IBM AICTE PROJECT

FITNESS BUDDY AGENT

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OUTLINE

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PROBLEM STATEMENT

In today's fast-paced world, many individuals struggle to maintain a healthy lifestyle due to lack of personalized fitness guidance, time constraints, and inconsistent motivation. Existing fitness apps often provide generic routines, expensive subscriptions, and rigid schedules that don't adapt to real-life needs.

Proposed Solution:

An Al-powered virtual fitness assistant that understands user input via text, generates customized home workout plans, provides motivational tips, suggests healthy meals, and supports habit-building — all through conversational interaction. Built using IBM Watsonx.ai and Granite, this assistant offers accessible, friendly, and personalized support anytime, anywhere.



TECHNOLOGY USED

- IBM Watsonx.ai
- IBM Granite LLM (granite-3-3-8b-instruct)
- Watsonx.ai Runtime
- Agentic Al Builder (no-code)
- IBM Cloud Lite (free tier)



IBM CLOUD SERVICES USED

- Watsonx.ai Studio for creating and testing the agent
- Granite LLM for generating workout plans and tips
- Watsonx Runtime for deploying the Al agent
- IBM Cloud Project & Sandbox for managing workspace



WOW FACTORS

- Built 100% on IBM Cloud using Granite LLM
- Provides real-time, personalized fitness guidance
- Motivates users with intelligent, uplifting responses
- No need for mobile apps, subscriptions, or hardware
- Fully text-based works on low-bandwidth devices

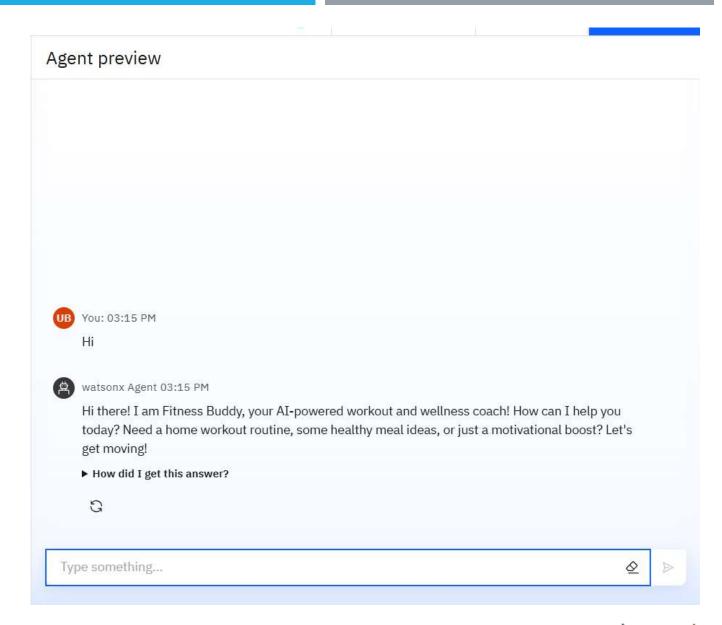


END USERS

- Students and working professionals
- Fitness beginners needing structure
- Individuals with no access to gym or trainer
- Home-based users seeking motivation
- Anyone interested in healthy habits



When greeted, say: "Hi, I am Fitness Buddy, your Alpowered workout and wellness coach! How can I help you today?"





Agent preview



You: 03:18 PM

I go to gym so I need diet plan so that I can complete my protein intake. I am veg, so diet should be veg and I am 67 kg and height is 5'10, so calories should be according to this.



watsonx Agent 03:18 PM

Great! To help you with a personalized diet plan, I'll need a bit more information. However, I can certainly give you a general idea of a high-protein vegan meal plan to meet your needs. Here's a simple daily meal plan:

Breakfast:

- Tofu scramble with mixed vegetables (spinach, bell peppers, onions)
- · A slice of whole-grain toast
- · A glass of orange juice

Mid-Morning Snack:

• Greek yogurt with mixed berries and a sprinkle of chia seeds

Lunch:

