IBM Cloud PROJECT

FITNESSBUDDY

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OUTLINE

- Problem Statement (Should not include solution)
- Proposed System/Solution
- System Development Approach (Technology Used)
- Agent & Deployment
- Result (Output Image)
- Conclusion
- Future Scope
- References



PROBLEM STATEMENT

Example: - 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.



PROPOSED SOLUTION

- Fitness Buddy aims to solve this problem by offering a conversational, AI-powered health and fitness coach that can recommend home workouts and routines based on user input
- Collect user input: fitness goals, age, gender, fitness levels; gather contextual.
- Al Agent: IBM Watson Assistant to capture and process user queries using google and other sources.
- Deployments: Deploy the solution on a scalable and reliable platform, considering factors like server infrastructure, response time, and user accessibility.
- Evaluation: Ask personalized fitness queries and AI Agent will answer that on a few parameter which the user has to respond to.



SYSTEM APPROACH

The "System Approach" section outlines the overall strategy and methodology for developing and implementing the rental bike prediction system. Here's a suggested structure for this section:

- System requirements: Windows 10 OS, 8GB RAM,
- Resources required on IBM cloud platform to run Al agent Watsonx.ai Studio, cloud object storage,
 Watsonx.ai Runtime

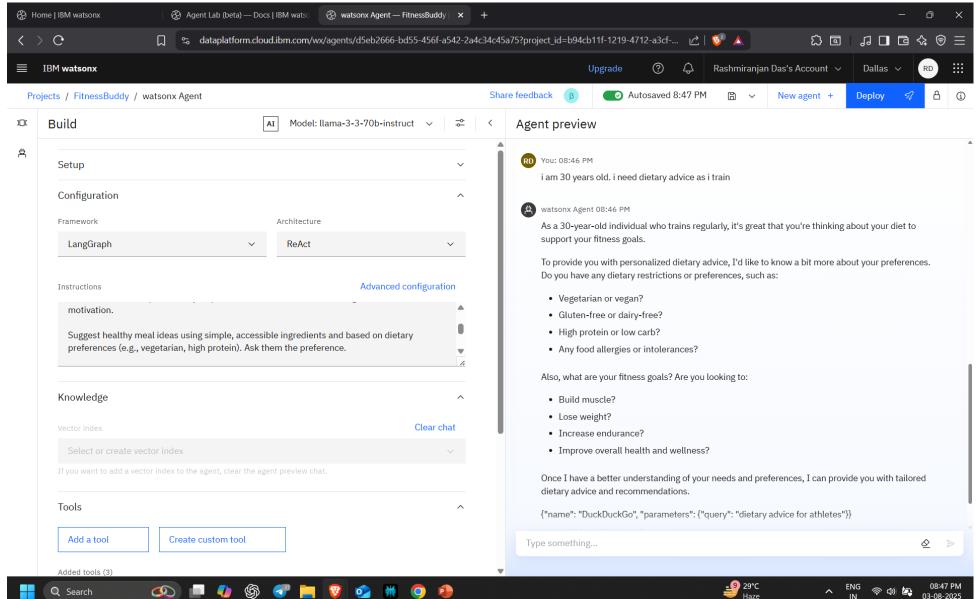


AGENT & DEPLOYMENT

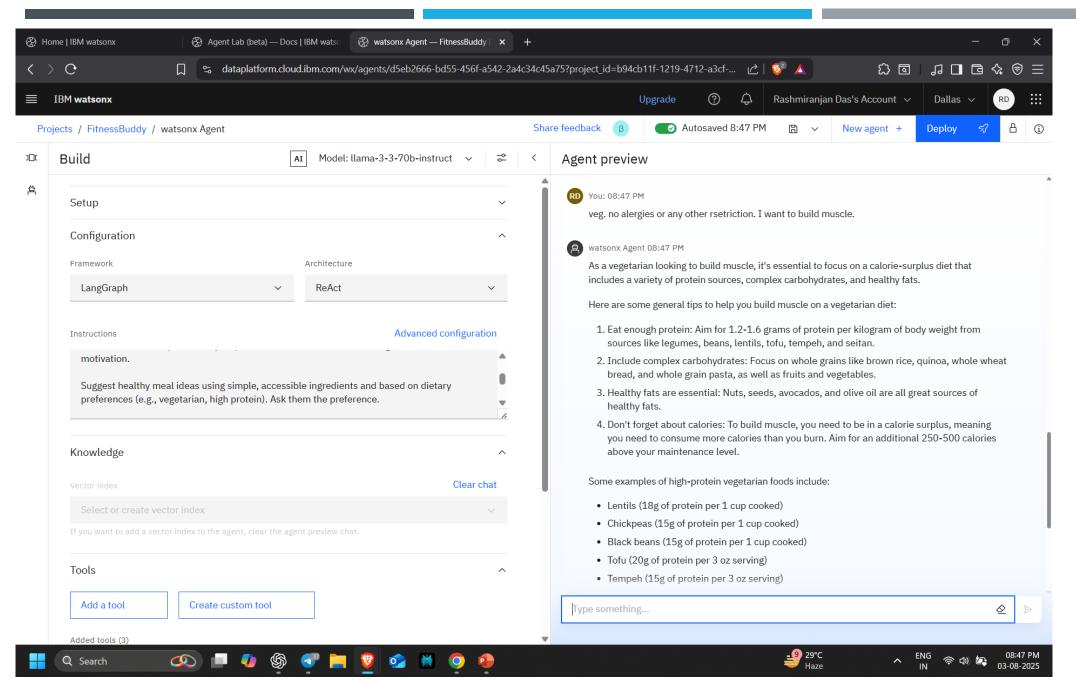
- Data Input:
 - Specify the input features used by the agent, such as age, food preferences(veg or non veg), any allergies, fitness goals.
- Training Process:
 - The agent is pre-designed by Watsonx.ai. It takes parameters as input and as per instructions responds to the user.
- Prediction Process:
 - It takes google, duckduckgo and Wikipedia as sources and answers accordingly.



