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# CAPSTONE PROJECT

## FITVERSE: YOUR AI WELLNESS COMPANION

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**Guided by: IBM SkillBuild & Edunet Foundation**

# OUTLINE

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

# PROBLEM STATEMENT

- Many people struggle to maintain a healthy lifestyle due to lack of time, motivation, and personalized fitness guidance. Traditional solutions are often expensive, rigid, and not accessible around the clock, making it difficult to stay consistent with wellness goals.
- **Proposed Solution:**  
FitVerse is an AI-powered virtual fitness assistant built using IBM Watson. It offers personalized support through home workouts, healthy meal suggestions, hydration reminders, motivational boosts, and weekly planning — all through a conversational interface available anytime, anywhere.

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# TECHNOLOGY USED

- IBM Watson Assistant**

To build the conversational virtual assistant

- IBM Cloud (Lite Plan)**

For deploying and hosting the AI assistant

- Watson Assistant Actions**

To design the chatbot flow and logic

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## **IBM CLOUD SERVICES USED**

- **IBM Watson Assistant**
- **IBM Cloud Lite Plan**

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# WOW FACTORS

- Goal-Based Personalization**

Offers different plans for users aiming to *lose weight, build muscle, or stay healthy*.

- Natural Language Conversations**

Users interact casually with FitVerse — no commands needed.

- Workout & Meal Suggestions on Demand**

Delivers curated routines and nutrition tips instantly based on user input.

- Daily Hydration & Motivation Reminders**

Keeps users engaged and accountable.

- Weekly Fitness Planning**

Users get a structured 7-day plan aligned with their goal.

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## END USERS

- **Students & Working Professionals**

Who struggle to stay consistent with fitness due to time constraints.

- **Beginners in Fitness**

Looking for simple, home-based workout and meal suggestions.

- **Health-Conscious Individuals**

Who want personalized guidance without expensive subscriptions.

