### **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

Many people struggle to maintain a healthy lifestyle due to:

- Lack of personalized fitness advice
- Time constraints & low motivation
- Rigid or expensive fitness plans
- Limited access to adaptable home routines

#### **Proposed Solution – Fitness Buddy**

A conversational Agentic AI assistant powered by IBM Granite, offering:

- Tailored home workout plans
- Quick, healthy meal suggestions
- Daily motivation & habit-building tips

anytime/anywhere.



# **TECHNOLOGY USED**

IBM Cloud lite services

Natural Language Processing (NLP)

**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



## **WOW FACTORS**

#### Agentic Al Integration

Utilizes IBM's Granite large language model to simulate an intelligent, goal-driven virtual fitness coach capable of dynamic, context-aware interactions.

#### Personalized Wellness Guidance

Delivers tailored home workout routines, nutritional suggestions, and motivational coaching based on individual user inputs and preferences.

#### > Conversational User Experience

Implements a natural-language chat interface, enhancing usability and making health guidance more accessible and engaging for all users.

#### Cloud-Native & Serverless Architecture

Deployed using IBM Cloud Functions, ensuring scalability, zero server maintenance, and real-time availability without infrastructure overhead.

#### Modular & Extensible Design

Built with future integrations in mind—can be extended to include habit tracking, user progress monitoring, reminders, and wearable sync.

#### Efficient Use of IBM Watsonx.ai

Demonstrates optimal prompt engineering within WatsonX.ai to simulate distinct expert roles (trainer, nutritionist, motivator) in a unified assistant.

#### > Inclusive and Practical Application

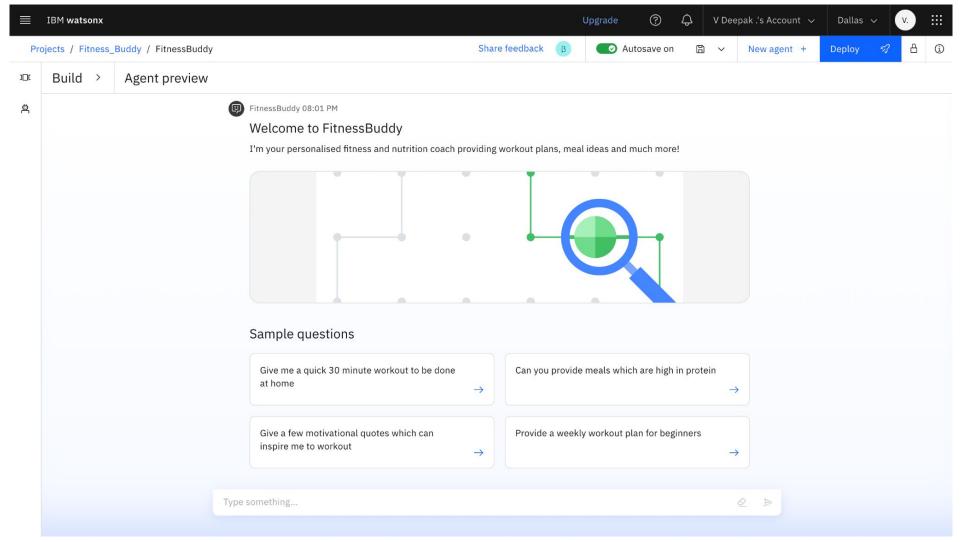
Addresses a real-world need by providing an accessible, low-cost, and adaptive fitness solution for users with time, space, or resource limitations.

#### **END USERS**

- Students and Young Professionals
- Remote Workers and Freelancers
- Health-Conscious Beginners
- Budget-Constrained Users
- General Public Seeking Home-Based Wellness