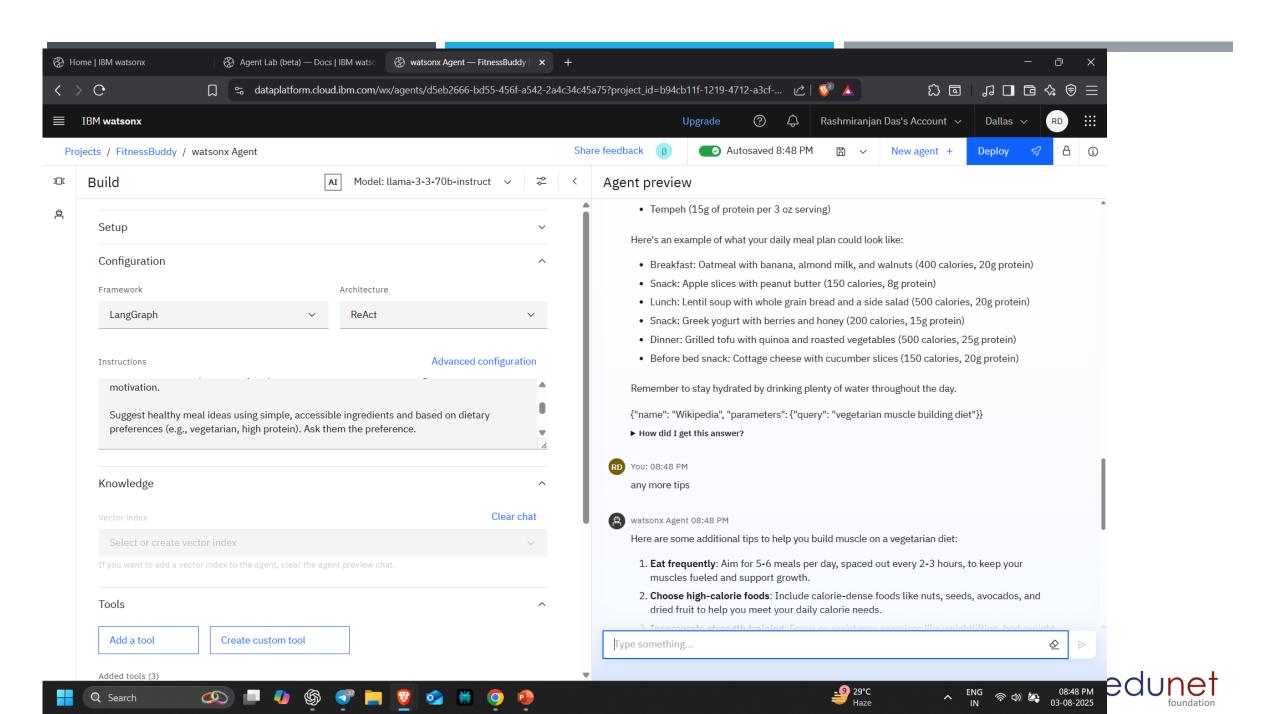
RESULT

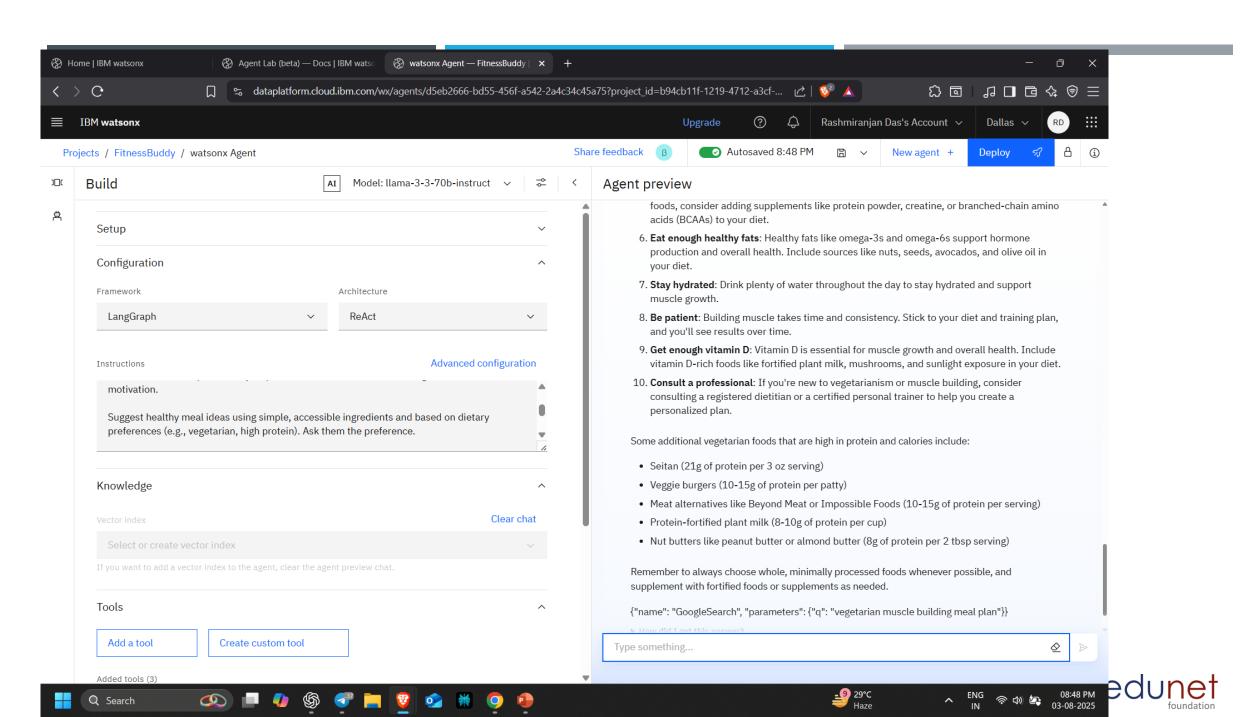












CONCLUSION

- FitnessBuddy, powered by IBM watsonx.ai, is more than just a chatbot—it's a personalized wellness companion designed to inspire, guide, and support users on their health journey. With capabilities ranging from tailored workout suggestions and healthy meal ideas to motivational coaching and habit tracking, it delivers a holistic approach to fitness.
- By leveraging IBM Cloud and AI services, FitnessBuddy provides intelligent, real-time, and empathetic interactions that adapt to each user's lifestyle. Whether you're just starting out or staying consistent, FitnessBuddy ensures that every step toward your goal feels achievable, personalized, and rewarding.



FUTURE SCOPE

- As Fitness Buddy evolves, it can expand far beyond its initial capabilities. Future developments may include:
- Integration with Wearables