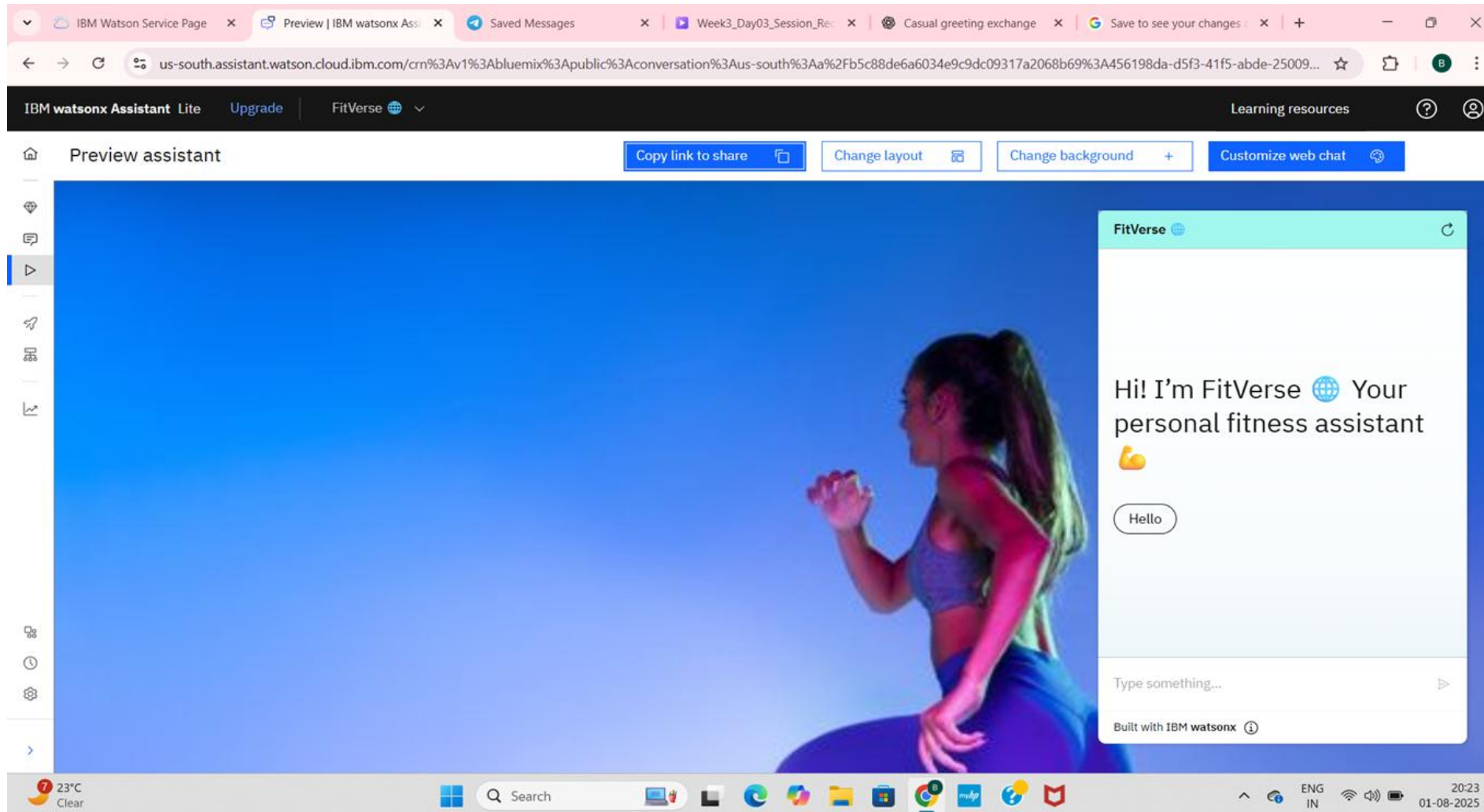
- **Remote Workers / Hostel Students**

Who need a virtual assistant to stay active and motivated daily.

- **Anyone Seeking a Healthy Lifestyle**

Regardless of age or fitness level — FitVerse is beginner-friendly and goal-focused.

# RESULTS





# RESULTS

The screenshot displays the IBM Watson Assistant Lite web interface. The browser's address bar shows the URL: `us-south.assistant.watson.cloud.ibm.com/crn%3Av1%3Abluemix%3Apublic%3Aconversation%3Aus-south%3Aa%2Fb5c88de6a6034e9c9dc09317a2068b69%3A456198da-d5f3-41f5-abde-25009...`. The interface includes a top navigation bar with 'IBM watsonx Assistant Lite', 'Upgrade', 'FitVerse', and 'Learning resources'. Below this is a 'Preview assistant' section with buttons for 'Copy link to share', 'Change layout', 'Change background', and 'Customize web chat'. The main area features a large blue background with a woman running. On the right, a chat window for 'FitVerse' is open, showing a conversation where the user says 'Hello' and the assistant responds with a welcome message and three goal options: 'Lose weight', 'Build muscle', and 'Stay active & healthy'. The chat window also includes a 'Type something...' input field and a 'Built with IBM watsonx' footer. The Windows taskbar at the bottom shows the date as 01-08-2025 and time as 20:23.

# RESULTS

The screenshot displays the IBM Watson Assistant Lite interface in a web browser. The browser's address bar shows the URL: `us-south.assistant.watson.cloud.ibm.com/crn%3Av1%3Abluemix%3Apublic%3Aconversation%3Aus-south%3Aa%2Fb5c88de6a6034e9c9dc09317a2068b69%3A456198da-d5f3-41f5-abde-25009...`. The page title is "Preview assistant".

The interface features a sidebar on the left with navigation icons. The main content area shows a chat window for the "FitVerse" assistant. The chat window has a header with the assistant's name and a refresh icon. The chat history shows a message from the user at 8:24 PM: "Water Reminder". The assistant's response, also at 8:24 PM, provides hydration tips and a goal: "Staying hydrated is key to weight loss and overall health. Here's your simple water goal for today: → Aim for 8–10 glasses (2–2.5 liters) Tip: Drink one glass: • After waking up • Before each meal • During workout • Before bedtime Set reminders every 2 hours to keep your body refreshed. You've got this! Thank you for using FitVerse Stay healthy, stay consistent — we're always". The chat window includes a text input field with the placeholder "Type something..." and a "Built with IBM watsonx" footer.

The bottom of the screenshot shows the Windows taskbar with the system clock displaying 23°C, Clear, and the date 01-08-2025.

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## CONCLUSION

- FitVerse is an AI-powered wellness assistant that delivers personalized fitness, meal, and motivation support — anytime, anywhere. It empowers users to build healthy habits with ease and consistency.

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## FUTURE SCOPE

- Integrate with wearables to track steps, heart rate, and calories
- Add voice assistant capability for hands-free use
- Enable smart reminders and goal tracking with progress reports
- Personalized coaching using AI-driven feedback loops

# IBM CERTIFICATIONS

In recognition of the commitment to achieve professional excellence



## Bhargavi kharvi

Has successfully satisfied the requirements for:

### Getting Started with Artificial Intelligence



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# Bhargavi kharvi

Has successfully satisfied the requirements for:

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## Journey to Cloud: Envisioning Your Solution

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8/1/25, 9:17 PM

Completion Certificate | SkillsBuild

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Completion Certificate



This certificate is presented to

Bhargavi kharvi

for the completion of

# **Lab: Retrieval Augmented Generation with LangChain**

(ALM-COURSE\_3824998)

According to the Adobe Learning Manager system of record

**Completion date:** 25 Jul 2025 (GMT)

**Learning hours:** 20 mins



**THANK YOU**