AI Fitness Trainer

*Progress Report #17*

# TL; DR

**On track (*Github:***[*AI-FitnessTrainer*](https://github.com/aminuabdusalam/AI-FitnessTrainer)*)***.** Continued build of webapp by **02/27.**

# 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.

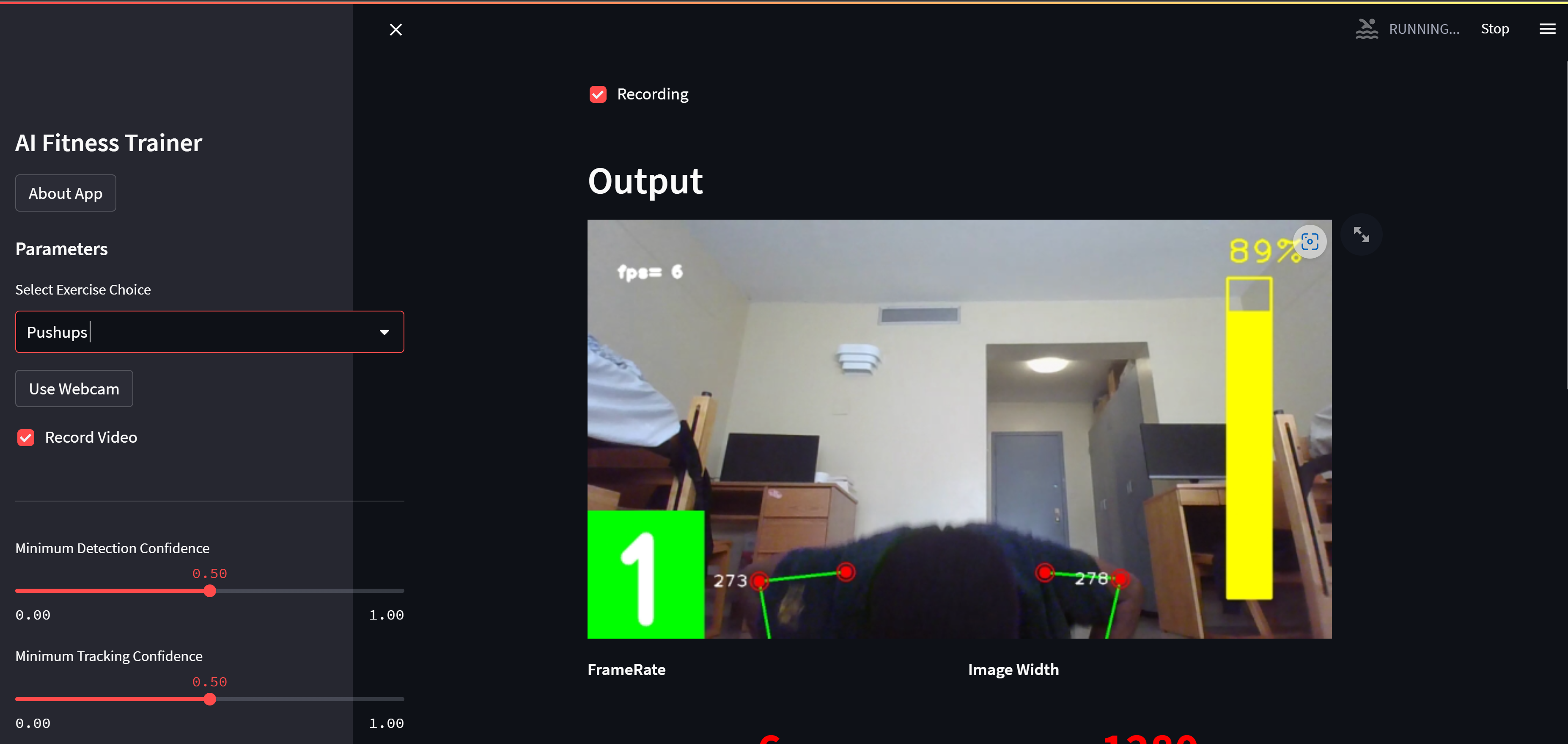
# Highlights

* Continued build of Webapp. [Fixed Overwrite video issue, Added report button and personal trainer videos by aminuabdusalam · Pull Request #10 · aminuabdusalam/AI-FitnessTrainer (github.com)](https://github.com/aminuabdusalam/AI-FitnessTrainer/pull/10)
  + Fixed issue of unsolicited video showing at the bottom of the “About App” page.