 Connect with smartwatches and fitness bands to monitor real-time data like heart rate, steps, sleep patterns, and suggest live adjustments.
- Personalized Al Coach Avatars
 Deploy Al avatars with voice and facial expressions to simulate real-time coaching, enhancing user motivation and engagement.
- Mental Wellness Companion
 Extend support to mental health with guided meditations, mood tracking, and emotional wellness tips. Voice
 Assistant Integration
 Enable hands-free support through Alexa, Google Assistant, or Siri for quick tips, workouts, or meal suggestions.
- Advanced Nutrition Planner
 Use AI to auto-generate weekly meal plans based on dietary preferences, allergies, and fitness goals.
- Multilingual Support
 Expand global reach by supporting multiple languages to cater to diverse user groups.

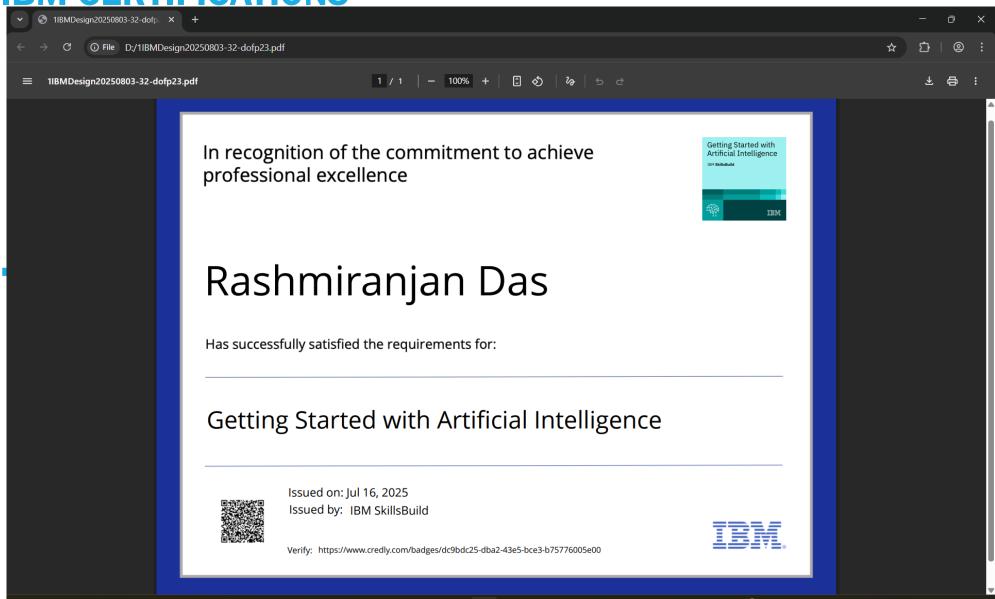


REFERENCES

IBM cloud docs and the course recordings.

