
IBM AICTE PROJECT

FITNESS BUDDY

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Department : Computer Science and Engineering

OUTLINE

- Problem Statement
- Technology used
- Wow factor
- End users
- Result
- Conclusion
- Git-hub Link
- Future scope
- IBM Certifications

PROBLEM STATEMENT

In today's fast-paced world, many individuals struggle to maintain a healthy lifestyle due to lack of personalized guidance, time constraints, and inconsistent motivation. Traditional fitness solutions often require expensive subscriptions, in-person consultations, or rigid schedules that don't adapt to personal preferences or daily routines.

There is a growing need for an accessible, friendly, and intelligent virtual assistant that can provide on-demand fitness advice, healthy lifestyle suggestions, and basic nutrition guidance—all tailored to individual needs and available at any time.

TECHNOLOGY USED

IBM Granite model

IBM cloud lite services

Natural Language Processing (NLP)

Retrieval Augmented Generation (RAG)

Prompt-based AI technology for conversational flows

IBM CLOUD SERVICES USED

- IBM Cloud Watsonx AI Studio
- IBM Cloud Watsonx AI runtime
- IBM Cloud Agent Lab
- IBM Granite foundation model

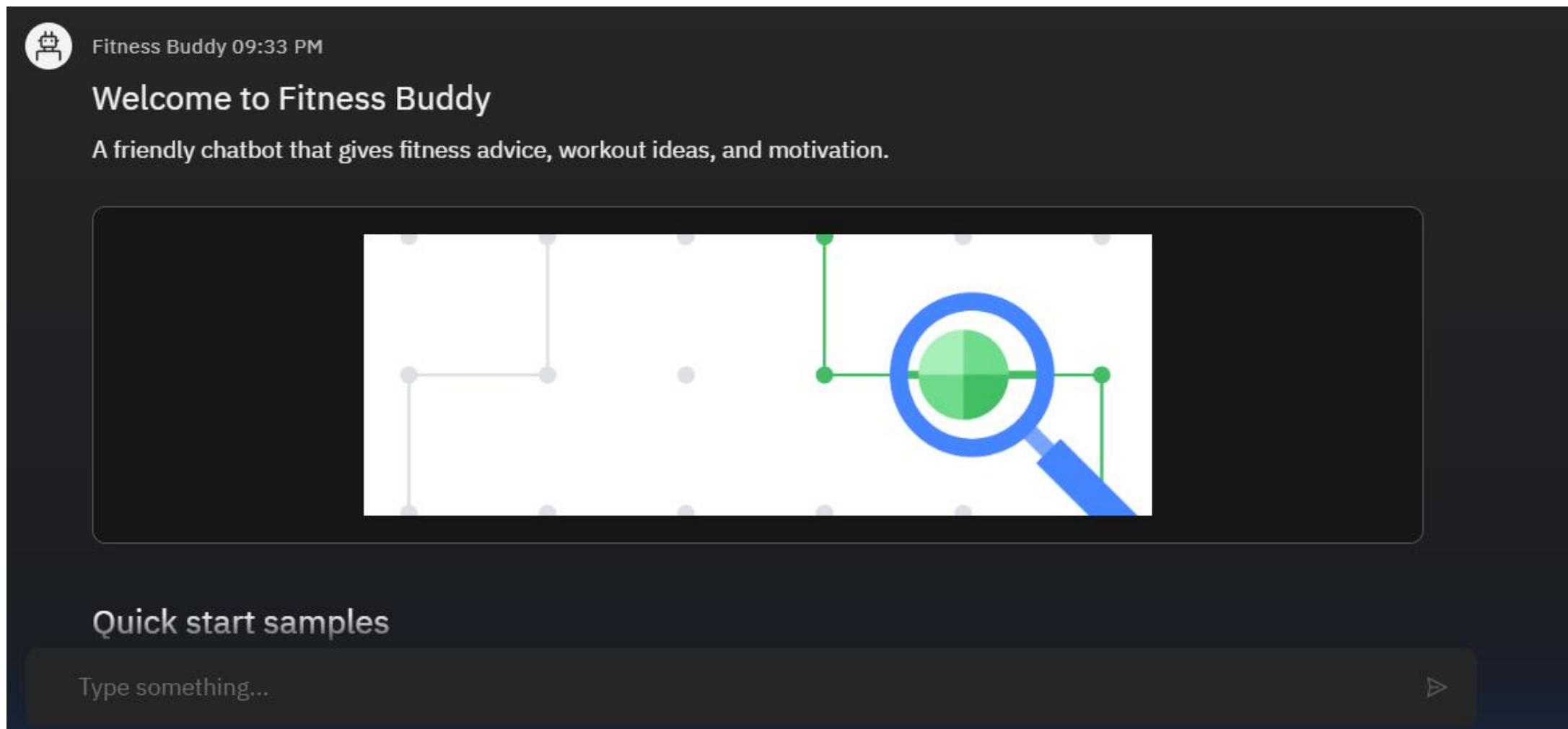
WOW FACTORS

- Fully implemented on the IBM Cloud Lite free tier with no upgrades required
- Simple to build and deploy without complex data storage
- Provides friendly, accurate fitness, meal planning, and motivation advice
- Customizable prompt-based conversational flow
- Easily integrated as a web chat widget for immediate user access

END USERS

- Fitness enthusiasts and beginners
- Students and working professionals looking for quick fitness guidance
- Health coaches seeking a supplementary assistant
- Anyone wanting motivational support for a healthy lifestyle

RESULTS



RESULTS

9

You 09:34 PM

I feel too tired to work out today.



Fitness Buddy 09:34 PM

Based on the search results, here are some tips to motivate yourself to work out when feeling tired:

1. Find an exercise that you enjoy, such as swimming, dancing, or cycling.
2. Have a workout buddy or join a group fitness class to help keep you motivated.
3. Start with small, manageable goals, such as taking a short walk or doing a few jumping jacks.
4. Reward yourself after reaching your fitness goals, such as with a healthy snack or a relaxing bath.
5. Get enough sleep and eat a healthy diet to help increase your energy levels.
6. Try to exercise at the same time every day, so it becomes a habit.
