

# CAPSTONE PROJECT

## Fitness Buddy

**Presented By:**

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Government Engineering College Barton Hill  
IT Department**

# OUTLINE

- Problem Statement
- Proposed System/Solution
- System Development Approach
- Algorithm & Deployment
- Result (Output Image)
- Conclusion
- Future Scope

# Problem Statement

Many individuals struggle with staying consistent or informed in their fitness journey. Generic workout plans often ignore user-specific needs like body type, age, goals, or metabolism. There's a lack of intelligent, real-time, and personalized AI coaching available without human trainers.

# Proposed Solution

- The proposed system aims to address the challenge of delivering personalized, adaptive fitness and nutrition guidance to individuals using agentic AI capabilities. The goal is to offer users customized daily fitness plans that suit their unique body characteristics, goals, and lifestyle—without relying on human trainers. This is accomplished using IBM's Granite large language model deployed on IBM Cloud.
- Data Collection:
  - Collect structured input from users: age, weight, height, gender, fitness goals, dietary preferences, and activity level.
- Agentic AI Model (LLM Prompting):
  - Utilize IBM's Granite-3.3-8b-instruct model, hosted on [watsonx.ai](#), for generating customized fitness and nutrition plans.
  - Prompt design includes:
    - Fixed template with placeholders for structured variables
    - Language tuned to return clear and actionable advice
    - The AI responds with a daily or weekly fitness plan considering:
    - Target goal (e.g., fat loss, muscle gain)
    - User physical data
    - Lifestyle constraints (e.g., vegetarian diet, low-activity job)



## **Deployment:**

- The model is deployed on IBM Cloud using watsonx services.
- The backend runs on IBM Cloud Functions
- No frontend is currently required; The response is shown directly in the Prompt Lab UI.

## **Evaluation:**

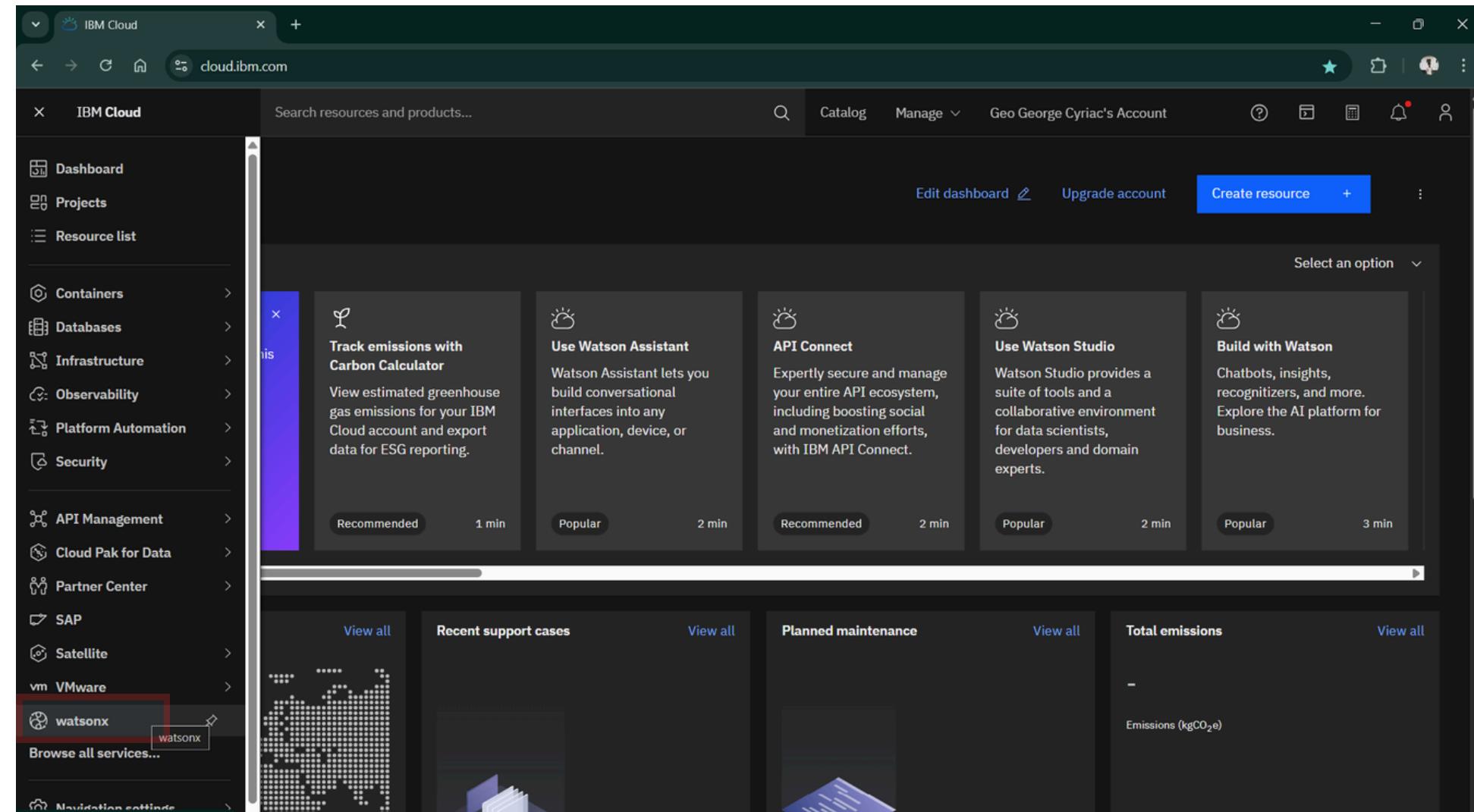
- Responses are evaluated manually for:
- Relevance
- Accuracy (compared to expert-verified plans)
- Consistency
- Potential to automate evaluation via feedback forms or future model fine-tuning.
- Model behavior monitored for hallucinations or inconsistencies across use cases.

# System Approach

## System requirements

- Cloud Object Storage
  - Lite Plan(25GB)
- watsonx.ai Studio
  - 10 capacity unit-hours monthly limit
  - Environment = # of capacity units required per hour
    - 1 vCPU + 4 GB RAM = 0.5
    - 2 vCPU + 8 GB RAM = 1
    - 4 vCPU + 16 GB RAM = 2
    - Decision Optimization + Watson NLP = Environment + 5
    - Synthetic Data Generator, 2 vCPU + 8 GB RAM = 7 (requires watsonx.ai Runtime)
- watsonx.ai Runtime
  - Lite version

# Algorithm & Deployment



**step 0:** log into ibm cloud and clear all the existing instances of the resources from the resource list

**Step 1:** click on watsonx

watsonx - IBM Cloud

cloud.ibm.com/watsonx/overview

IBM Cloud

Search resources and products...

Catalog Manage Geo George Cyriac's Account

watsonx

watsonx

Documentation

watsonx.ai

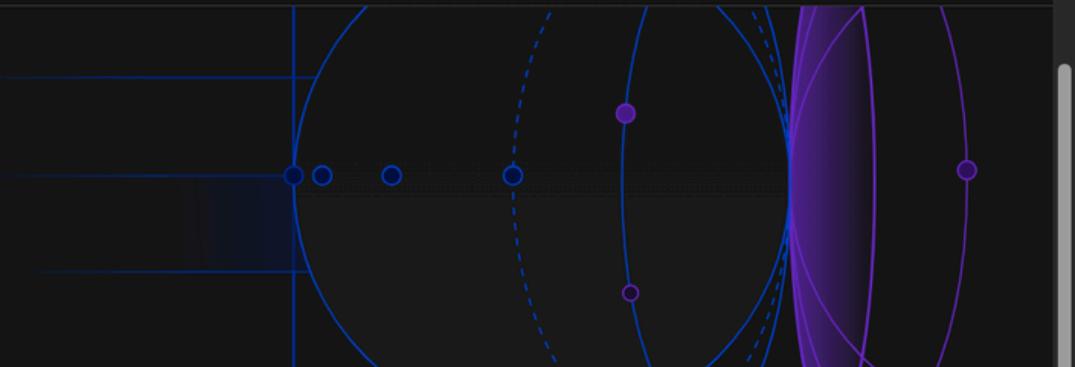
watsonx.go

watsonx.data

watsonx.data intelligence

watsonx.data integration

IBM watson™ provides multiple integrated experiences to focus on the core workflows for building custom generative AI solutions.



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watsonx.data integration Integrate any data, any style

<https://dataplatform.cloud.ibm.com/docs/content/wsj/getting-started/welcome-main.html?context=wsj&audience=wdp>

click on watsonx.ai

The screenshot shows the 'Documentation for IBM Watsonx' page at [dataplatform.cloud.ibm.com/docs/content/wsj/getting-started/welcome-main.html?context=wsj&audience=wdp](https://dataplatform.cloud.ibm.com/docs/content/wsj/getting-started/welcome-main.html?context=wsj&audience=wdp). The page features a dark header with the IBM Watsonx logo, a search bar, and navigation links for 'Log In' and 'Sign Up'. A sidebar on the left contains a navigation tree with categories like Overview, Planning an AI solution, Getting started and tutorials, Gen AI solutions, Projects, Preparing data, Data science solutions, Deploying AI, Governing AI, Administration, and Glossary. The main content area has a large title 'Documentation for IBM Watsonx as a Service' and a last updated date of 'Jul 25, 2025'. It describes Watsonx as a Service as an experience for building, deploying, and governing AI solutions. Below this, there's a call to action to sign up or try a demo of Watsonx.ai, mentioning the [Watsonx.ai product page](#) and [IBM Watsonx.data documentation](#). The page includes several callout boxes: 'Developer Hub', 'Foundation models', 'AI agents' (which is highlighted with a red box), 'What's new', 'Quick start tutorials', 'AI risk atlas', and 'Cookie Preferences'.

click on AI agents

Screenshot of a web browser showing the "Agent Lab (beta) — Docs | IBM" page at [dataplatform.cloud.ibm.com/docs/content/wsj/analyze-data/fm-agent-lab.html?context=ws&audience=wdp](https://dataplatform.cloud.ibm.com/docs/content/wsj/analyze-data/fm-agent-lab.html?context=ws&audience=wdp). The page displays the "Procedure" section of the documentation.

The sidebar on the left shows a navigation tree under "Gen AI solutions":

- Overview
- Planning an AI solution
- Getting started and tutorials
- Gen AI solutions
  - Terms of use
  - Tokens
  - Supported foundation models
  - Building prompts
  - Automating tasks with AI agents
    - Agent Lab (beta)
  - Agent-driven chat
  - Coding generative AI solutions
  - Retrieval-augmented generation
  - Tuning models
- Projects
- Preparing data
- Data science solutions
- Deploying AI

The main content area features a heading "Procedure" and a paragraph explaining the Agent Lab's purpose:

The Agent Lab lets you easily build and customize your AI agent with minimal coding. You define the parameters of the interaction between the agent and the end user, including the foundation model, framework, architecture, and tools that the agent uses to accomplish a task.

A video player interface is shown, with a play button highlighted by a white circle. Below it, text reads:

Watch this video to see how to build an agent in Agent Lab.  
This video provides a visual method to learn the concepts and tasks in this documentation.

