URL: `us-south.assistant.watson.cloud.ibm.com/crn%3Aav1%3Abluemix%3Apublic%3Aconversation%3Aus-south%3Aa%2F413905b3524b47ad93263f0bedd0d0f2%3Ad1065ace-d6af-4649-961f-...`.

**Conversation steps (Left Sidebar):**

- Step 1: "Hi, I'm your Fitness Buddy! 🤖 I can help you with home workouts, nutrition tips, and daily motivation..." (Action: Free text)
- Step 2: "welcome 🤖 name1 !! What would you like to do today? 1. 🍌 Suggest a workout 2. 🥗 Give me a..." (Action: Continue to next step)
- Step 3: "Select any service here....." (Actions: suggest a wo..., give me a he..., +2)
- Step 4: "Short (15 min), Strength Focus Workout: - 10 Push-ups - 15 Bodyweight Squats - 10 Lunges (each leg)" (Action: Continue to next step)

**Editor (Center):**

- Set variable values:** Set `name1` To "1. Hi, I'm your Fitness Buddy! ..."
- Assistant says:** "welcome 🤖 name1 !! What would you like to do today?"  
List:
  - 1. 🍌 Suggest a workout
  - 2. 🥗 Give me a healthy meal idea
  - 3. 💡 Send me a motivational tip
  - 4. 📅 Help me build a fitness habit
- And then:** "Continue to next step"

**Preview (Right):**

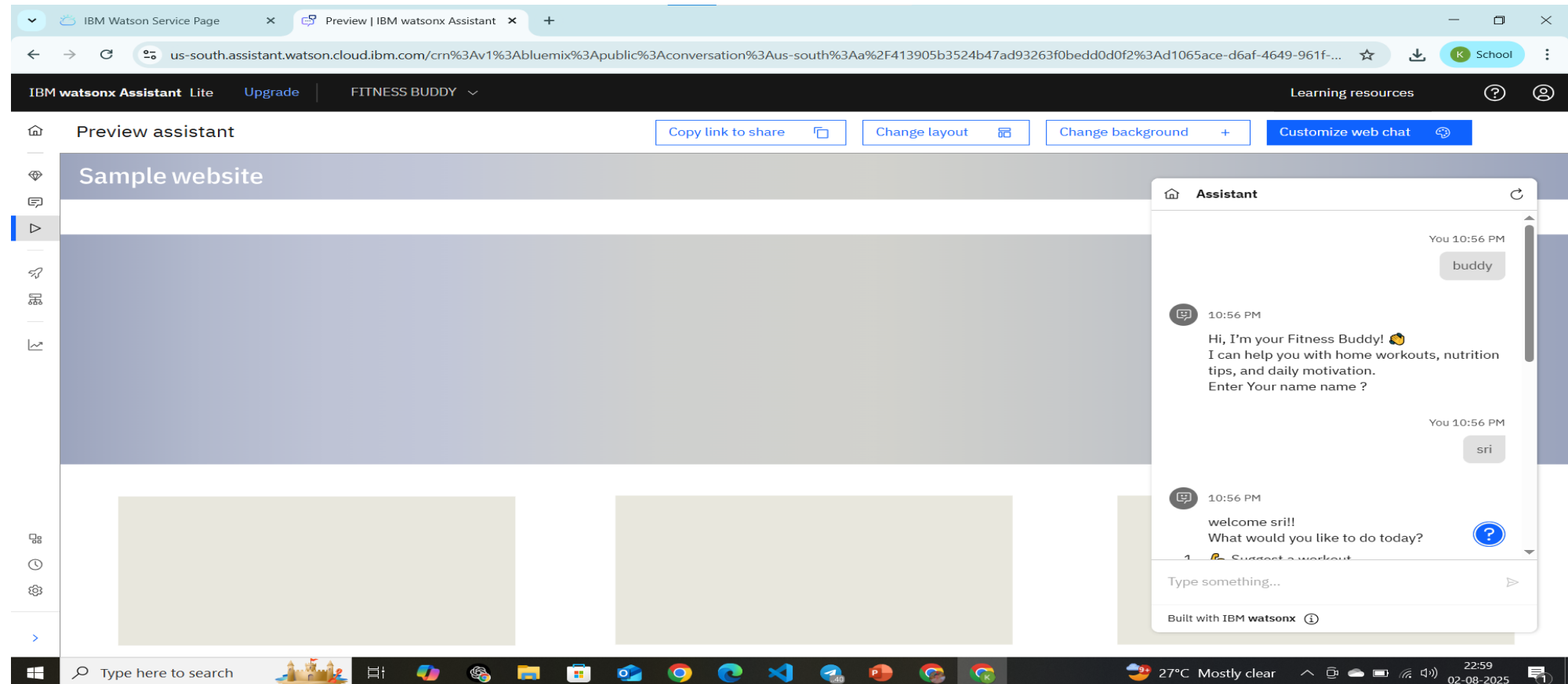
Chat history:

- You 10:43 PM: "Hi, I'm your Fitness Buddy! 🤖 I can help you with home workouts, nutrition tips, and daily motivation. Enter Your name name ?"
- sri: "welcome sri!! What would you like to do today?"
- 10:43 PM: "1. 🍌 Suggest a workout 2. 🥗 Give me a healthy meal idea 3. 💡 Send me a motivational tip 4. 📅 Help me build a fitness habit"
- Select any service here.....
- suggest a workout

Type something...

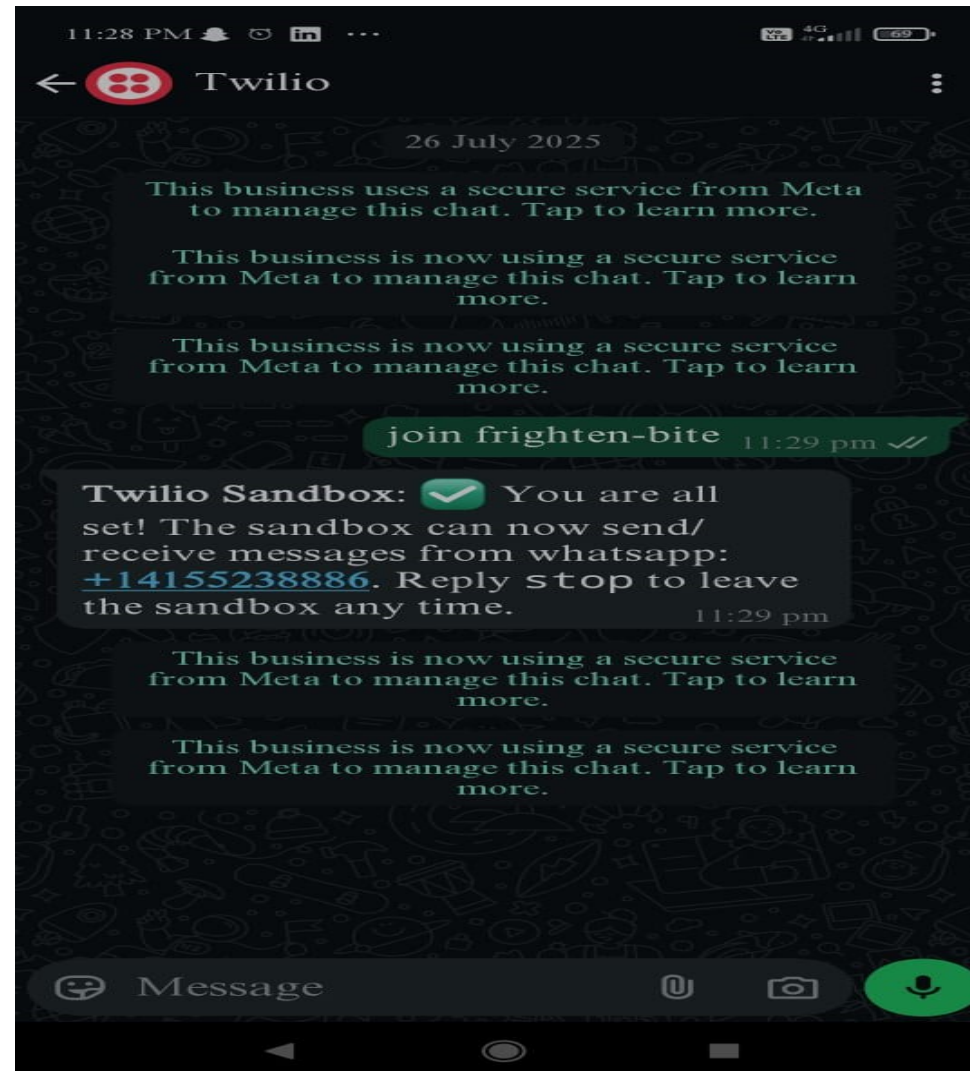
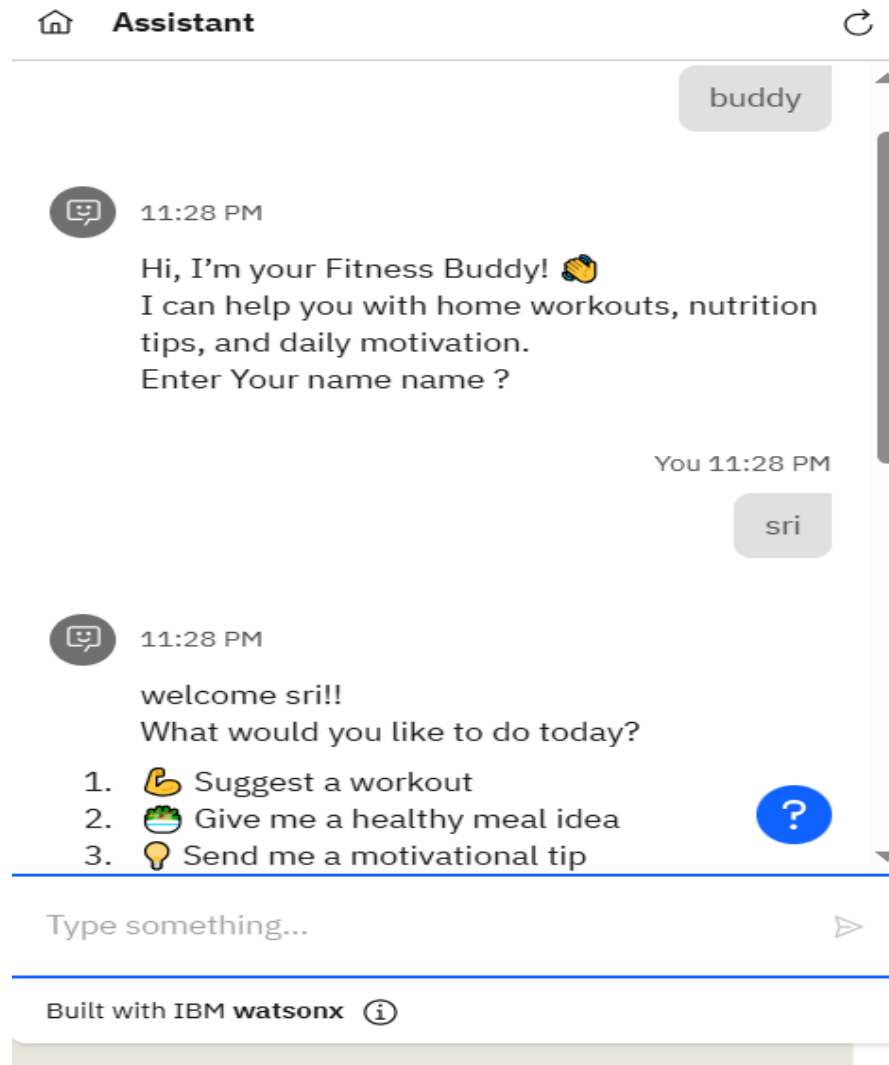
# RESULTS

