
IBM AICTE PROJECT

FITAURA AGENT

Presented By:

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OUTLINE

- Problem Statement
- Technology used
- IBM cloud services
- Wow factor
- End users
- Result
- Conclusion
- Future scope
- IBM Certifications
- Github link

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 involve expensive subscriptions, rigid schedules, or in-person consultations that are not always accessible or adaptable to individual needs. As a result, users find it difficult to stay committed to regular workout routines, healthy eating habits, and long-term wellness goals.
- **Proposed Solution:**
Fitness Buddy is an intelligent, AI-powered virtual assistant designed to promote health and wellness by offering on-demand fitness advice, customized workout routines, daily motivation, and simple nutrition guidance. By understanding user preferences, lifestyle, and goals, the agent delivers personalized recommendations that support habit-building and long-term consistency. It serves as a friendly and always-available fitness companion, helping users stay active, eat better, and lead healthier lives.

TECHNOLOGY USED

- IBM cloud lite services
- IBM Watsonx AI Studio
- IBM Watsonx AI Runtime
- IBM Granite model
- Natural Language Processing (NLP)
- Conversational AI using intent recognition and context tracking

IBM CLOUD SERVICES USED

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

WOW FACTORS

- Acts as a 24x7 personal virtual fitness coach, accessible anytime and anywhere
- Provides personalized workout and meal recommendations based on user input
- Motivates users with daily fitness quotes, habit tips, and goal tracking
- Encourages consistency through reminders, progress checks, and interactive feedback
- Voice/chat-based interface that feels like chatting with a real fitness coach
- Supports home workouts without the need for equipment or gym subscriptions
- Adaptive plans that evolve with user performance and changing preferences
- Enhances user commitment through streak tracking and achievement badges

END USERS

- Working professionals
- Students
- Elderly population
- Fitness enthusiasts
- People with time/space constraints
- Beginners looking to get fit

RESULTS

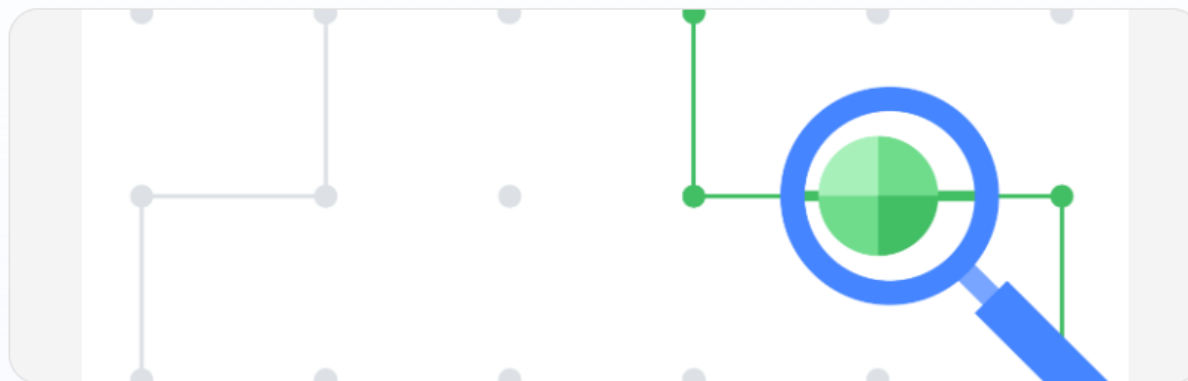
Agent preview



FitAura Agent 01:02 PM

Welcome to FitAura Agent

Your smart, friendly fitness buddy—offering tailored workouts, meals, tips, and daily motivation.



Type something...



RESULTS

Agent preview



You: 01:03 PM

What stretches are good for sore legs?