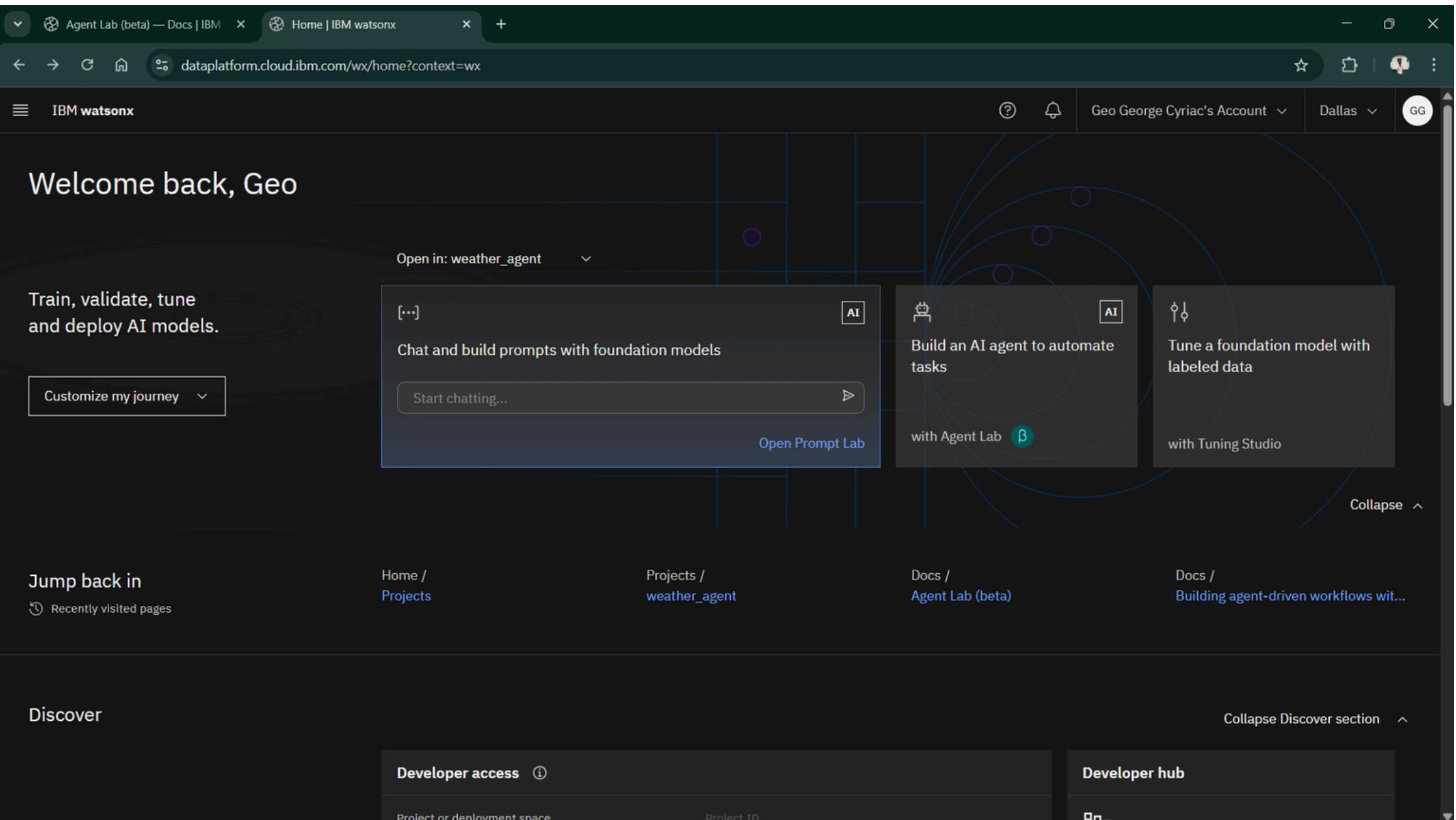
A screenshot of the "Build" interface in the IBM WatsonX project is shown, with a blue arrow pointing upwards from the bottom right corner of the screenshot towards the top right corner of the page.

Below the screenshot, instructions for building an AI agent are provided:

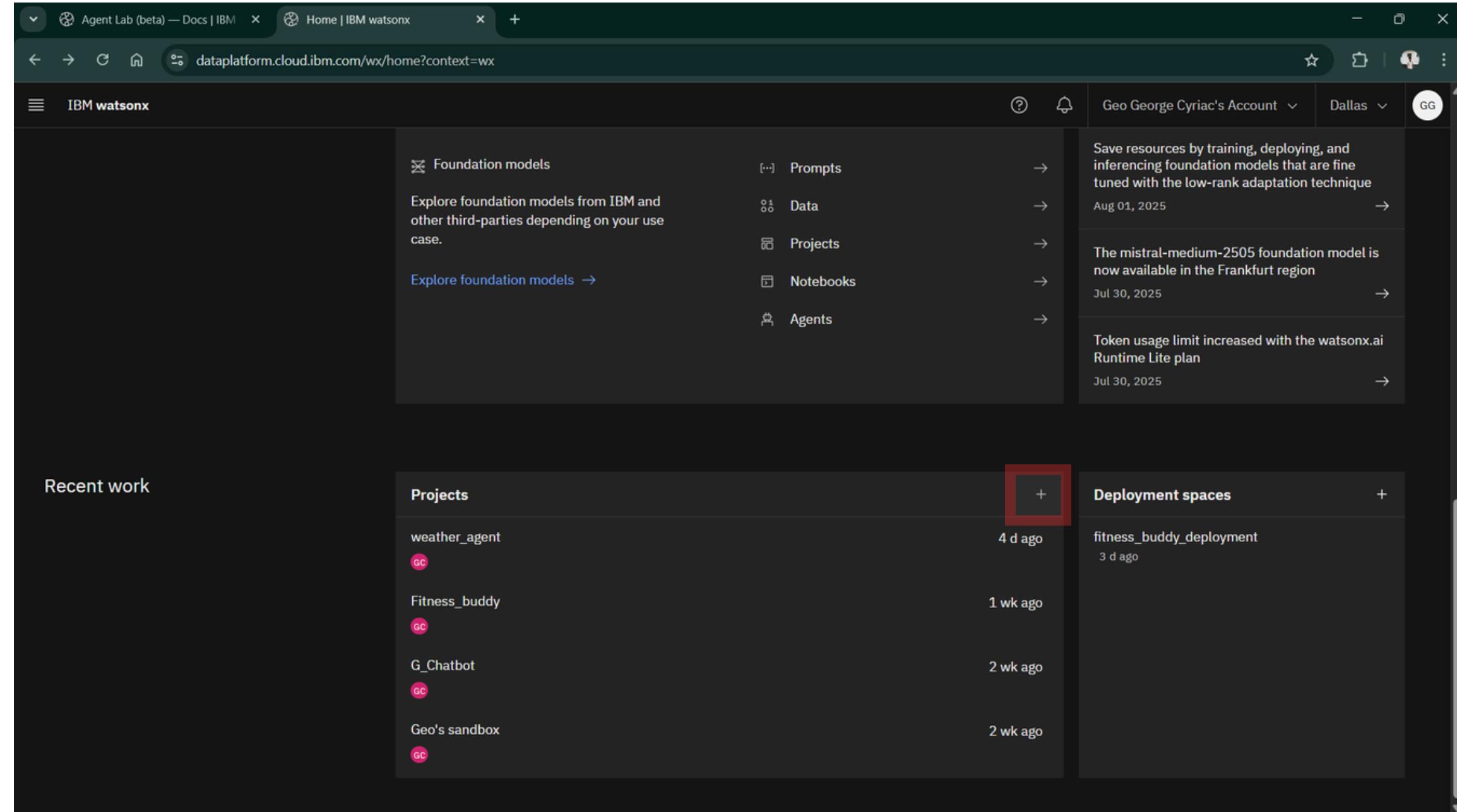
To build an AI agent, complete the following steps:

- From the [watsonx.ai home page](#), choose a project, and then click the **New asset > Build an AI agent to automate tasks** tile.

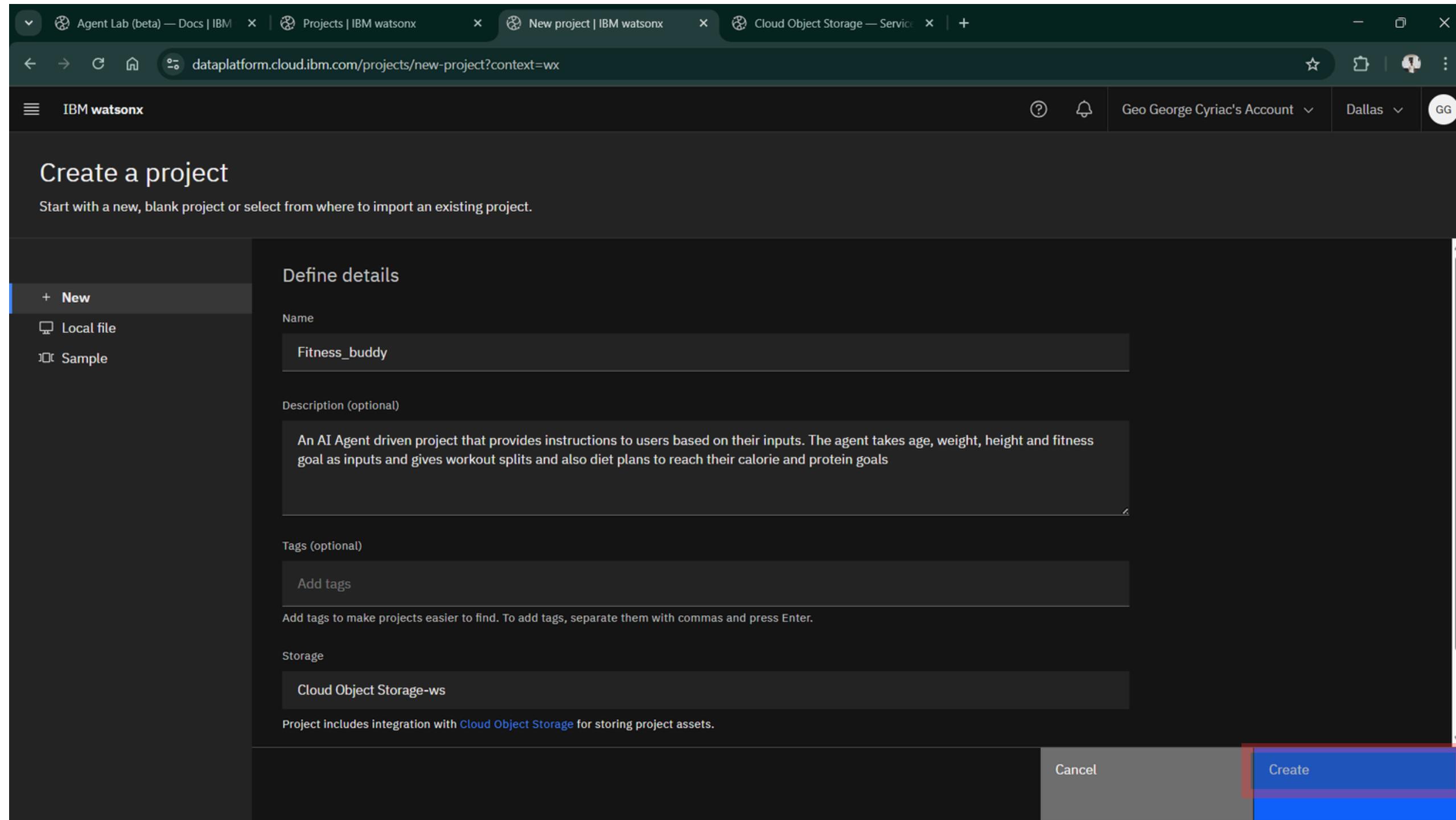
Agent labs(beta)-> watson..ai.homepage



This is the homepage of watsonx, scroll down to projects



click on the “+” icon in projects tab



- provide a name and description to the project
- create an object storage and assign it to the project

