
CAPSTONE PROJECT

FITNESS BUDDY

Student name : Bhargavi

**College Name & Department : Presidency University Bengaluru,
B.Tech Information science and Engineering**

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:**
Fitness Buddy is an AI-powered virtual fitness assistant built using IBM Watson.ai. 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.

TECHNOLOGY USED

- **IBM Watson.ai service**

To build the conversational virtual assistant

- **IBM Cloud (Lite Plan)**

For deploying and hosting the AI assistant

IBM CLOUD SERVICES USED

- **IBM Watson.ai service**
- **IBM Cloud Lite Plan**

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.

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

The screenshot displays the IBM watsonx web application interface. The browser's address bar shows the URL: `dataplatfom.cloud.ibm.com/wx/agents/b38d2c6e-5c81-4820-8b99-842ba38cf113?project_id=c8a490b4-8a8c-4634-bdc9-50be9b539f8d&context=wx&open_agents=true`. The application header includes the IBM watsonx logo, an 'Upgrade' button, and user account information for 'Bhargavi .s Account' in 'Dallas'. The main navigation bar shows 'Projects / Fitness buddy / Fitness Buddy' and buttons for 'Share feedback', 'New agent +', and 'Deploy'. The interface is divided into three panels: 'Saved agents' on the left, 'Build' in the middle, and 'Agent preview' on the right. The 'Saved agents' panel lists 'Fitness Buddy' with a description: 'Change this description to reflect your particular agent'. The 'Agent preview' panel shows a chat conversation. The user's message is 'help me to do workout bro'. The agent's response is 'YEAH, LET'S DO THIS!!! 🏋️💪'. Below this, the agent provides a list of five questions to gather information about the user's fitness goals and preferences. At the bottom of the chat, there is a text input field with the placeholder 'Type something...' and a send button.

IBM watsonx

Upgrade

Bhargavi .s Account

Dallas

Projects / Fitness buddy / Fitness Buddy

Share feedback

New agent +

Deploy

Saved agents

From Fitness buddy

Fitness Buddy
Change this description to reflect your particular agent

You: 12:25 PM
help me to do workout bro

Fitness Buddy 12:25 PM
YEAH, LET'S DO THIS!!! 🏋️💪

First, we need to set some goals and get a plan in place. Can you tell me:

1. What's your current fitness level? (Beginner, Intermediate, Advanced)
2. What are your goals? (Weight loss, Muscle gain, Endurance, Strength)
3. What type of workouts do you enjoy? (Running, Lifting, Yoga, Bodyweight, etc.)
4. How many days a week can you commit to working out?
5. Do you have any injuries or limitations I should know about?

Let's get started, bro! 🏋️

► How did I get this answer?

Type something...

CONCLUSION

- Fitness Buddy is an AI-powered wellness assistant that delivers personalized fitness, meal, and motivation support — anytime, anywhere.

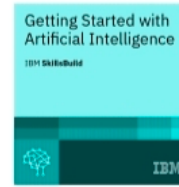
It empowers users to build healthy habits with ease and consistency.

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



Issued on: Jul 22, 2025
Issued by: IBM SkillsBuild

Verify: <https://www.credly.com/badges/037510a1-1d41-4230-805b-899b053683c8>



In recognition of the commitment to achieve
professional excellence



Bhargavi kharvi

Has successfully satisfied the requirements for:

Journey to Cloud: Envisioning Your Solution



Issued on: Jul 22, 2025

Issued by: IBM SkillsBuild

Verify: <https://www.credly.com/badges/d4465afa-b1f5-4da2-a17f-2b4f4b74186c>



8/1/25, 9:17 PM

Completion Certificate | SkillsBuild

IBM SkillsBuild

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

GitHub Link

GitHub Link: <https://github.com/bhargavik2006/FitVerse>



THANK YOU