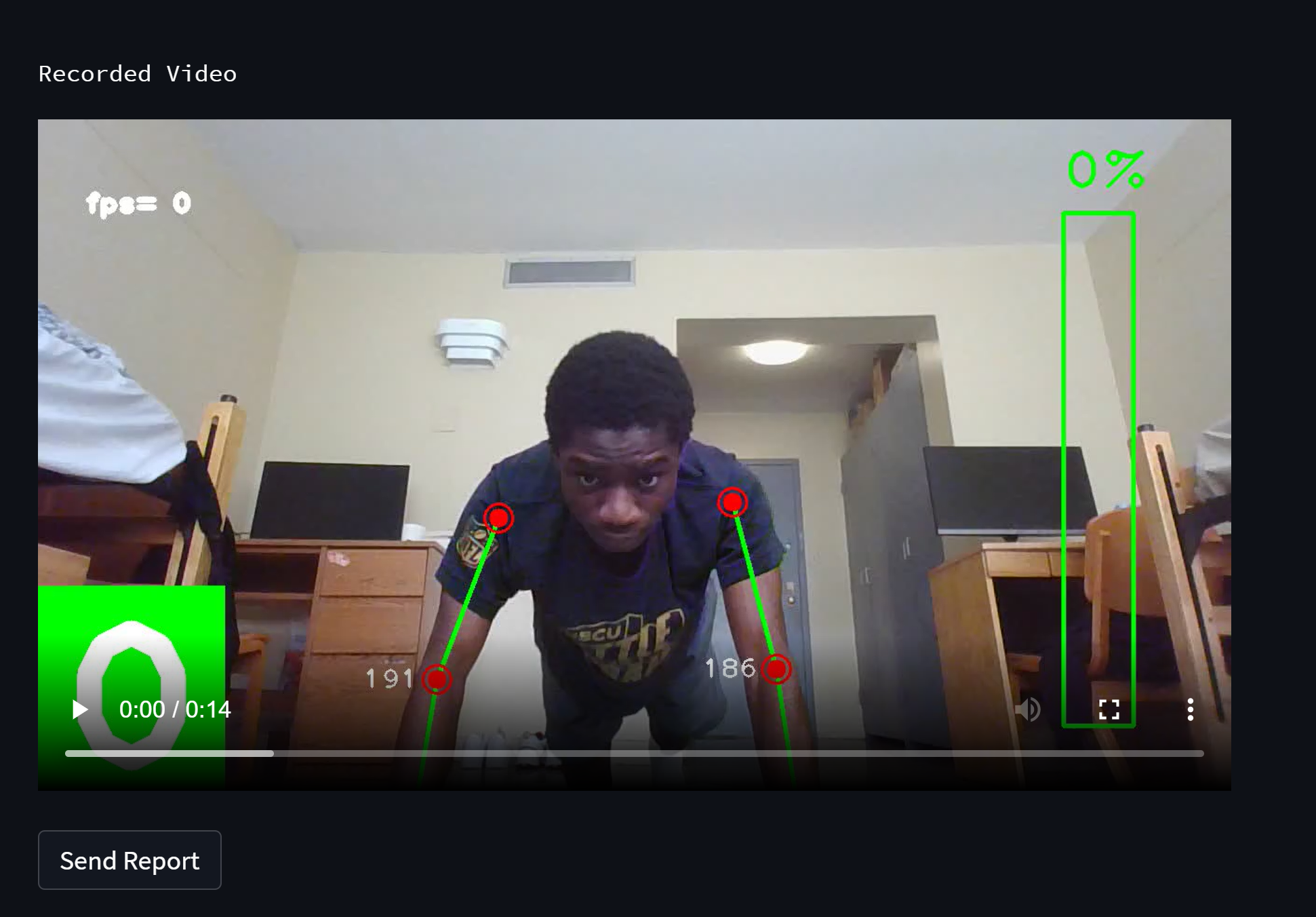
Text

Description automatically generated

* + Fixed issue related to saving of recorded file by forcing ffmeg to overwrite file
  + Test app on with my own exercise (pushup, squat) videos and test the up-to-date app with webcam instead of uploaded video.

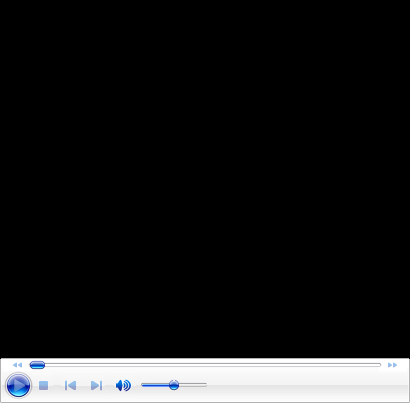


* + Added report button that “on clicking” sends session information to user.



* + Researched free emailing API to use. Currently considering Mailgun and Nylas.
  + Added additional capabilities to recording feature

**Click Windows Media to Watch Demo:**



# Lowlights

None

# Next Steps

* Continue Web app build.
  + Complete “report” implementation that shows their fitness sessions at the end of each session including an option to send these details to their mail by **03/05**
  + Add authentication/login capabilities by **03/13**
  + Clean up frontend file i.e. add more comments and functions by **03/20.**

# Timeline

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

|  |  |  |  |
| --- | --- | --- | --- |
| **Trainer service build completed** | | 11/21 | Completed |
| **WINTER BREAK 2022** | | | |
| **Project Review** (Current status and Re-evaluation of Next Steps as Needed) | | 01/16 | Completed |
| **Implementation** | Complete FigJam design for the Web app | 01/22 | Completed |
| Build Web app with only one exercise type option | 01/22 | Completed |
| Augment website with multi pages to allow for selection of exercise choice | 02/05 | Completed |
| Implement “about developer and project” page including instructions on how to use product | 02/20 | Completed |
| Develop a “report” page that showcases details about their fitness sessions at the end of each session including an option to send these details to their mail | 03/05 | **In Progress** |
| Add authentication/login capabilities | 03/13 |  |
| Complete Hand Tracking Build (Stretch Goals) | 03/13 |  |
| Complete AI Virtual Mouse Build (Stretch Goals) | 03/27 |  |
| **Quality Testing** (arrange project file and refs, test project) | | 04/3 |  |
| **Final Presentation Draft** | | 04/10 |  |
| Final Demo & Report | | 04/17 |  |