The screenshot shows the IBM WatsonX Services catalog interface for creating a Cloud Object Storage service. The top navigation bar includes tabs for Agent Lab (beta) — Docs | IBM, Projects | IBM watsonx, New project | IBM watsonx, and Cloud Object Storage — Service. The current tab is Cloud Object Storage — Service. The left sidebar shows the IBM watsonx logo and a navigation menu. The main content area displays the Cloud Object Storage service details. On the right, a summary panel shows the service name as Cloud Object Storage-ws, with Region: Global, Plan: Lite(deprecated), and Resource group: Default. Below this is a pricing plan table:

Plan	Features	Pricing
One-Rate	One-Rate Plan is a Pay-as-You-Go option with a single, flat monthly rate (\$/GB) that includes storage, API operations, retrieval, and outbound bandwidth—making it ideal for high-activity workloads with frequent access and data transfer, such as analytics, media, and web apps. The plan includes built-in allowances that scale with stored capacity and offers automatic volume discounts as usage grows.	
Lite(deprecated)	Lite plan instance is free to use for Storage capacity up to 25 GB per month. Lite plan instance is used for trial, and can be easily upgraded to Standard plan for unlimited scalability and full functionality. None Lite plan services are deleted after 30 days of inactivity.	Free <input checked="" type="checkbox"/>
Standard	Standard Plan is a flexible Pay-as-You-Go option with no minimum fee—ideal for workloads with large storage needs but low or infrequent access and outbound traffic. It includes a Free Tier with 5GB of Smart Tier storage for 12 months. Charges are based on actual usage, with separate billing for storage,	

On the far right, there are buttons for Create, View terms, and Cancel.

creation of cloud object storage

The screenshot shows the IBM Watsonx AI Studio creation interface. At the top, there are three tabs: 'Create' (selected), 'About', and 'Summary'. A dropdown menu for 'Select a region' is open, showing 'Dallas' as the current selection. Below this is a 'Pricing plan' section. It displays the 'Lite' plan details:

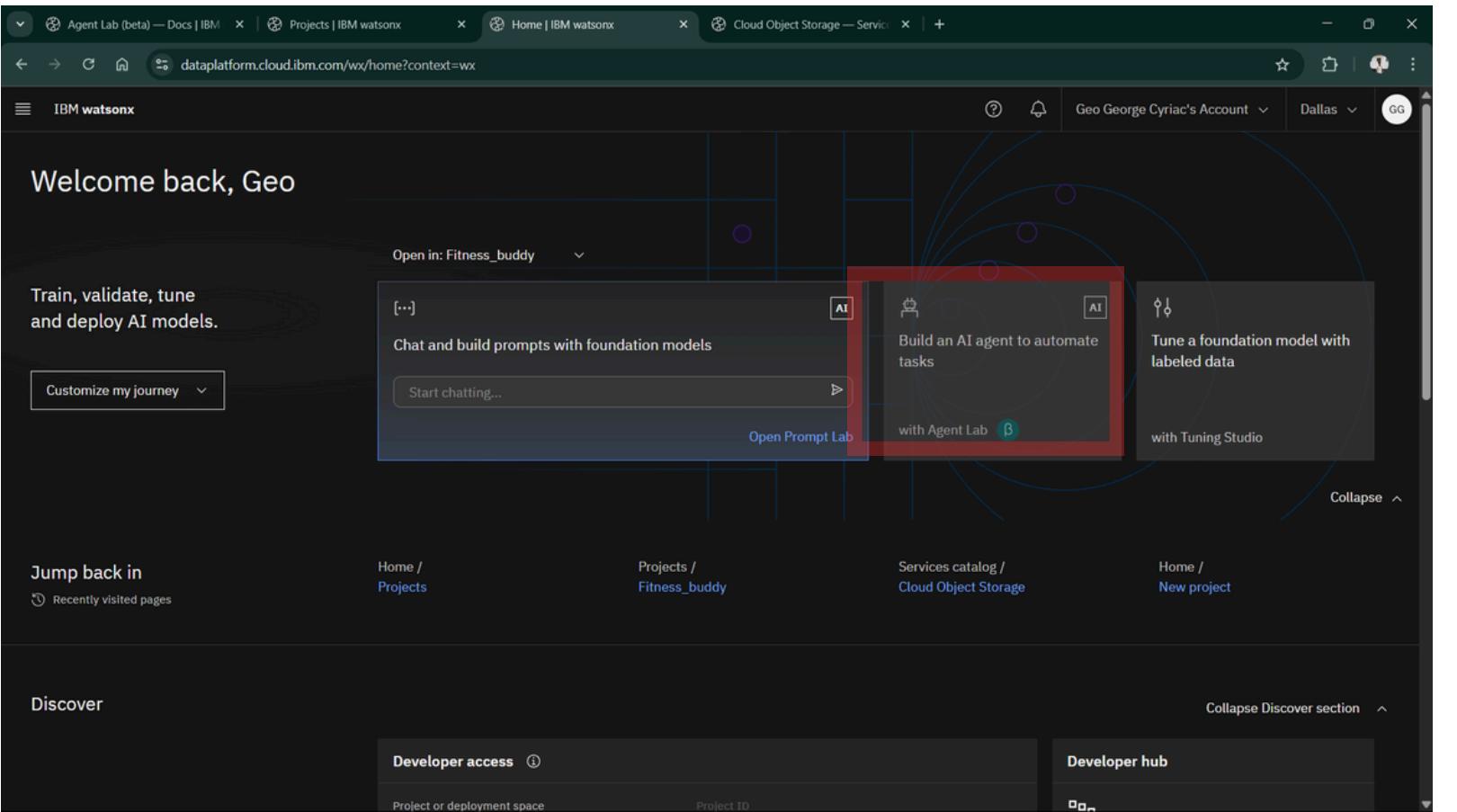
Plan	Features	Pricing
Lite	<p><b>1 authorized user</b> 10 capacity unit-hours monthly limit Environment = # of capacity units required per hour • 1 vCPU + 4 GB RAM = 0.5 • 2 vCPU + 8 GB RAM = 1 • 4 vCPU + 16 GB RAM = 2 • Decision Optimization + Watson NLP = Environment + 5 • Synthetic Data Generator, 2 vCPU + 8 GB RAM = 7 (requires watsonx.ai Runtime)</p> <p>The Lite plan offers most watsonx.ai Studio data science and AI features with usage restrictions.</p> <p><b>Lite plan services are deleted after 30 days of inactivity.</b></p>	Free

To the right of the pricing table is a summary section for 'watsonx.ai Studio':

- Region: Dallas
- Plan: Lite
- Service name: watsonx.ai Studio-nh
- Resource group: Default

At the bottom right of the interface are three buttons: 'Create' (highlighted with a red box), 'View terms', and 'Cancel'.

create watsonx studio



Welcome back, Geo

Train, validate, tune  
and deploy AI models.