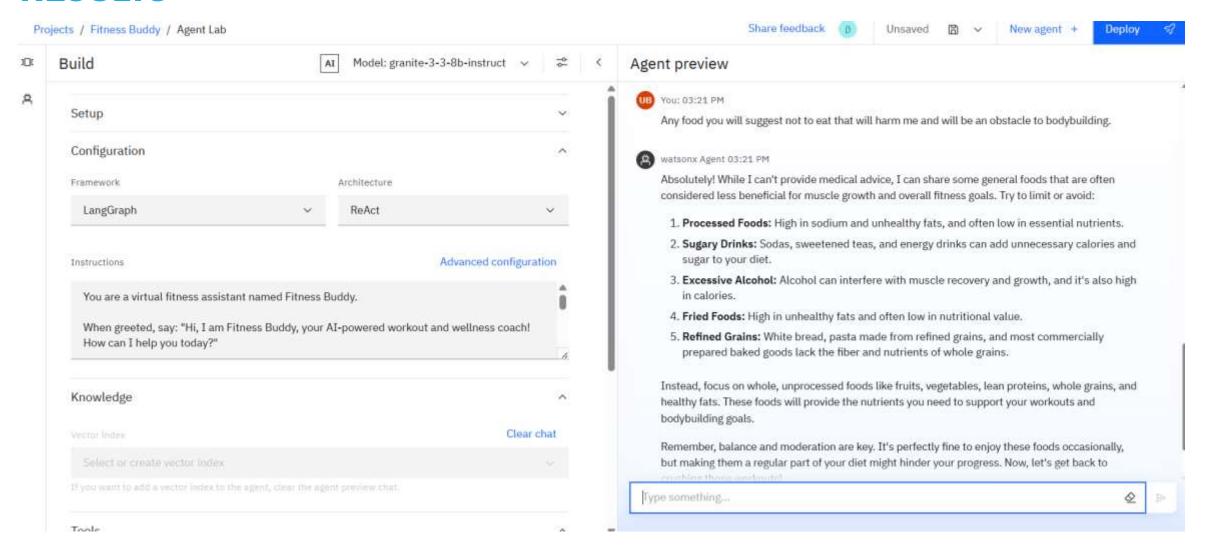
- · Quinoa salad with chickpeas, cucumber, tomatoes, and a lemon-tahini dressing
- · A side of mixed greens

Type something...



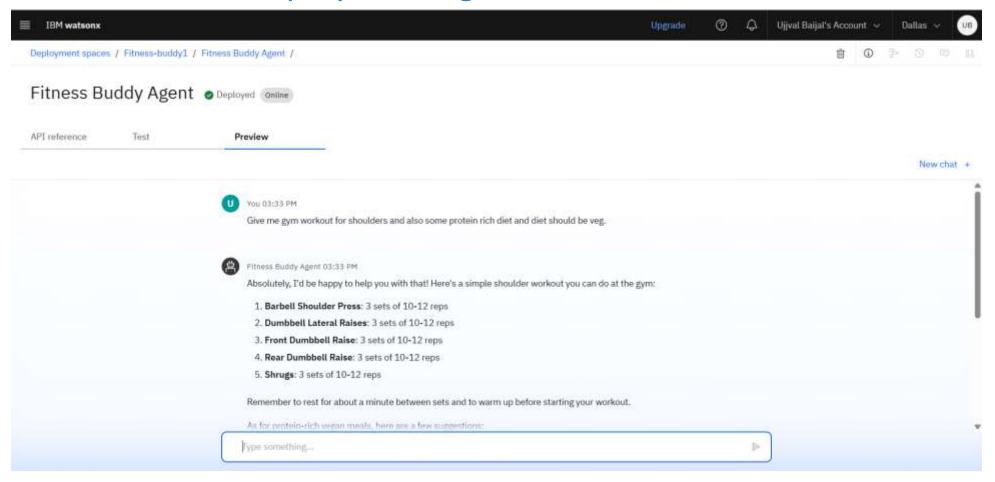








Deployed AI Agent





CONCLUSION

 Fitness Buddy demonstrates how IBM Watsonx.ai and Granite can be used to create a conversational, motivational AI fitness assistant.

■ It solves the common problem of fitness inconsistency by offering personalized, 24/7 support and inspiration — all hosted on IBM Cloud.

Simple, powerful, and user-friendly.



FUTURE SCOPE

- Add voice input via IBM Speech-to-Text
- Store user progress using IBM Cloudant
- Add daily reminders and check-ins
- Integrate with fitness wearables
- Host on mobile via PWA or chatbot



IBM CERTIFICATIONS

In recognition of the commitment to achieve professional excellence



Ujjval Baijal

Has successfully satisfied the requirements for:

Getting Started with Artificial Intelligence



Issued on: Jul 16, 2025 Issued by: IBM SkillsBuild

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Completion Certificate



This certificate is presented to

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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



Github link: https://github.com/Ujjval-1/Fitness-Buddy-agent



GITHUB LINK

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THANK YOU

