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# **IBM HACKATHON PROJECT FITESS BUDDY CHATBOT (RAG BASED)**

**Presented By**

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# OUTLINE

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- Future scope
- IBM Certifications

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# PROBLEM STATEMENT

Many people find it hard to maintain a healthy lifestyle due to lack of personal guidance, busy schedules, and low motivation. Existing Fitness solutions are often expensive or rigid. There is a need for an easy-to-use virtual assistant that offers personalized Fitness tips, meal suggestions, and motivation—anytime, anywhere.

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# TECHNOLOGY USED

IBM cloud lite services

Natural Language Processing (NLP)

Retrieval Augmented Generation (RAG)

IBM Granite model

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## IBM CLOUD SERVICES USED

- IBM Cloud Watsonx AI Studio – NLP-based chatbot creation
- IBM Cloud Watsonx AI runtime
- IBM Cloud Agent Lab
- IBM Granite foundation model

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# WOW FACTORS

- Fitness Buddy is not just a chatbot — it's a 24/7 virtual fitness friend that gives personalized workouts, meal ideas, and motivation without needing any gym, trainer, or expensive app. It's simple, free, and always ready to help you stay fit!

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## END USERS

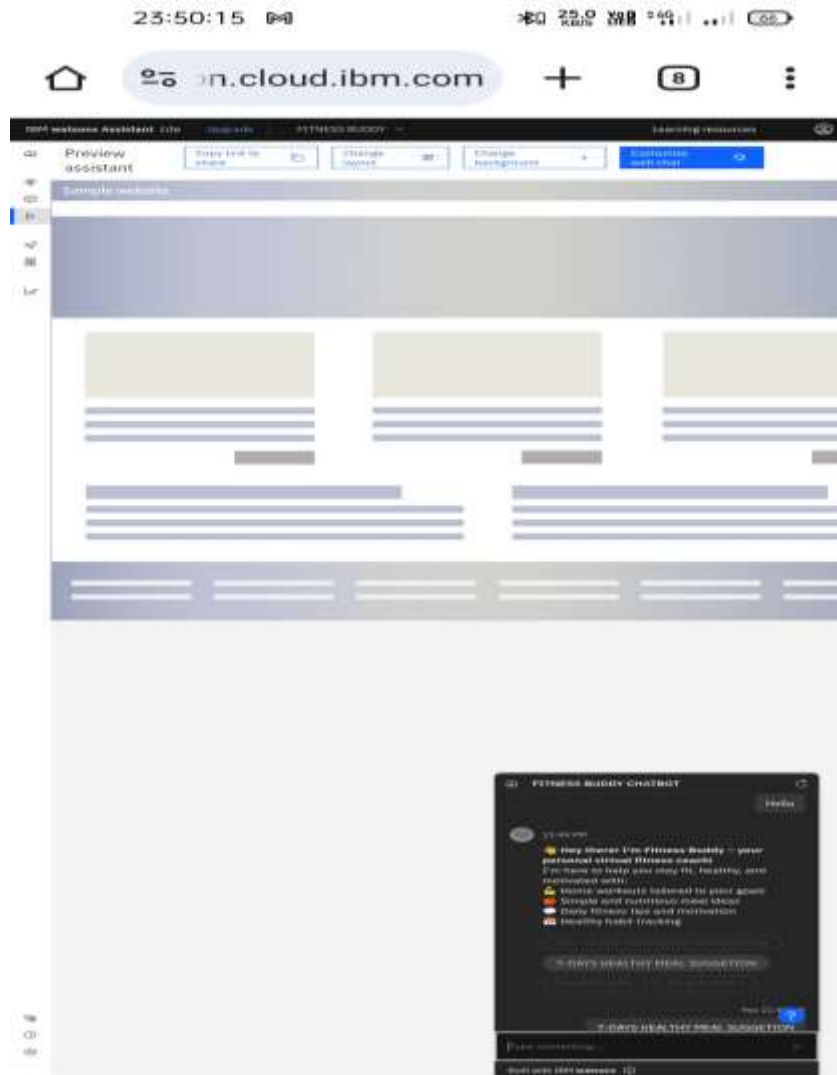
Busy individuals with limited time for fitness

Students and working professionals

People looking for home workout guidance

Anyone who wants a simple, free, and personalized fitness assistant

# RESULTS



Scan the QR code  
on mobile





# RESULTS



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# GITHUB

<https://github.com/Swarajshirke21/FITNESS-BUDDY-.git>

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## CONCLUSION

Fitness Buddy is a helpful and easy-to-use chatbot that supports users in staying healthy by offering personalized workouts, meal suggestions, and daily motivation—anytime, anywhere.

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# FUTURE SCOPE

- Add voice support for hands-free use
- Connect with fitness tracker apps (like steps or calories)
- Add progress reports and goal tracking
- Create a mobile app version for better access

# IBM CERTIFICATIONS

In recognition of the commitment to achieve professional excellence



## SWARAJ SHIRKE

Has successfully satisfied the requirements for:

### Getting Started with Artificial Intelligence



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Has successfully satisfied the requirements for:

### Journey to Cloud: Envisioning Your Solution



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# RAG LAB certificate

IBM **SkillsBuild**

Completion Certificate



This certificate is presented to  
**SWARAJ SHIRKE**

for the completion of

**Lab: Retrieval Augmented Generation with LangChain**

(ALM-COURSE\_3824998)

According to the Adobe Learning Manager system of record

**Completion date:** 23 Jul 2025 (GMT)

**Learning hours:** 20 mins



**THANK YOU**