Customize my journey

Jump back in

Recently visited pages

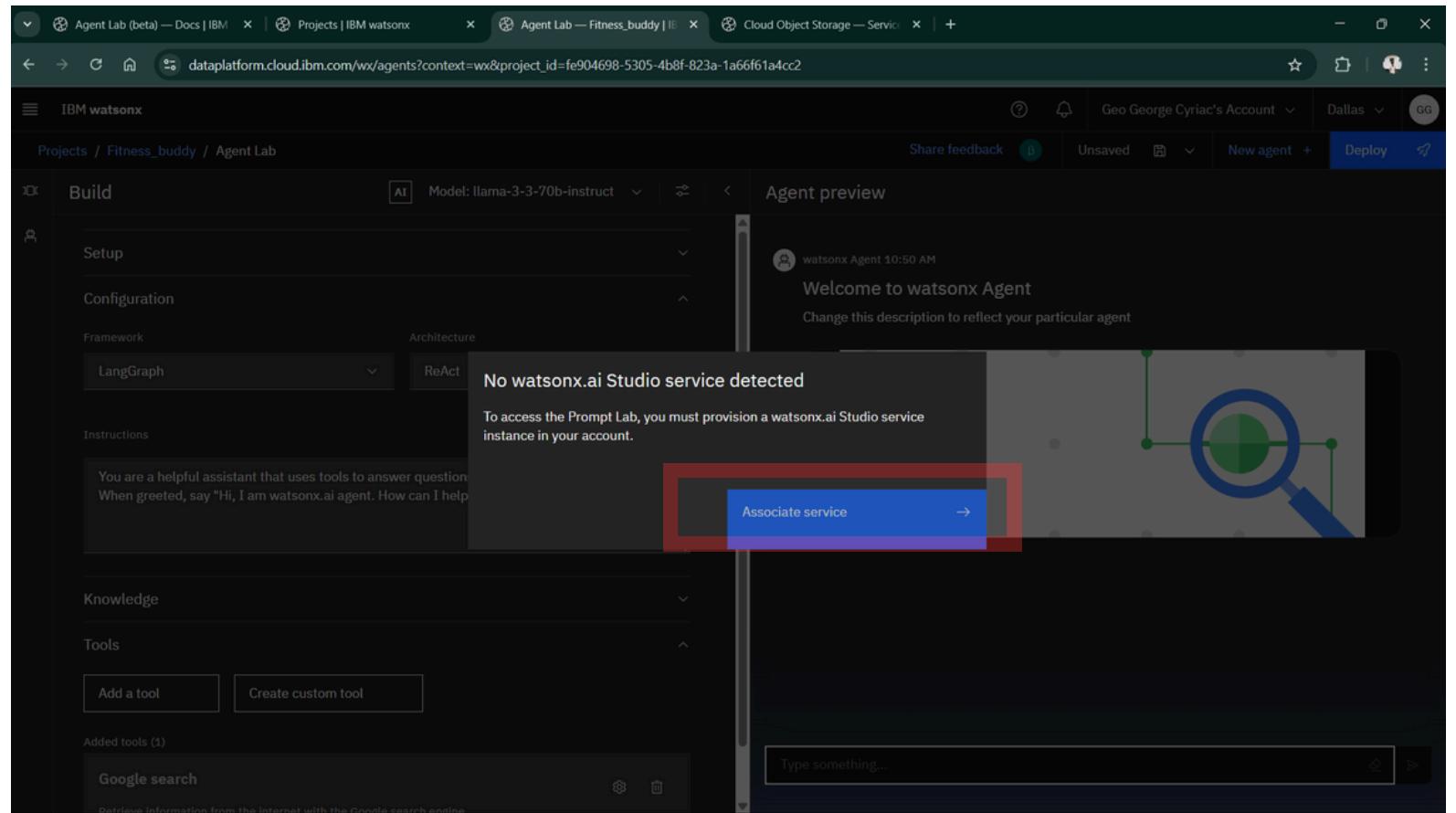
Home /  
Projects

Projects /  
Fitness\_buddy

Services catalog /  
Cloud Object Storage

Home /  
New project

Collapse Discover section



Associate AI studio

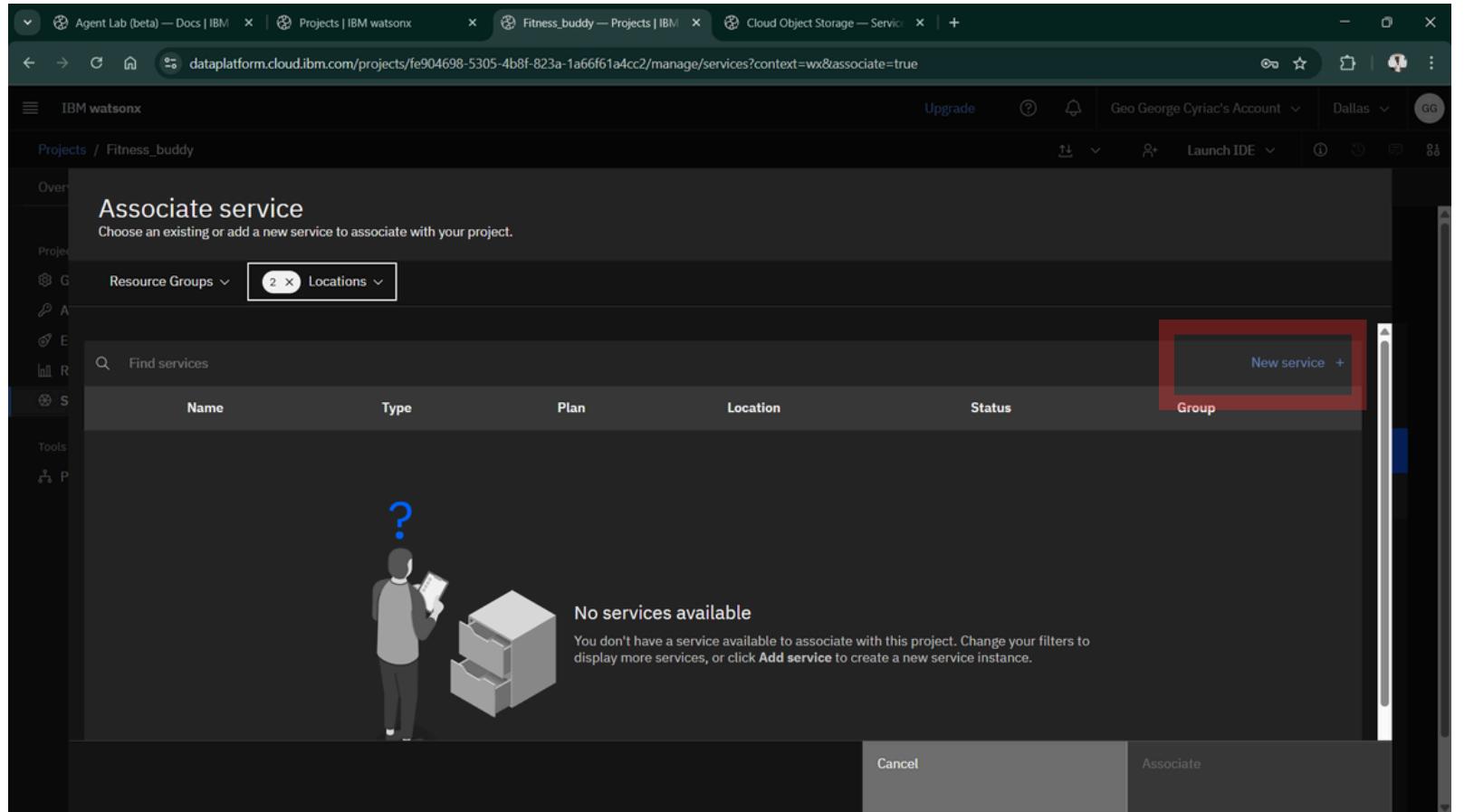
click on build AI agent

The screenshot shows the IBM Watsonx Agent Lab interface. A modal window titled "Create" is open, prompting the user to "Select a region". The dropdown menu shows "Dallas" as the selected option. Below the region selection, there is a "Pricing plan" section stating "Displayed prices do not include tax. Monthly prices shown are for country or region: United States". A table compares "Lite" and "Enterprise" plans based on features and pricing. The "Lite" plan is highlighted, showing 1 authorized user, 10 capacity unit-hours monthly limit, and a free price. The "Enterprise" plan is listed with 100 authorized users, 100 capacity unit-hours monthly limit, and a price of \$100.00 per month. The "Enterprise" plan includes additional features like Watson NLP, Watson Decision Optimization, and Watson Data Generator. At the bottom of the modal, there are buttons for "Create", "View terms", and "Cancel".

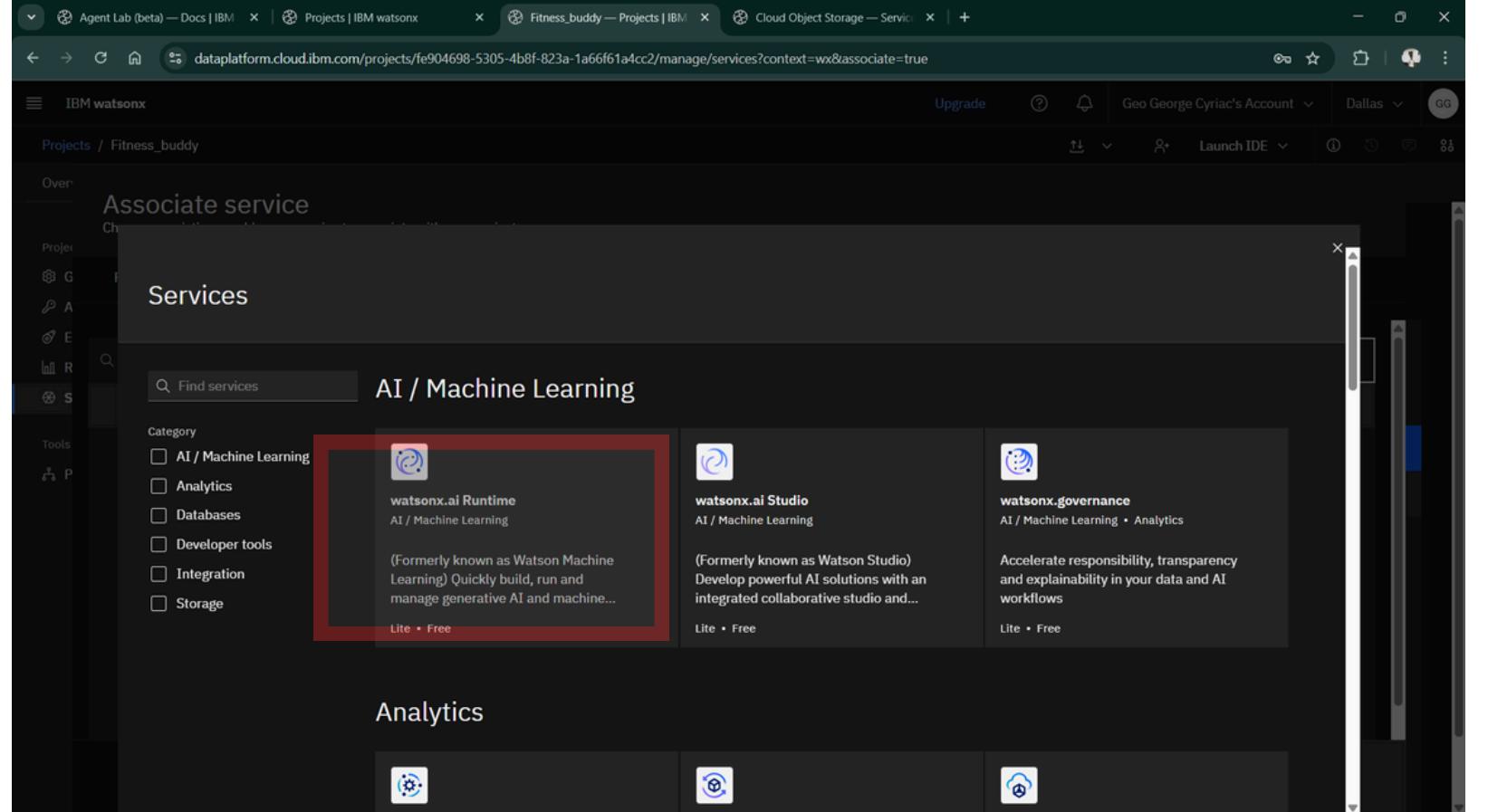
click on create to create studio

The screenshot shows the IBM Watsonx Prompt Lab interface. A modal window titled "No watsonx.ai Runtime service detected" is open, instructing the user to "Associate service" to access the Prompt Lab. Below the modal, there is a "Sample query" section with several AI-generated responses to various questions. At the bottom of the screen, there is a text input field labeled "Type something...".