## Created AI fitness buddy with Watsonx assistant



# RESULTS

## Integrated web chat with whatsapp



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## CONCLUSION

- The Fitness Buddy chatbot offers a smart, accessible solution to support daily fitness and wellness goals.
- By combining AI, personalization, and ease of use, it encourages healthy habits anytime, anywhere.
- This project demonstrates how conversational AI can simplify lifestyle management in a meaningful way.

## GITHUB LINK

- Make sure that there should be readme file

# FUTURE SCOPE

- 1.Wearable Integration** – Connect with fitness trackers and smartwatches for real-time health and activity monitoring.
- 2.Voice & Chat Support** – Enable voice interaction alongside text for more natural and hands-free usage.
- 3.Multi-language Support** – Add regional and global languages to increase accessibility for diverse users.
- 4.Personalized Diet Plans** – Generate diet recommendations based on user goals, health data, and preferences.
- 5.Mental Wellness Features** – Include stress-relief exercises, guided meditation, and mental health tips.
- 6.AI Progress Analytics** – Track user improvement over time with smart visual reports and adaptive suggestions.

# IBM CERTIFICATIONS





In recognition of the commitment to achieve  
professional excellence



# KATTEKOLA SRIHITHA

Has successfully satisfied the requirements for:

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## Journey to Cloud: Envisioning Your Solution

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27/07/2025, 12:13

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Completion Certificate



This certificate is presented to  
**KATTEKOLA SRIHITHA**

for the completion of  
**Lab: Retrieval Augmented Generation with  
LangChain**

(ALM-COURSE\_3824998)

According to the Adobe Learning Manager system of record

**Completion date:** 27 Jul 2025 (GMT)

**Learning hours:** 20 mins

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# THANK YOU