Project Title: Fitness Buddy

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.

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
- Provide motivational tips and daily fitness inspiration
- Suggest simple, nutritious meal ideas
- Encourage habit-building and consistency

Technology Used: IBM Cloud Lite services and IBM Granite models (mandatory)

Overview

Fitness Buddy is an AI-powered virtual assistant that provides personalized health and fitness guidance. It is built using **IBM Cloud Lite**, **Watsonx.ai Studio**, and **Granite Foundation Models** to ensure intelligent, reliable interactions.

Tools Used

- **IBM Cloud Lite** – For cloud deployment
- **Watsonx.ai Studio** – For building and testing prompts
- **Granite Model** – Core AI engine for natural language understanding
- **Jupyter Notebook (.ipynb)** – For testing agent interactions

---

Key Features

- Answers fitness and nutrition-related questions
- Suggests personalized workout and diet plans
- Uses natural language understanding for smooth conversations

---

How It Works

```
User Input → Web Interface → Watsonx Agent (Granite Model) → Response → User
```

Example Q&A

User: "Suggest a good workout routine."

Agent: "Try a mix of cardio, strength training, and flexibility exercises. Would you like a weekly plan?"

Future Scope

- Integration with fitness trackers
- Voice assistant compatibility
- Personalized fitness profiles

Conclusion

This project shows how IBM's AI tools can deliver intelligent, cloud-based fitness solutions that are scalable and accessible.

Links

- [Watsonx.ai](#)
- [IBM Granite](#)
- [IBM Cloud Lite](#)

Prepared for GitHub project submission and internship documentation.