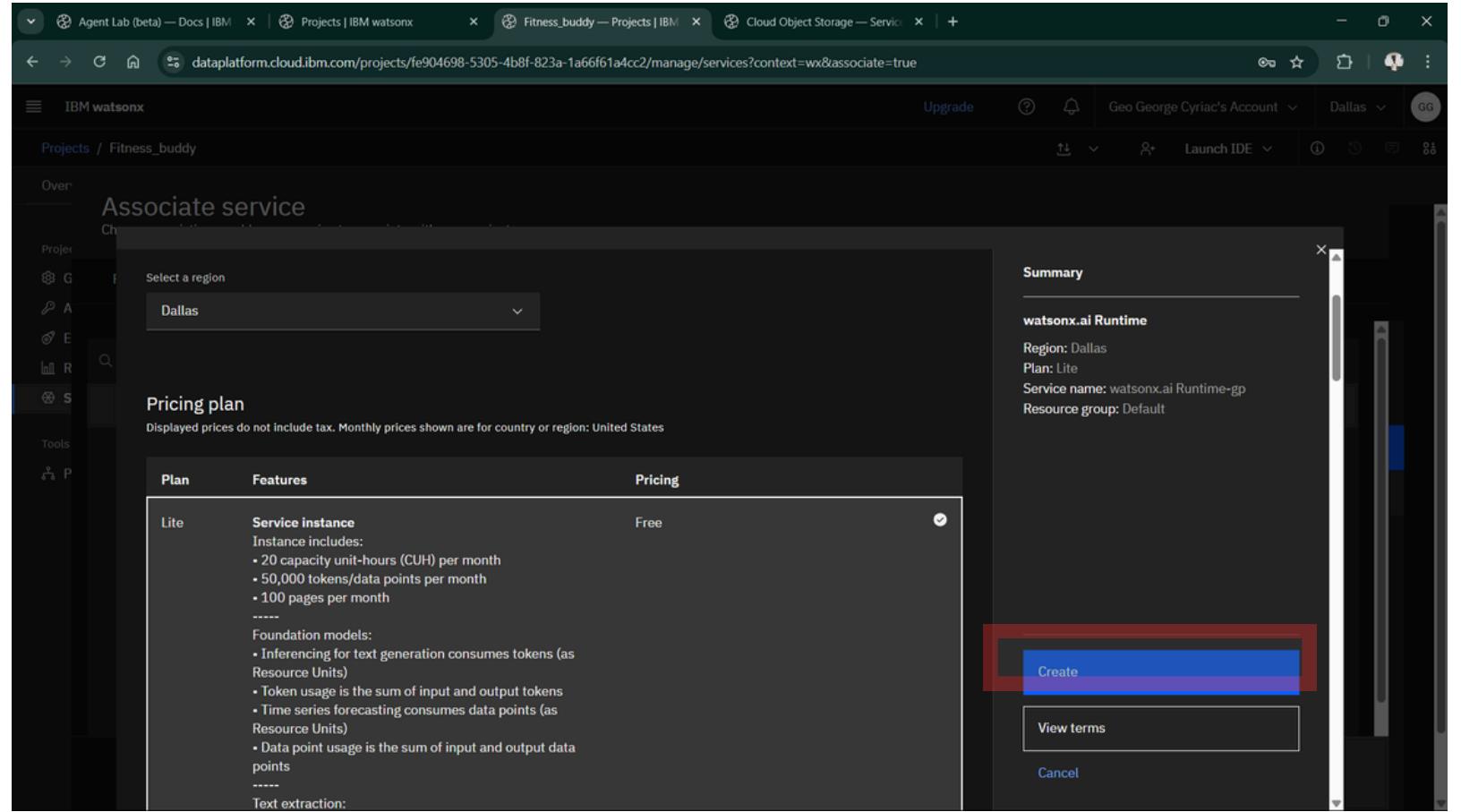
Associate runtime services



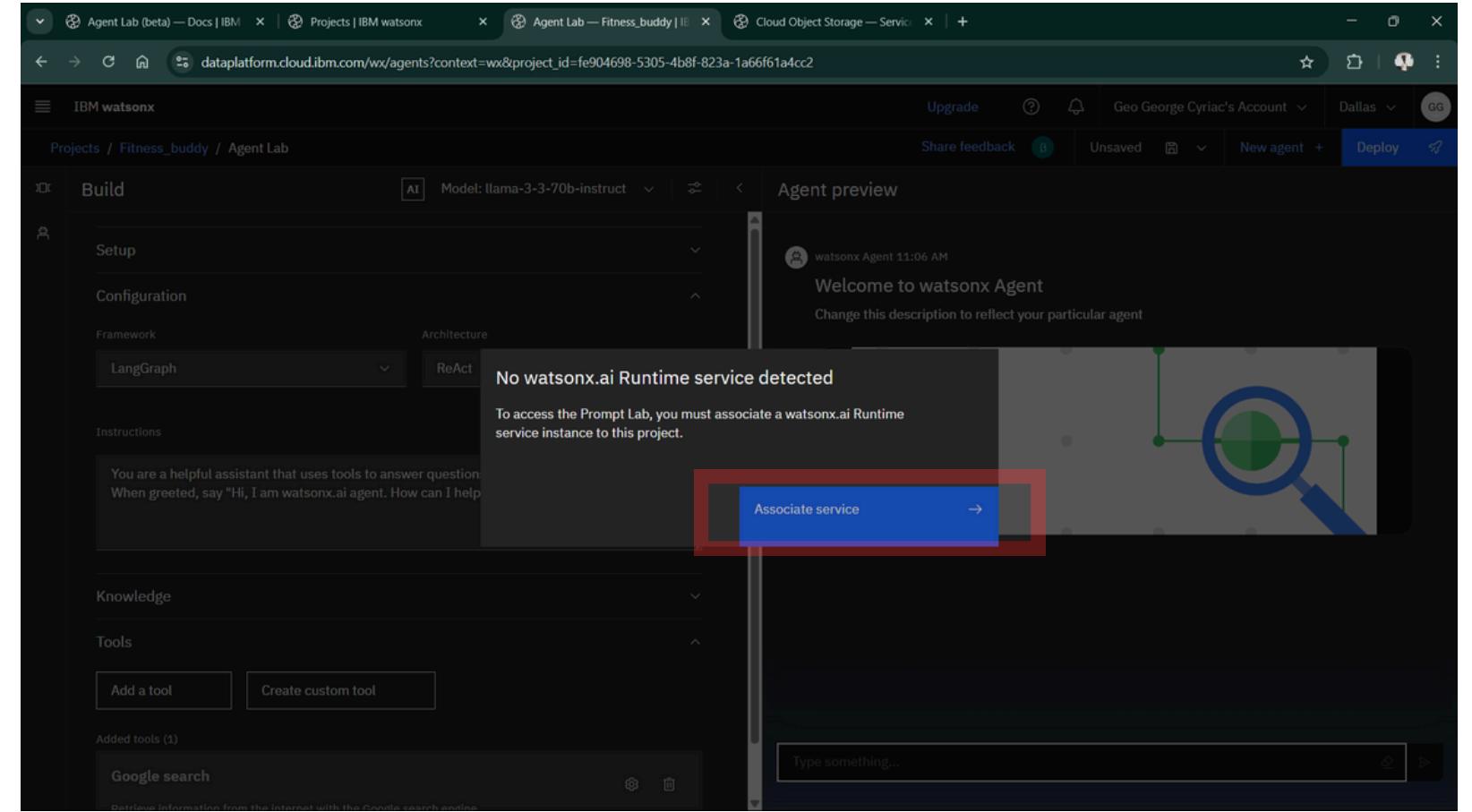
click on new services



select watsonx.runtime



click on create



Click on associate services

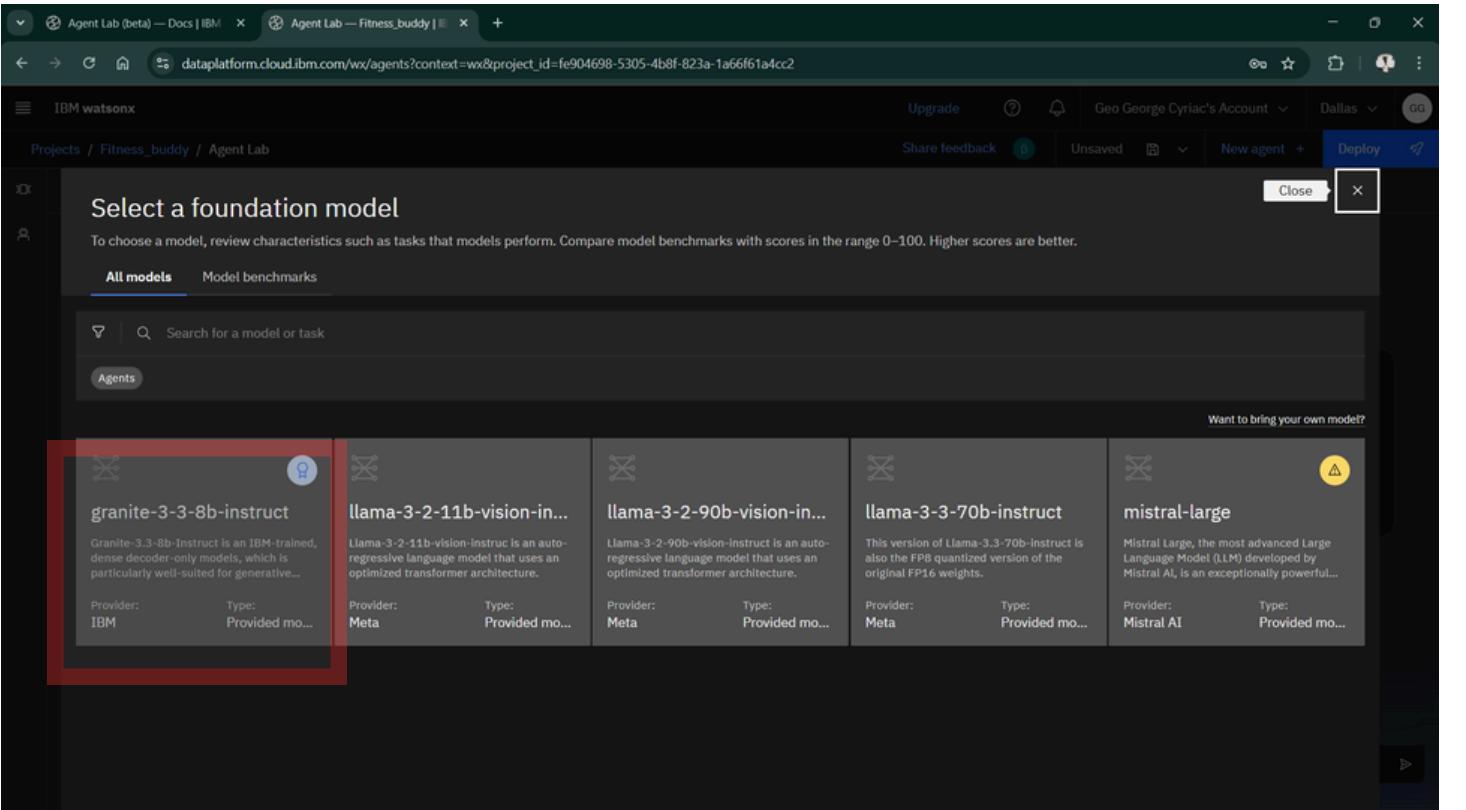
The screenshot shows a modal dialog titled "Associate service" from the IBM WatsonX interface. It lists a single runtime entry: "watsonx.ai Runtime-gp" (Type: watsonx.ai Runtime, Plan: Lite, Location: Dallas, Status: Not associated). A "New service +" button is visible at the top right of the list. At the bottom of the dialog are "Cancel" and "Associate" buttons, with "Associate" being highlighted in blue.

