

IBM AICTE PROJECT

FITNESS BUDDY AGENT

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OUTLINE

- Problem Statement
- Proposed Solution:
- Technology used
- IBM Cloud Service Used
- End users
- Result
- Conclusion
- Git-hub Link
- IBM Certifications

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.

PROPOSED SOLUTION:

- The proposed solution is to develop a virtual AI agent — **Fitness Buddy** — using IBM Watsonx.ai and Granite foundation models that can assist users in achieving their fitness goals through intelligent and personalized interaction.
- The system will take simple user inputs such as age, gender, fitness goal, current health status, preferred workout time, and dietary preference. Based on these inputs, the AI agent will generate:
 - A customized 7-day workout plan
 - Daily motivational tips and inspiration
 - Simple and healthy vegetarian meal ideas
 - Habit-building strategies to promote long-term consistency
- By leveraging the capabilities of IBM's Granite foundation model within Watsonx.ai Studio, the solution avoids complex coding and uses prompt engineering to generate high-quality, human-like responses. The output is user-friendly, adaptive, and can be extended into web or app interfaces in the future.
- This approach democratizes fitness planning using generative AI, especially for beginners who need consistent guidance, without relying on human trainers or costly subscriptions.

TECHNOLOGY USED

IBM cloud lite services

Natural Language Processing (NLP)

Retrieval Augmented Generation (RAG)

IBM Granite model

IBM CLOUD SERVICES USED

- IBM Cloud Watsonx AI Studio
- IBM Cloud Watsonx AI runtime
- IBM Cloud Agent Lab
- IBM Granite foundation model

END USERS

- Beginners in fitness
- Busy professionals
- Health-conscious individuals
- Students and young adults

RESULTS

Agent preview



Fitness Buddy 04:02 PM

Welcome to Fitness Buddy

An AI-powered virtual assistant that generates personalized fitness plans, daily motivation, and hea



Type something...



RESULTS



You 09:03 PM

Give me 1 day fitness plan



Fitness Buddy Agent 09:03 PM

Here is a 1-day fitness plan:

- Warm-up: 5-10 minutes of light cardio such as jogging in place or jumping jacks
- Monday (Chest and Triceps):
 - Barbell Bench Press (3 sets of 8-12 reps)
 - Incline Dumbbell Press (3 sets of 10-15 reps)
 - Cable Flyes (3 sets of 12-15 reps)
 - Tricep Pushdowns (3 sets of 10-12 reps)
 - Tricep Dips (3 sets of 12-15 reps)
- Cool-down: 5-10 minutes of stretching

Note: This is just an example workout plan and you should adjust the weights and reps based on your fitness level and goals. It's also important to listen to your body and rest when needed. Additionally, it's recommended to consult with a healthcare professional or a certified personal trainer to create a personalized fitness plan.

Type something...




RESULTS

Deployed AI Agent


Fitness Buddy Agent

DeployedOnline

API referenceTestEvaluationsPreview

 You 09:03 PM

Give me 1 day fitness plan

 Fitness Buddy Agent 09:03 PM

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CONCLUSION

- The Fitness Buddy AI Agent demonstrates how generative AI can be effectively utilized to deliver personalized fitness guidance without requiring any complex coding or machine learning training. By leveraging IBM Watsonx.ai and foundation models, the project offers an accessible, scalable, and interactive solution that promotes healthy living, motivation, and habit formation. This approach highlights the potential of AI in transforming personal wellness and supporting individuals on their fitness journey.

GITHUB LINK

- <https://github.com/TechNinja-01/Fitness-Buddy-Agent->

IBM CERTIFICATIONS

In recognition of the commitment to achieve
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Has successfully satisfied the requirements for:

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Completion Certificate



This certificate is presented to

Harsh Soni

for the completion of

**Lab: Retrieval Augmented Generation with
LangChain**

(ALM-COURSE_3824998)

According to the Adobe Learning Manager system of record

Completion date: 25 Jul 2025 (GMT)

Learning hours: 20 mins



THANK YOU