FitAura Agent 01:03 PM

I understand you're looking for relief from sore legs. Here are a few stretches that might help:

1. **Standing Quad Stretch:** Stand upright, bend one leg and grab your ankle, pulling it towards your buttock until you feel a stretch in the front of your thigh. Hold for 20-30 seconds, then switch to the other leg.
2. **Seated Hamstring Stretch:** Sit on the floor with both legs straight out in front of you. Reach forward towards your toes as far as comfortable, keeping your knees straight or slightly bent if needed. Hold for 20-30 seconds and repeat once or twice more per leg.
3. **Butterfly Groin Stretch:** Sit on the floor with soles of feet together, knees out to sides like a butterfly ready to take flight! Gently press down on knee caps with elbows for added depth; hold this position for about 15-30 seconds at first and gradually increase time as flexibility improves.
4. **Calf Stretch:** Stand facing a wall with one foot forward and one back flat on the ground behind you (heeled but not resting). Lean into the wall until you feel a stretch in your calf muscle – hold this pose for about 30 seconds before switching sides/legs if

Type something...



RESULTS

Agent preview



You: 01:05 PM

Give me fitness plan case 22



FitAura Agent 01:05 PM

I'm here to help you with a personalized fitness plan, but I need some information from your profile first. Could you please provide me with details such as:

1. Age and gender?
2. Current fitness level (beginner, intermediate, advanced)?
3. Fitness goals (weight loss, muscle gain, endurance improvement etc.)?
4. Any specific areas of concern or preferences (e.g., workout types like cardio or strength training)?
5. Available equipment at home or gym access? 6-day weekly schedule including rest days would also be helpful for planning purposes!

Once I have this data, I can create a tailored workout routine that suits your needs perfectly for Case 22 and any other future cases too!

► How did I get this answer?



|Type something...



RESULTS

Deployed AI Agent

The screenshot displays the IBM watsonx Agent web interface. At the top, a dark navigation bar includes the IBM watsonx logo, an 'Upgrade' button, and user account information for 'ASHWINI R P's Account' in 'Dallas'. Below this, a breadcrumb trail shows the path: 'Deployment spaces / FitAura Agent / watsonx Agent /'. The main header identifies the 'watsonx Agent' as 'Deployed' and 'Online'. Three tabs are visible: 'API reference', 'Test', and 'Preview', with 'Preview' being the active tab. A 'New chat +' button is located in the top right corner of the chat area. The chat history shows a user asking 'What are good snacks for weight loss?' at 01:07 PM, followed by a response from the 'watsonx Agent' at the same time. The agent's response lists eight snack options: Hummus, Cheese, Crackers with fruit, Canned fish, Avocado, Popcorn, Bananas and peanut butter, and Oatmeal and berries. At the bottom, there is a text input field with the placeholder 'Type something...' and a send button.

IBM watsonx Upgrade ? ? ASHWINI R P's Account Dallas AR

Deployment spaces / FitAura Agent / watsonx Agent /

watsonx Agent ✓ Deployed Online

API reference Test **Preview**

New chat +

A You 01:07 PM
What are good snacks for weight loss?

watsonx Agent 01:07 PM
Some good snacks for weight loss include:

1. Hummus
2. Cheese
3. Crackers with fruit
4. Canned fish
5. Avocado
6. Popcorn
7. Bananas and peanut butter
8. Oatmeal and berries

Type something...

CONCLUSION

- AI agent offers scalable and accessible fitness solutions
- Encourages users to adopt a healthier lifestyle
- Reduces reliance on expensive fitness subscriptions
- Available anytime, on-demand, and tailored to user goals

FUTURE SCOPE

- Integration with wearables (Fitbit, Apple Watch)
- Voice-Activated Research Assistant
- Mental wellness & meditation features
- AI-based progress analytics and insights
- Personalized injury prevention programs
- Social features like group challenges

IBM CERTIFICATIONS



In recognition of the commitment to achieve
professional excellence



ASHWINI R P

Has successfully satisfied the requirements for:

Journey to Cloud: Envisioning Your Solution



Issued on: Jul 18, 2025
Issued by: IBM SkillsBuild

Verify: <https://www.credly.com/badges/ff2085e5-2a36-4965-a477-4118a03914ea>



IBM **SkillsBuild**

Completion Certificate



This certificate is presented to

ASHWINI R P

for the completion of

**Lab: Retrieval Augmented Generation with
LangChain**

(ALM-COURSE_3824998)

According to the Adobe Learning Manager system of record

Completion date: 18 Jul 2025 (GMT)

Learning hours: 20 mins

GITHUB LINK

GITHUB LINK : <https://github.com/ashwrp14/Fitness-Buddy-Agent>



THANK YOU