select runtime and click associate

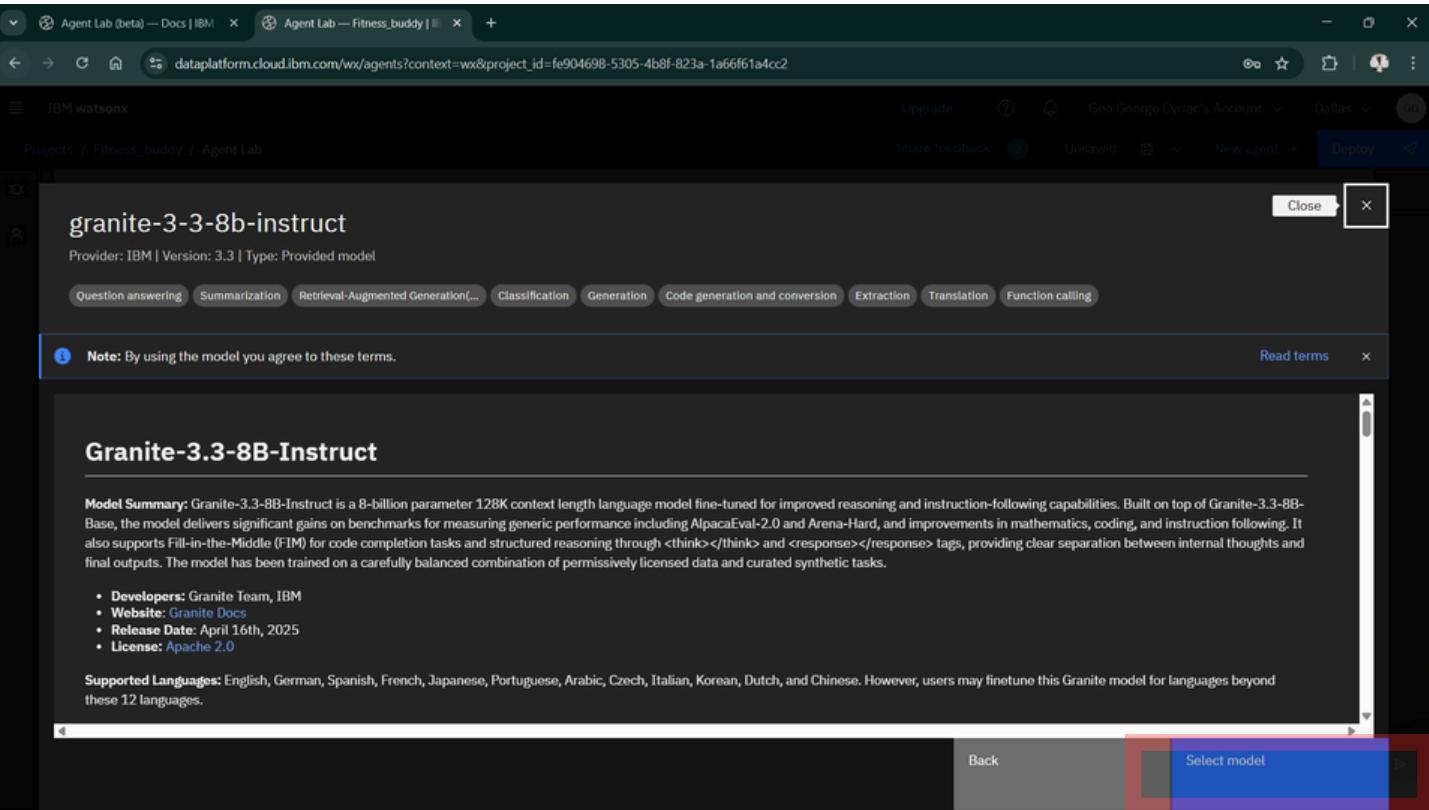
The screenshot shows a modal dialog titled "Select a tool" from the IBM WatsonX interface. It lists eight tools with checkboxes: Google search (checked), DuckDuckGo search (checked), Wikipedia search (unchecked), Document search (unchecked), Tavily search (unchecked), Webcrawler (checked), Python Interpreter (unchecked), and Weather (unchecked).

Tool	Status	Description
Google search	checked	Retrieve information from the internet with the Google search engine.
DuckDuckGo search	checked	Retrieve information from the internet with the DuckDuckGo search engine.
Wikipedia search	unchecked	Retrieve information from Wikipedia articles.
Document search	unchecked	Search documents with vector indexes.
Tavily search	unchecked	Retrieve information from the internet with the Tavily search engine.
Webcrawler	checked	Retrieve information from a website.
Python Interpreter	unchecked	Execute Python code generated by the agent.
Weather	unchecked	Retrieve the weather of a city.

select the necessary tools- i selected google,duckduckgo and webcrawler



select the model  
model used here- granite 3-3-8b-instruct



click on select mode'

You are a fitness instructor, first listen to what they say. answer according to that.ask for user's current weight , height ,age, current body weight and their fitness goal from them as inputs. provide daily workouts to get to the goal. Also provide diets to maintain their calorie intake if they mentions it as a reply to their query"

Knowledge

Tools

Add a tool Create custom tool

Added tools (3)

- Google search
- DuckDuckGo search
- Webcrawler

Type something... GG You: 11:20 AM hi WatsonX Agent: 11:20 AM Hello! How can I assist you with your fitness goals today? To provide you with the best workout and diet plan, I'll need some information from you. Could you please share your current weight, height, age, and your fitness goal? ▶ How did I get this answer?

You are a fitness instructor, first listen to what they say. answer according to that.ask for user's current weight , height ,age, current body weight and their fitness goal from them as inputs. provide daily workouts to get to the goal. Also provide diets to maintain their calorie intake if they mentions it as a reply to their query"

Knowledge

Tools

Add a tool Create custom tool

Added tools (3)

- Google search
- DuckDuckGo search
- Webcrawler

GG You: 11:20 AM age:22, height: 169, weight: 58 goal: weight gain WatsonX Agent: 11:20 AM Great, thank you for providing that information. To help you gain weight, I'll create a workout plan focused on building muscle mass and increasing your caloric intake. Here's a sample daily workout routine for the next week:

**Day 1:**

- Warm-up: 5-minute brisk walk or jumping jacks
- Strength training:
  - Squats: 3 sets of 12 reps
  - Bench press: 3 sets of 12 reps
  - Bent-over barbell rows: 3 sets of 12 reps
  - Overhead press: 3 sets of 12 reps
- Cool down: 5-minute stretching

**Day 2:**

- Warm-up: 5-minute brisk walk or jumping jacks
- Strength training:

Type something... GG You: 11:20 AM

## Prompt

You are a fitness instructor, first listen to what they say. answer according to that.ask for user's current weight , height ,age, current body weight and their fitness goal from them as inputs. provide daily workouts to get to the goal. Also provide diets to maintain their calorie intake if they mentions it as a reply to their query

enter the query, when entered hi, the model asked for variables(fig 1)

The model gave workout split when inputs given, full output is given in the result section(fig2)

The screenshot shows the IBM WatsonX Agent Lab interface. On the left, the 'Build' tab is selected, displaying a knowledge base entry for a fitness instructor. The 'Agent preview' section on the right shows a conversation between a user ('GG') and the agent ('watsonx Agent'). The user asks for a fitness goal based on weight, height, and age. The agent responds by asking for more details and then provides a sample daily workout plan. The interface includes sections for 'Knowledge' and 'Tools' (Google search, DuckDuckGo search, Webcrawler), and a 'Share feedback' button.

click on save

The screenshot shows the 'Save your work' dialog box. It allows selecting an 'Asset type': 'Agent' (selected), 'Standard notebook', or 'Deployment notebook'. The 'Define details' section includes fields for 'Name' (set to 'watsonx Agent') and 'Description (optional)'. A checkbox for 'View in project after saving' is checked. At the bottom are 'Cancel' and 'Save' buttons.

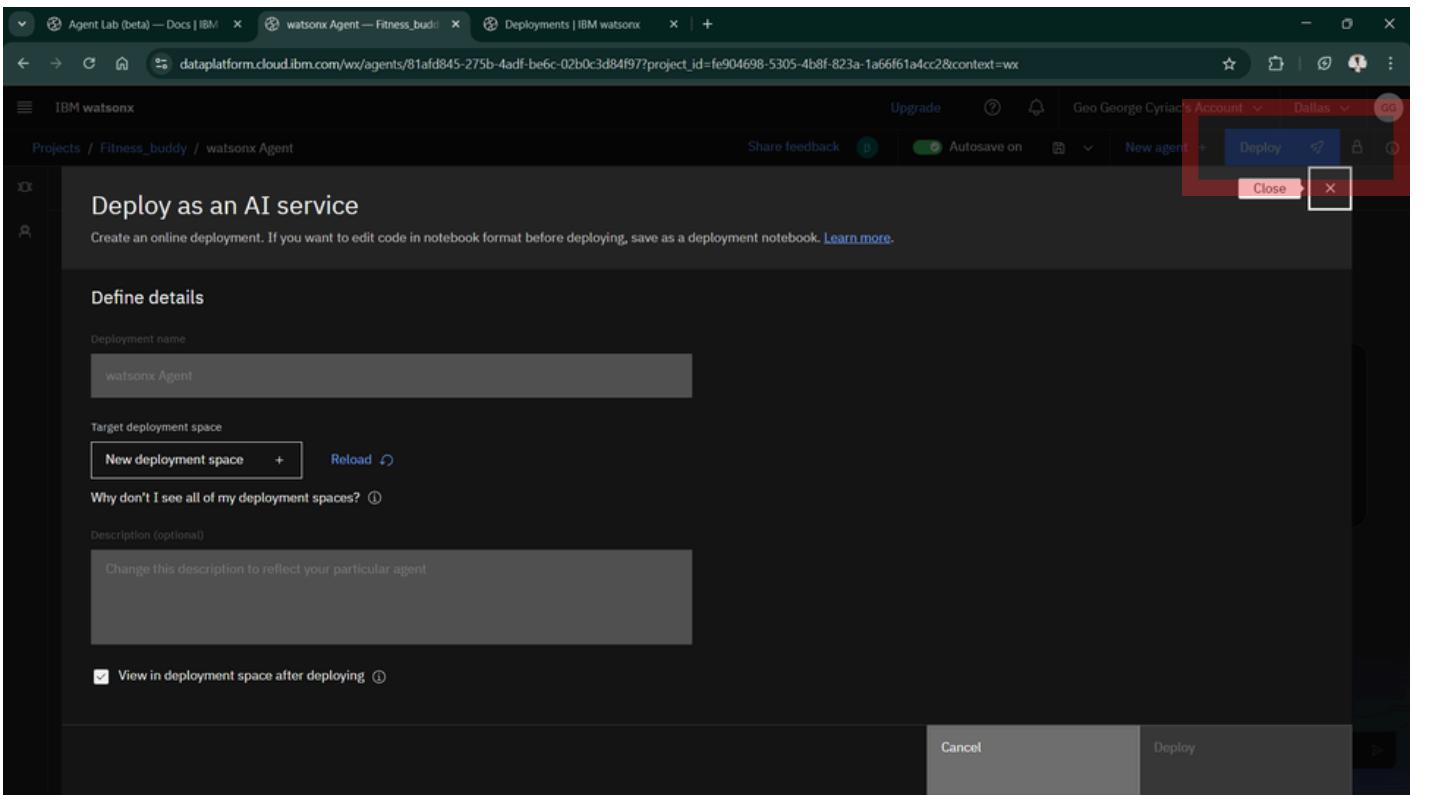
click on agent  
click on save

This screenshot shows the IBM Watsonx Agent Lab interface. The top navigation bar includes 'Agent Lab (beta) — Docs | IBM', 'Fitness\_buddy — Projects | IBM', and a search bar. The main area is titled 'IBM watsonx' and shows the 'Projects / Fitness\_buddy' page. The 'Assets' tab is selected, displaying a table with one asset named 'watsonx Agent'. The asset details show it was modified 2 minutes ago by the user. A sidebar on the left lists 'Asset types' such as Agents.

