AI Fitness Trainer

*Progress Report #11*

# TL; DR

**On track (*Github:***[*AI-FitnessTrainer*](https://github.com/aminuabdusalam/AI-FitnessTrainer)*)***.** Created draft for presentation by **11/14.**

# Project Goals (Recap)

The goal of the project can be summarized as developing an **AI fitness trainer** embedded with **storage and recommender systems** and an **AI virtual mouse**.

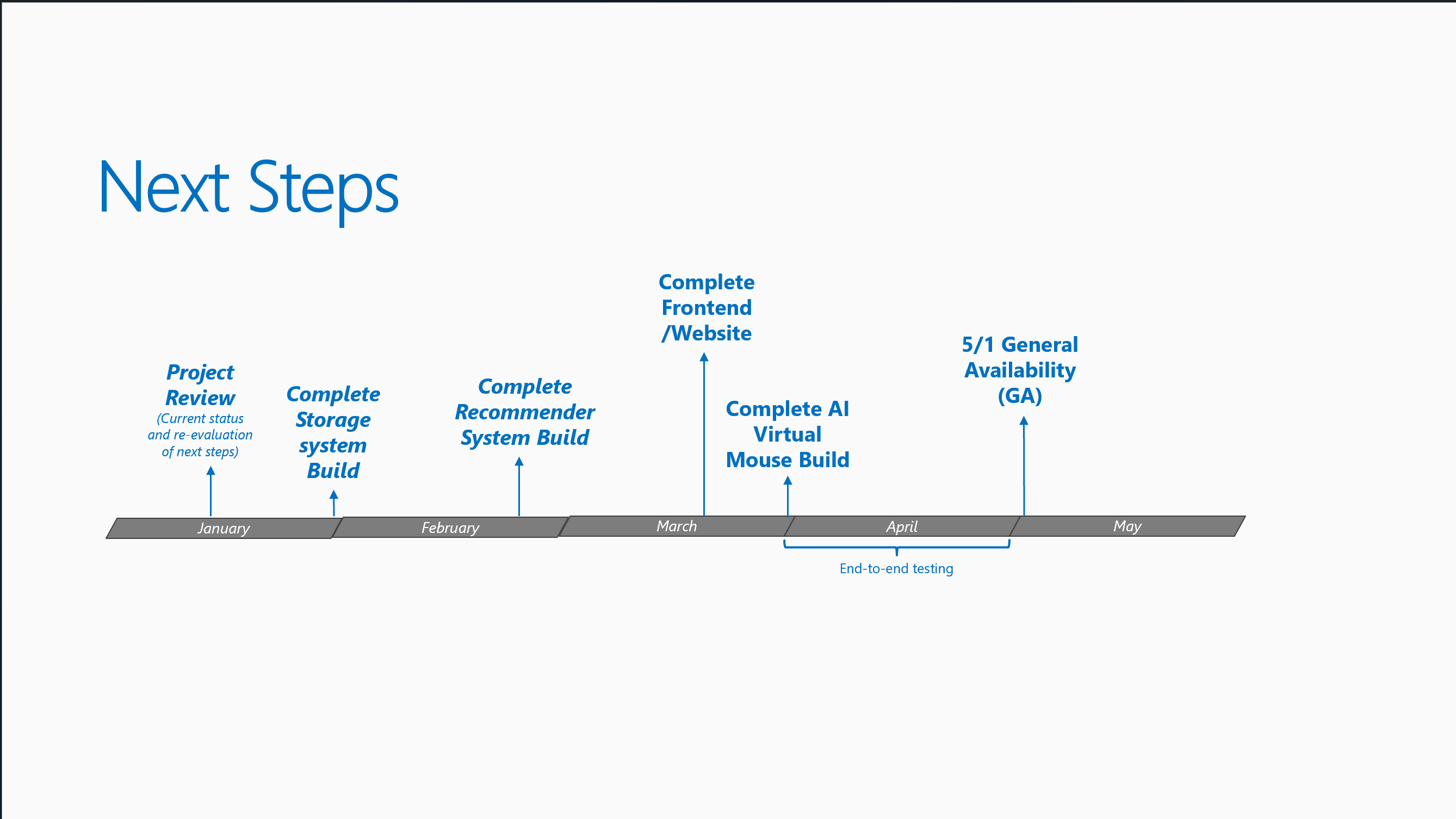
The AI fitness trainer will help the user lose weight, gain muscle, and accomplish other fitness goals. In addition, it'd attempt to understand the client goals, develop a fitness routine, recommend a healthy eating plan, and ensure all exercises are performed correctly.

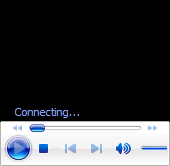
# Highlights

* **Completed draft of presentation.**
* Link to presentation: <https://1drv.ms/p/s!AlGAL8aQVodopGfx1njotqcRKHrS?e=YRk7SU>
* Sneak peak of some slides from the presentation draft.

Graphical user interface, application

Description automatically generated



A picture containing text, person, indoor

Description automatically generated

# Lowlights

None

# Next Steps

* Complete midpoint presentation draft by **11/21.**

# Timeline

This section lists the milestones of the project spread across two semesters (Fall 2022 and Spring 2023).

|  |  |  |  |
| --- | --- | --- | --- |
| **Milestones** | | **ETA** | **Status** |
| **Requirements Gathering** (Project Idea, Project Proposal) | | 08/22 | Completed |
| **Design Exploration** (Setup and Installation of necessary technologies, Addition of Project to remote repo, Skill Preparation, Framework Project) | | 08/29 | Completed |
| **Implementation** | Complete Pose Estimation Build | 09/19 | Completed |
| Complete AI Personal Trainer for **Curls** | 10/11 | Completed |
| Complete AI Personal Trainer for **Pushups** | 10/18 | Completed |
| Complete AI Personal Trainer for **Squats** | 10/25 | Completed |
| Complete speech-to-text et text-to-speech | 10/31 | Completed |
| **Quality Testing** | | 11/7 | Completed |
| **Midpoint Presentation Draft** | | 11/14 | **Completed** |
| **Midpoint Demo & Report** | | 11/21 |  |
|  | **WINTER BREAK** | | |
| **Project Review** (Current status and Re-evaluation of Next Steps as Needed) | | 01/16 |  |
| **Implementation** | Complete Storage System Build | 01/30 |  |
| Complete Recommender System Build | 02/20 |  |
| Complete Frontend/Website (Stretch Goals) | 03/13 |  |
| Complete Hand Tracking Build (Stretch Goals) | 03/13 |  |
| Complete AI Virtual Mouse Build (Stretch Goals) | 03/27 |  |
| **Quality Testing** | | 04/3 |  |
| **Final Presentation Draft** | | 04/10 |  |
| Final Demo & Report | | 04/17 |  |