



Fitness Vision: Personalized Fitness Plans

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Project Domain: Health and Fitness

Health

Promoting an active and healthy lifestyle

Fitness

Personalized and precise exercise recommendations

Objective

Guiding users to make informed fitness decisions

The Challenge: Confusing Search for the Right Workout

User Experience

Many diverse options distract the focus

Pressing Questions

What is the most suitable workout for my body and goals?

Urgent Need

A clear and coordinated plan that suits my needs

Future Vision

Having a smart coach to accompany and support me



The Solution: Fitness Vision

1

Project Idea

Using AI to precisely customize exercises

2

Technologies

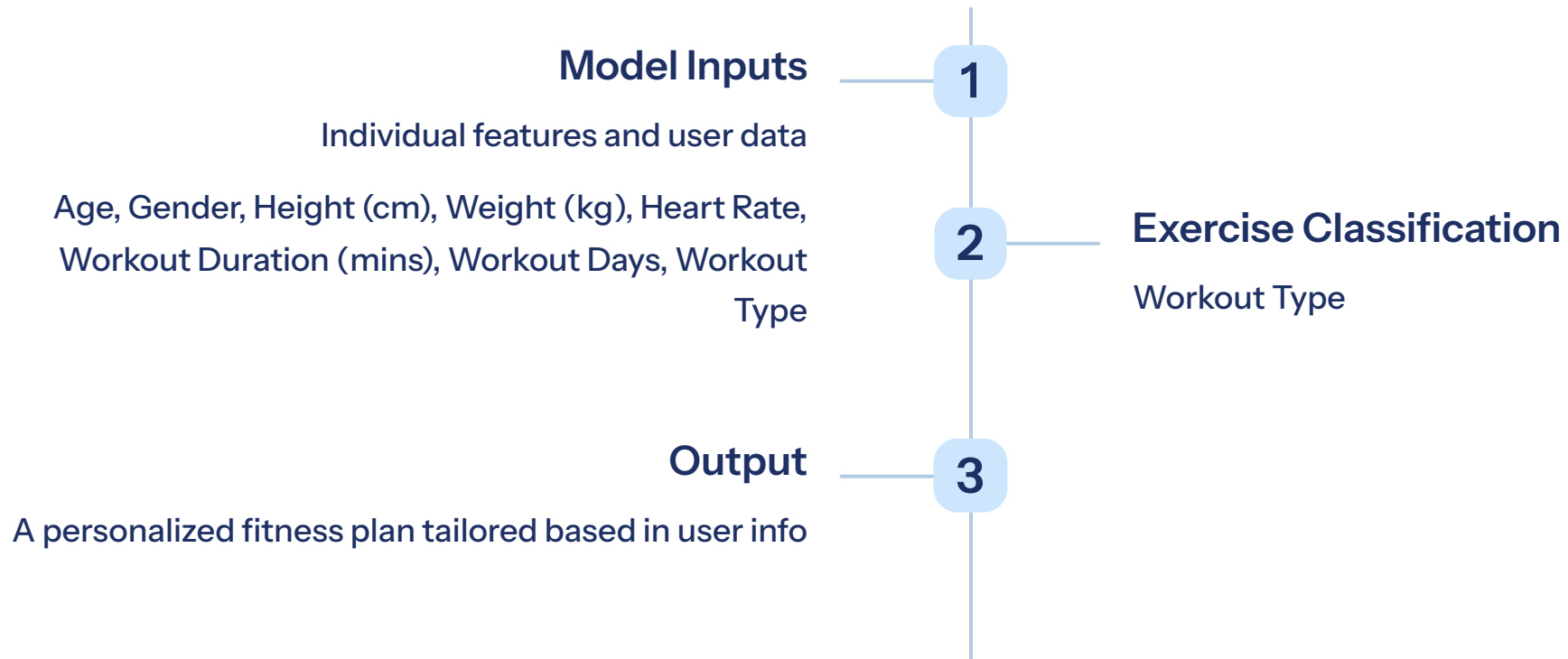
Random Forest model for workout type classification

3

Results

Recommending the most suitable workout type based on user data

The Model: Random Forest Classification for Personalized Exercises



Data Overview

Workout & Fitness Tracker Dataset

Collect data from different fitness apps or devices to predict workout efficiency



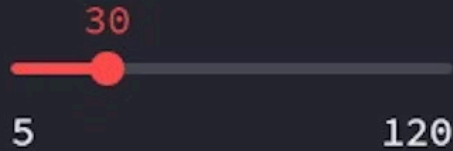
Source: “Workout and Fitness Tracker Data” (Kaggle)

Records: 10,000 Samples

Features: Age, Gender, Height, Weight, Heart Rate, Duration, Workout Type, Workout Intensity

Demographics

Age



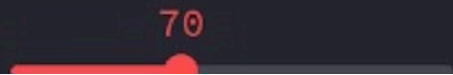
Gender

- ☒ Male
- ☐ Female
- ☐ Prefer not to say

Height (cm)



Weight (kg)



Demo: Fit Vision Web

1

Step 1

Enter simple and personal data

2

Step 2

Predict the best workout for you

3

Step 3

View illustrated and easy-to-follow exercises

4

Step 4

Personalized training plan like a private coach

Demo

Choose a page:

- ☒ 🏋️ Calories Calculator
- ☐ 🏋️ Workout Recommendation
- ☐ 🏋️ Custom Workout Plan



Fitness Vision

Your personalized workout and calorie companion



Calories Burned Calculator

Age

20

-

+

Heart Rate

100

-

+

Gender

Male

▼

Workout Duration (mins)

30

10

120

Height (cm)

170

-

+

Workout Days per Week

3

Customized Endurance Workout Recommendations

Cardio Exercises

Enhance cardiovascular health

Running

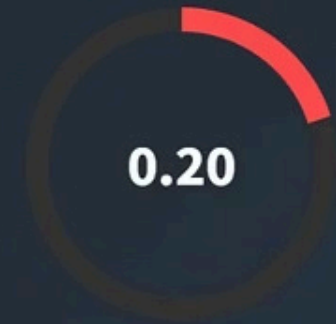
Improve endurance and overall fitness

Cycling

Low-impact and effective exercises

Workout Plan

Recommended Workout



Endurance

e: Strength

Made with GAMMA

Thank you!