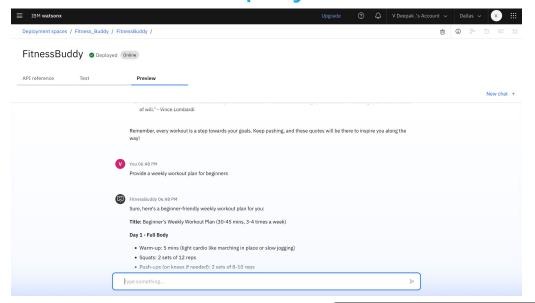


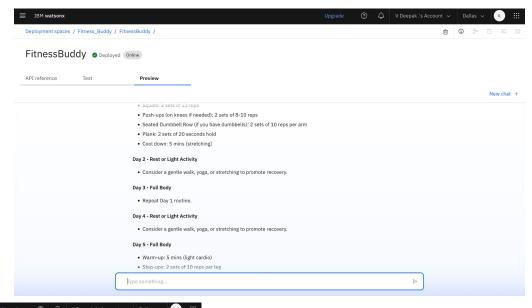
#### **RESULTS**

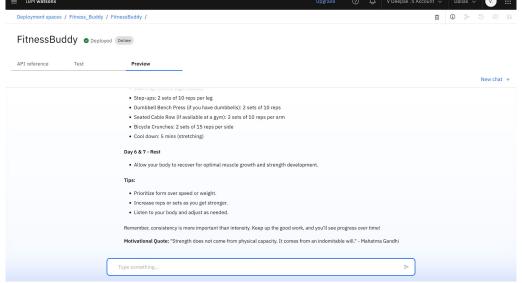




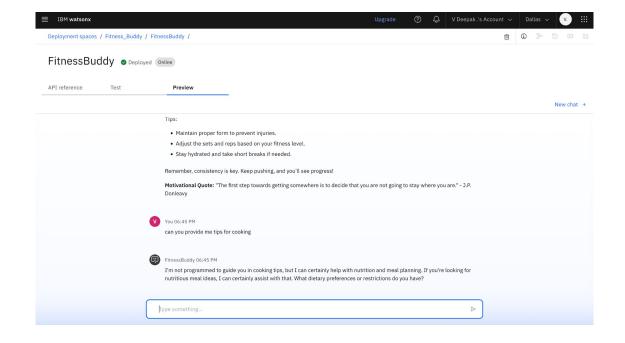
## **RESULTS - Deployed**

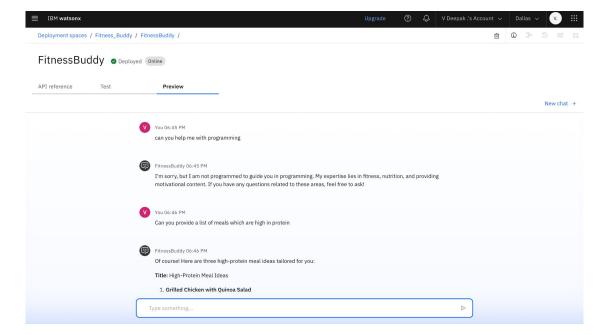






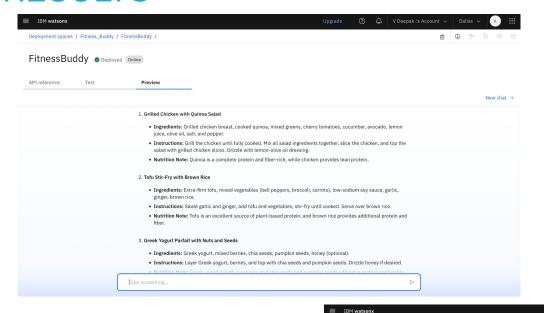


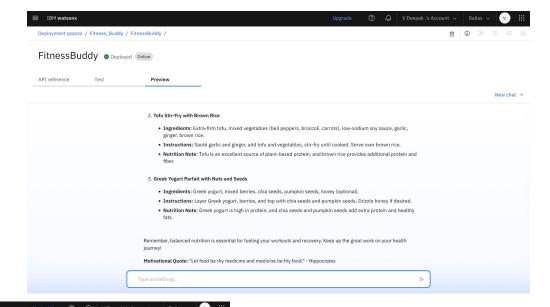


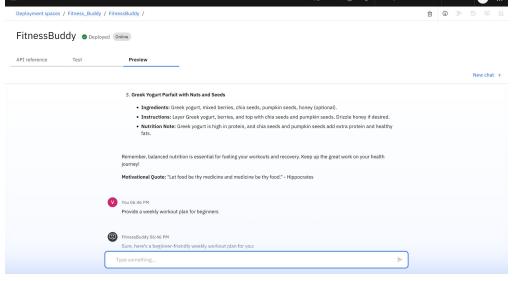




#### **RESULTS**

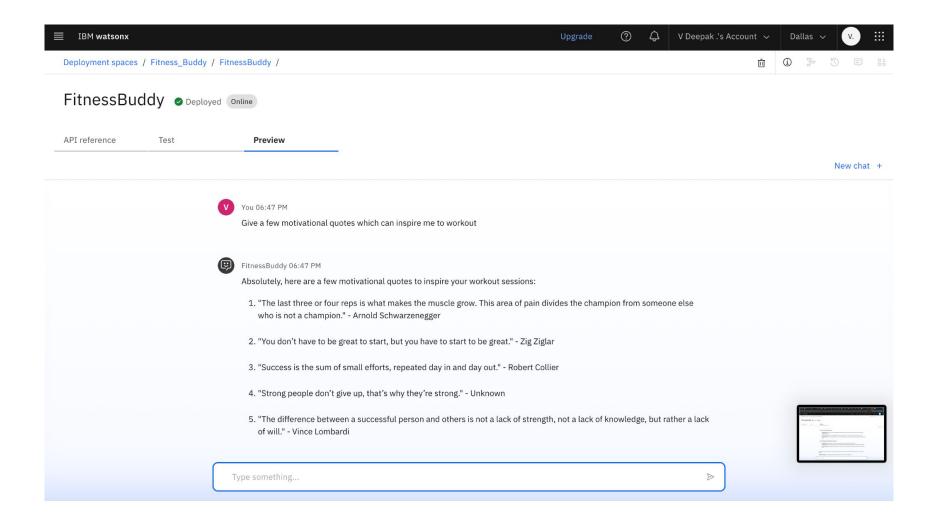




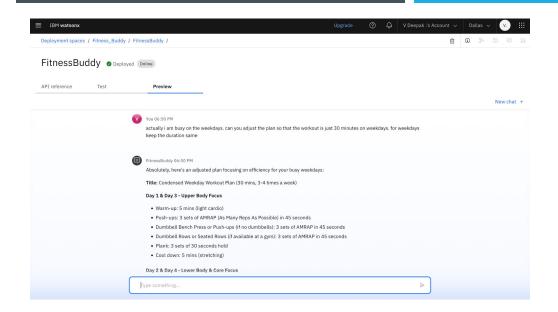


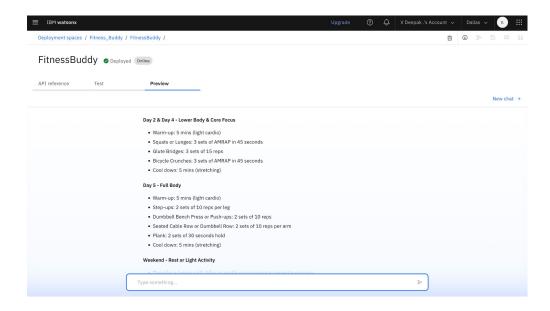


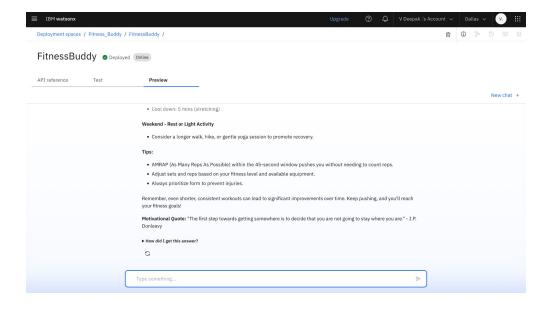
#### **RESULTS**



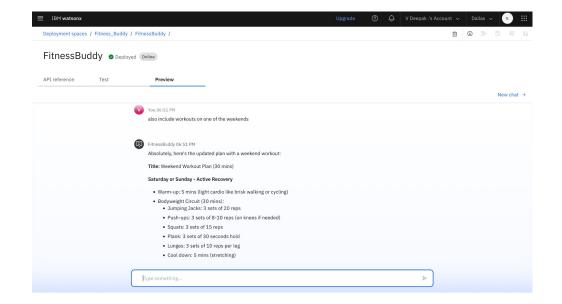


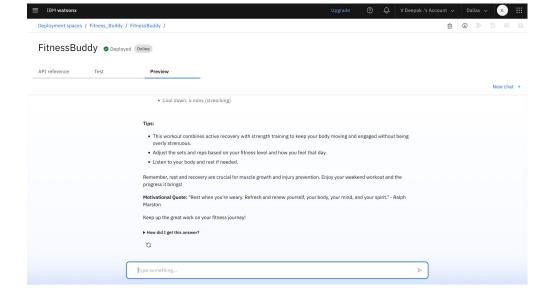














#### CONCLUSION

- The AI agent simulates an intelligent fitness coach by leveraging IBM's Granite foundation model through Watsonx.ai.
- It uses prompt engineering to dynamically switch roles—trainer, nutritionist, and motivator—based on user intent.
- The agent delivers context-aware, personalized responses that adapt to user goals, fitness level, and preferences.
- It demonstrates the power of Agentic AI in providing real-time, on-demand wellness guidance in a conversational format.



## **FUTURE SCOPE**

- User Profiling and Progress Tracking
- Multi-Modal Input and Output