7. Find a workout routine that you can do at home, such as bodyweight exercises or following along with a fitness video.
8. Use music or podcasts to help motivate you during your workout.

Type something...



RESULTS

Remember, it's important to consult with a healthcare professional before starting any new exercise routine, especially if you have any underlying health conditions.

9

You 09:35 PM

How can i get fit by doing these?



Fitness Buddy 09:35 PM

To get fit by doing these, you can start by setting realistic goals and creating a schedule that fits with your reason for wanting to be consistent with your fitness. You can also try cross-training, which involves doing different activities to keep you from getting bored with your exercise routine. Additionally, you can find a workout buddy or join a group fitness class to help keep you motivated. It's also important to remember that it's okay to take rest days and listen to your body when you need to. You can also use music or podcasts to help motivate you during your workout. Remember to track your progress and celebrate your successes, no matter how small they may seem.

Type something...



RESULTS

Deployed AI Agent

[Deployment spaces](#) / [Fitness Buddy](#) / [Fitness Buddy](#) /

Fitness Buddy ✔ Deployed Online

[API reference](#) [Test](#) [Preview](#)

New chat +

9 You 09:34 PM

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CONCLUSION

- The Fitness Buddy AI agent leverages IBM Cloud Lite free services to provide accessible and motivating health and fitness advice. This project showcases prompt engineering as a powerful no-cost solution for creating conversational AI assistants efficiently.

GITHUB LINK

<https://github.com/anikesh-17/Fitness-Buddy.git>

FUTURE SCOPE

- Extend with user profile tracking for personalized plans
- Add voice interaction through IBM Watson Speech-to-Text and Text-to-Speech
- Integrate with wearable fitness devices for real-time feedback
- Expand to multi-language support for diverse users
- Enhance with RAG-based knowledge retrieval for richer contextual advice

IBM CERTIFICATIONS

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Has successfully satisfied the requirements for:

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IBM CERTIFICATIONS

IBM SkillsBuild	Completion Certificate
	
This certificate is presented to Anikesh Sharma	
for the completion of Lab: Retrieval Augmented Generation with LangChain (ALM-COURSE_3824998)	
According to the Adobe Learning Manager system of record	
Completion date: 22 Jul 2025 (GMT)	Learning hours: 20 mins



THANK YOU