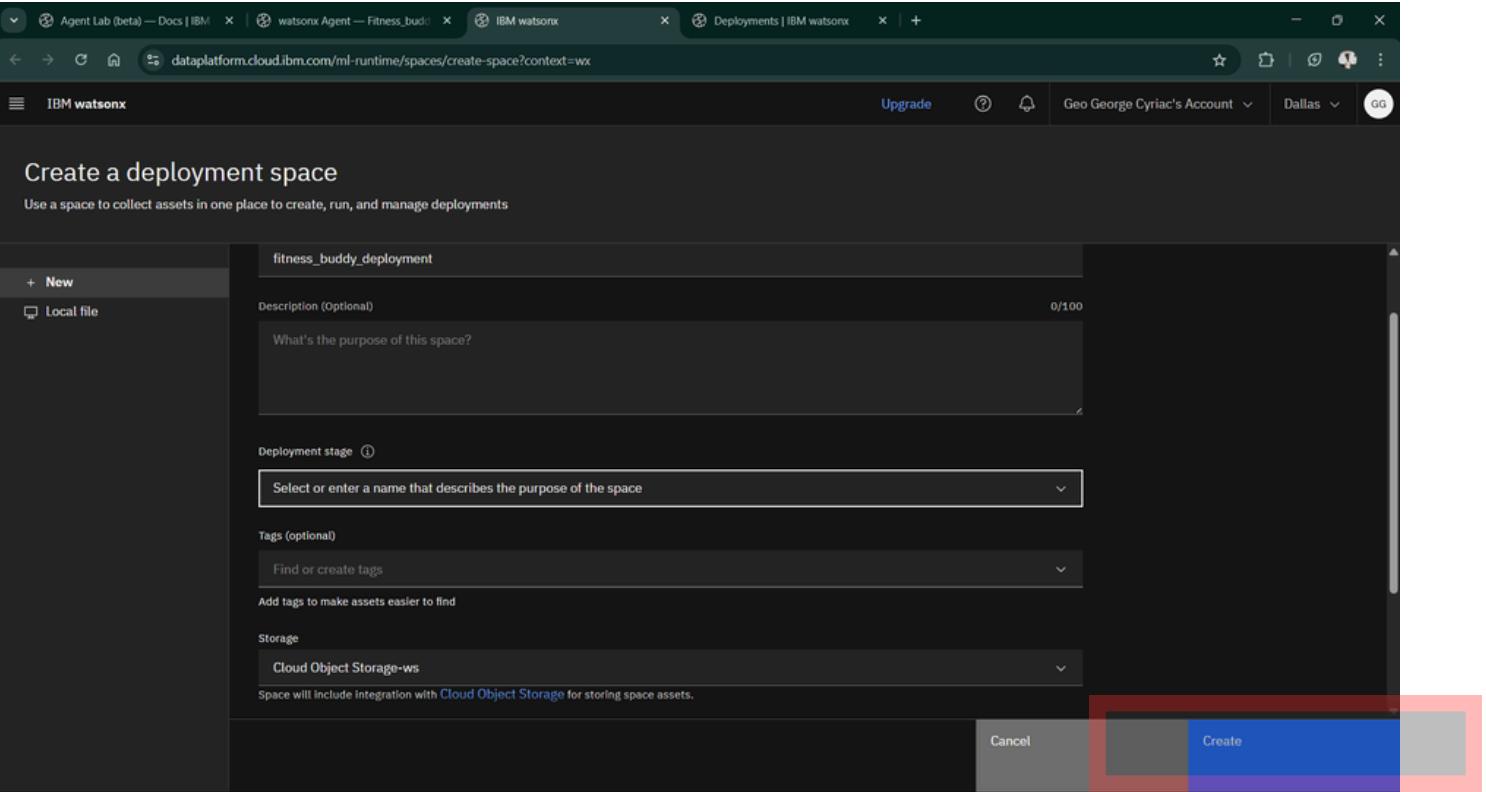
This screenshot shows the 'Build' tab of the IBM Watsonx Agent Lab interface. It displays the 'Agent preview' section for the 'watsonx Agent'. A message box asks if the user wants to 'Edit this agent?' with a 'Don't show this message again.' checkbox. Below this, there's a 'Go to project' button, a 'Preview' button, and an 'Edit' button, which is highlighted with a red border. The right side of the screen shows a preview of the agent's interface with a magnifying glass icon.

click on the agent from the assets tab

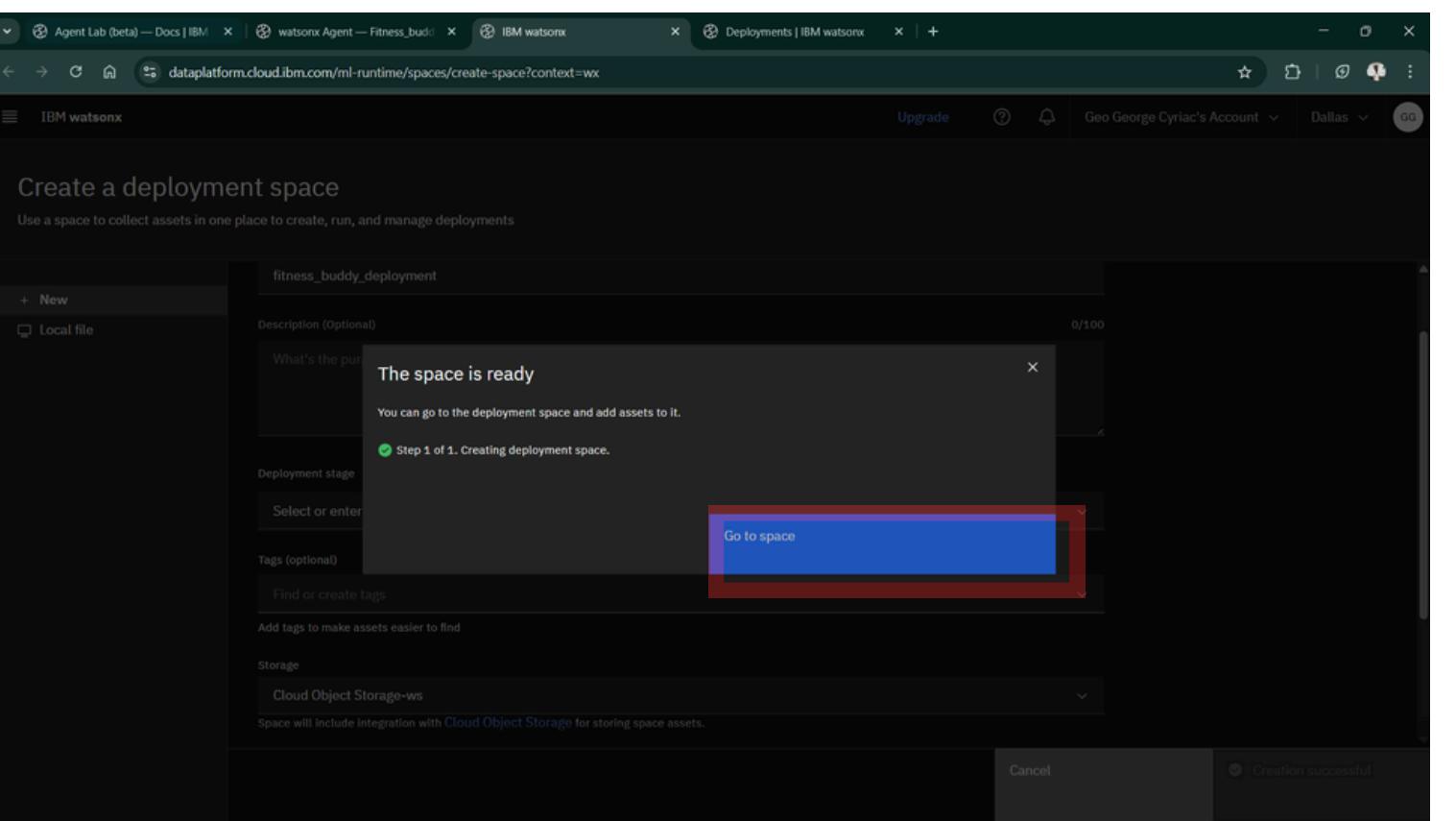
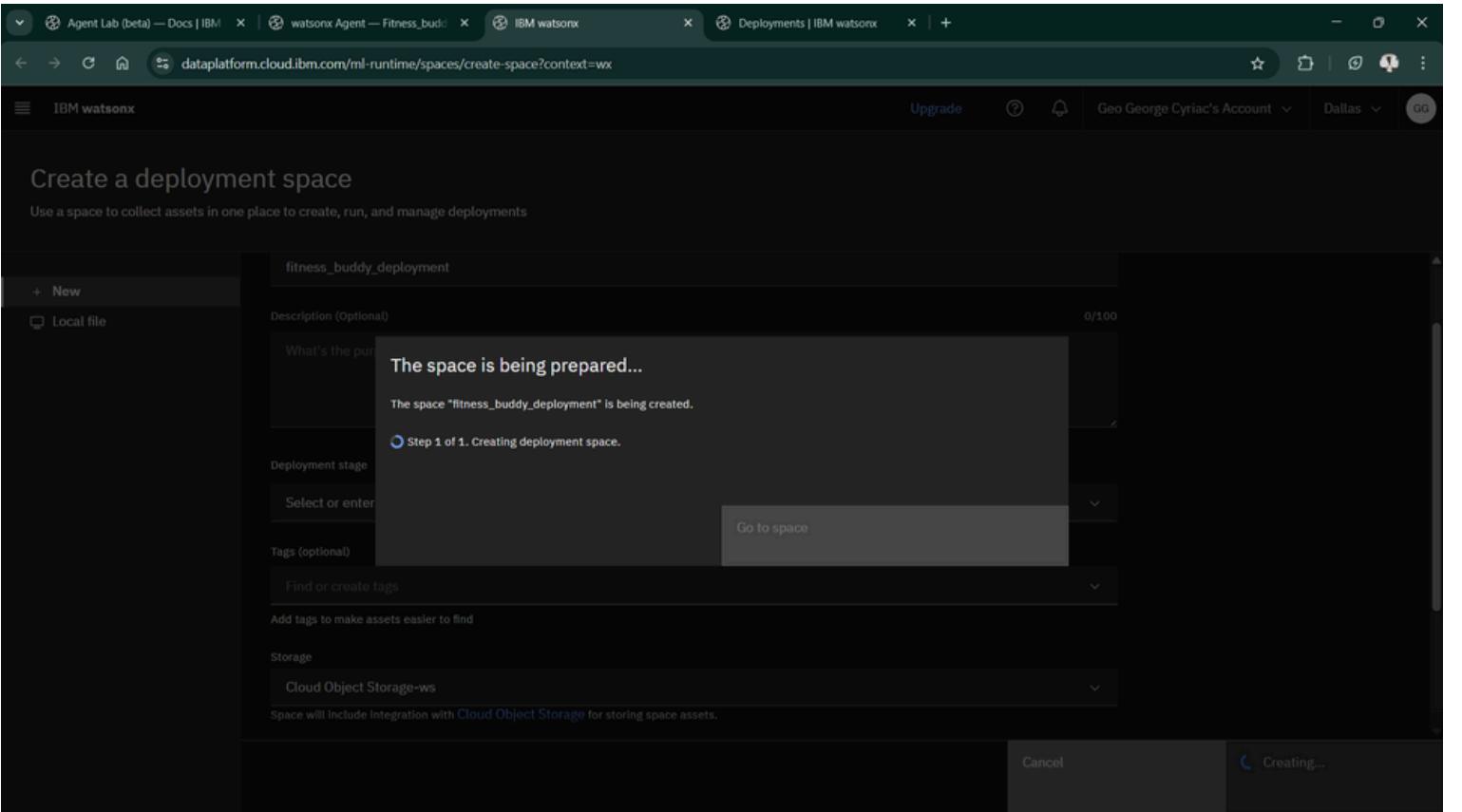
click on edit  
then on deploy



click on deploy  
create a deployment space



click on create



the deployment space is created .  
click on go to space

The screenshot shows the IBM WatsonX Agent interface. The main area displays the deployment space 'fitness\_buddy\_deploy1'. On the left, there's a sidebar with sections like 'Space' (General, Access control, Environments, Resource usage), 'Overview', 'Assets', 'Deployments', 'Jobs', and 'Manage' (selected). Under 'Manage', there's a 'Storage' section showing '0 Bytes' used by 'Cloud Object Storage-ws' (Bucket: f2908886-f156-4b91-bd4a-95c639ec6ec7). Below this is a 'watsonx.ai Runtime service' dialog with a dropdown menu showing 'Select or create an instance' and a button to 'Create a new watsonx.ai Runtime service'. At the bottom, there's a 'Controls' section.