- Habit-Building and Smart Reminders
- Integration with Wearables and Health Apps
- Gamification for Motivation
- Localized and Multilingual Support
- Al Personalization Enhancements



#### IBM CERTIFICATIONS

In recognition of the commitment to achieve professional excellence



Getting Started with Artificial Intelligence

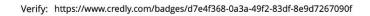
# V Deepak

Has successfully satisfied the requirements for:

#### Getting Started with Artificial Intelligence



Issued on: Jul 09, 2025 Issued by: IBM SkillsBuild







#### IBM SkillsBuild

#### **Completion Certificate**



RAG Lab

This certificate is presented to

V Deepak

for the completion of

# Lab: Retrieval Augmented Generation with LangChain

(ALM-COURSE\_3824998)

According to the Adobe Learning Manager system of record

Completion date: 24 Jul 2025 (GMT)

**Learning hours:** 20 mins



# In recognition of the commitment to achieve professional excellence



# V Deepak

Has successfully satisfied the requirements for:

#### Journey to Cloud: Envisioning Your Solution



Issued on: Jul 21, 2025 Issued by: IBM SkillsBuild

Verify: https://www.credly.com/badges/92d6737d-c9cd-44ae-85c7-80e57309bee1





Journey to Cloud

## **GITHUB LINK**

https://github.com/VDeepak05/Fitness-buddy1



## **THANK YOU**