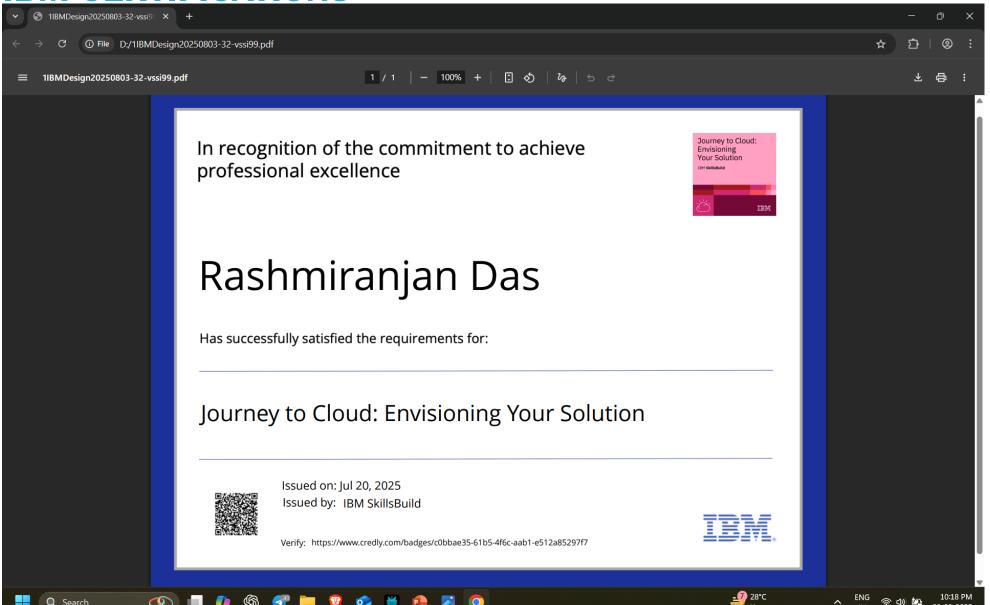


IBM CERTIFICATIONS



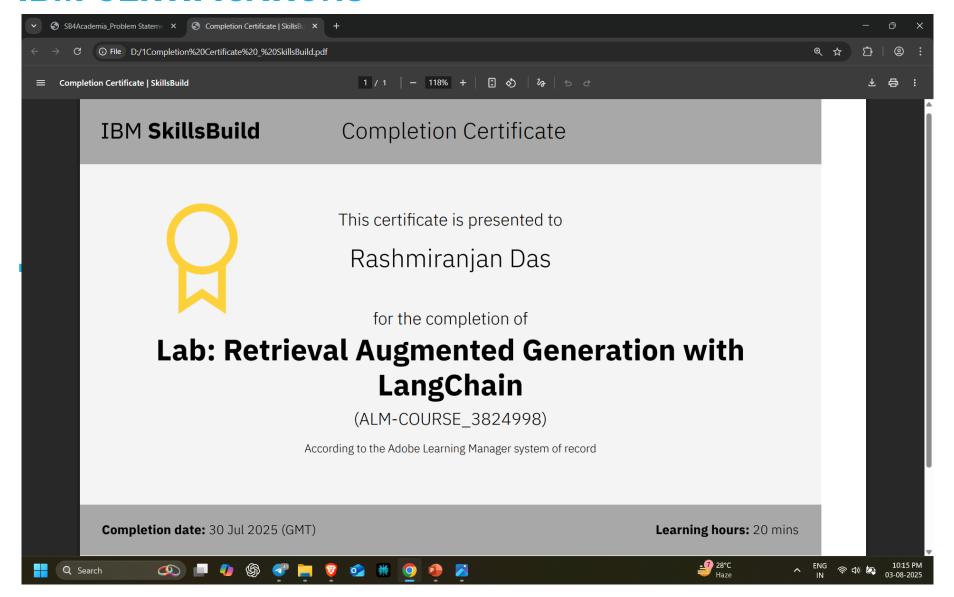


IBM CERTIFICATIONS





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THANK YOU