add watsonx.runtime to the deployment

The screenshot shows the 'Deploy as an AI service' dialog. It has a 'Define details' section where 'Deployment name' is set to 'watsonx Agent' and 'Target deployment space' is set to 'fitness\_buddy\_deploy1'. There's a note about not seeing all deployment spaces. Below this is a 'Description (optional)' field with the placeholder 'Change this description to reflect your particular agent'. A checkbox for 'View in deployment space after deploying' is checked. At the bottom right, there are 'Cancel' and 'Deploy' buttons, with 'Deploy' being highlighted with a red border.

click on deploy

The screenshot shows the IBM Watsonx developer access interface. A red box highlights the "Developer access" section, which includes fields for "Project or deployment space" (set to "Fitness\_buddy") and "Project ID" (set to "fe904698-5305-4b8f-823a-1a66f61a4cc2"). Below these are "watsonx.ai URL" (set to "https://us-south.ml.cloud.ibm.com") and a note about calling APIs for inference, embeddings, training, and chatting. There are buttons for "Create API key" and "Manage IBM Cloud API keys". To the right is the "Developer hub" section, which links to the New watsonx Developer Hub to start coding fast. It also contains a note about making the first API request to inference a foundation model and finding code libraries for AI applications. At the bottom left is the "Resource hub" section, showing "Foundation models" and "Prompts" with "Data" options. On the right is the "What's new" section, featuring a note about saving resources by training, deploying, and inferencing foundation models using low-rank adaptation.

Agent Lab (beta) — Docs | IBM

Home | IBM watsonx

dataplatform.cloud.ibm.com/wx/home?context=wx

IBM watsonx

Upgrade

Geo George Cyriac's Account

Dallas

GG

Jump back in

Recently visited pages

Home / Deployments

fitness\_buddy\_deploy1 / watsonx Agent

Spaces / fitness\_buddy\_deploy1

Spaces / fitness\_buddy\_deployment

Discover

Collapse Discover section

Developer access ⓘ

Project or deployment space

Fitness\_buddy

Project ID

fe904698-5305-4b8f-823a-1a66f61a4cc2

watsonx.ai URL

https://us-south.ml.cloud.ibm.com

Used to call watsonx.ai APIs such as LLM inferencing, embedding, training, and chatting.

Create API key +

Manage IBM Cloud API keys →

Developer hub

New watsonx Developer Hub to start coding fast.

Make your first API request to inference a foundation model in watsonx.ai. Find the right foundation models and code libraries for your AI applications.

Resource hub

Foundation models

[...] Prompts

Explore foundation models from IBM and

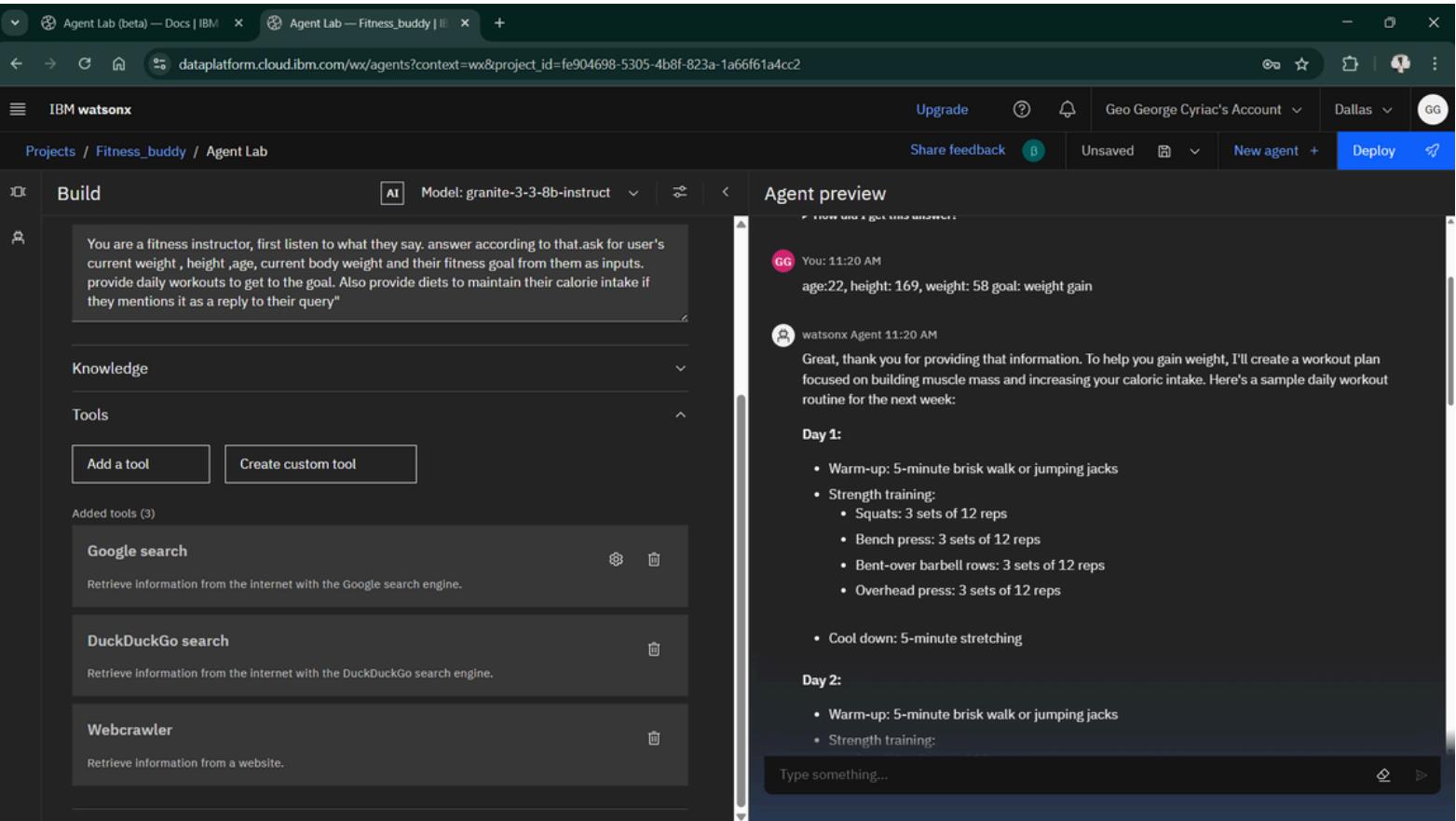
Data

What's new

Save resources by training, deploying, and inferencing foundation models that are fine tuned with the low-rank adaptation technique

Aug 01, 2025

# Result



# Full response from the model

Great, thank you for providing that information. To help you gain weight, I'll create a workout plan focused on building muscle mass and increasing your caloric intake. Here's a sample daily workout routine for the next week:

Day 1:

Warm-up: 5-minute brisk walk or jumping jacks

Strength training:

Squats: 3 sets of 12 reps

Bench press: 3 sets of 12 reps

Bent-over barbell rows: 3 sets of 12 reps

Overhead press: 3 sets of 12 reps

Cool down: 5-minute stretching

Day 2:

Warm-up: 5-minute brisk walk or jumping jacks

Strength training:

Deadlifts: 3 sets of 12 reps

Pull-ups or assisted pull-ups: 3 sets of 10-12 reps

Dumbbell lunges: 3 sets of 12 reps (each leg)

Dumbbell shoulder press: 3 sets of 12 reps

Cool down: 5-minute stretching

Day 3: Rest or light cardio (30 minutes of cycling or swimming)

Day 4:

Warm-up: 5-minute brisk walk or jumping jacks

Strength training:

Leg press: 3 sets of 12 reps

Incline dumbbell press: 3 sets of 12 reps

Seated cable rows: 3 sets of 12 reps

Dumbbell curls: 3 sets of 12 reps

Cool down: 5-minute stretching

Day 5:

Warm-up: 5-minute brisk walk or jumping jacks

Strength training:

Step-ups: 3 sets of 12 reps (each leg)

Dumbbell flies: 3 sets of 12 reps

Seated cable rows: 3 sets of 12 reps

Hammer curls: 3 sets of 12 reps

Cool down: 5-minute stretching

Day 6: Rest or light cardio (30 minutes of cycling or swimming)

Day 7:

Full-body circuit workout (repeat the following 3 times)

Goblet squats: 12 reps

Push-ups: 10-12 reps

Dumbbell rows: 12 reps (each arm)

Dumbbell deadlifts: 12 reps

Cool down: 5-minute stretching

In addition to the workouts, focus on increasing your caloric intake by consuming nutrient-dense foods. Aim for 5-6 smaller meals throughout the day, focusing on whole foods like lean proteins, whole grains, fruits, vegetables, and healthy fats. Some examples include:

Breakfast: Scrambled eggs with spinach and whole-grain toast, Greek yogurt with mixed berries and granola

Snacks: Almonds, protein shake, banana with peanut butter

Lunch: Grilled chicken breast with quinoa and mixed vegetables, turkey and cheese sandwich on whole-grain bread with a side of carrot sticks

Dinner: Baked salmon with sweet potato and steamed broccoli, lentil soup with a side salad

Evening snack: Cottage cheese with pineapple, cottage cheese with apple slices and cinnamon

Remember to track your caloric intake and adjust as needed to ensure you're consuming enough to support weight gain. Aim for a daily caloric surplus of 250-500 calories above your maintenance level.

Please consult with a healthcare professional or registered dietitian before starting any new workout or diet program. Let me know if you need more information or specific meal plans!

# Conclusion

- The project demonstrates how to create a fitness recommendation agent using prompt engineering only
- No training, coding, or API was required
- IBM watsonx provides a user-friendly interface to test and deploy prompt-based logic
- The AI successfully generated context-aware, goal-specific fitness plans

# Future scope

- Add a simple frontend (e.g., Flutter UI) to collect inputs and display responses
- Convert the prompt template into a deployable API for real-time interaction
- Add features like progress tracking and user feedback
- Consider fine-tuning the model with user-reviewed data in future versions

# IBM Certifications

## Getting Started with AI Certificate



# Journey to Cloud: Envisioning Your Solution Certificate



# RAG Lab Certificate

IBM SkillsBuild

Completion Certificate



This certificate is presented to  
Geo George Cyriac

for the completion of

## Lab: Retrieval Augmented Generation with LangChain

(ALM-COURSE\_3824998)

According to the Adobe Learning Manager system of record

Completion date: 23 Jul 2025 (GMT)

Learning hours: 20 mins



**THANK YOU**