

FITNESS ADVISOR

Short description:

VA that helps users to boost their physical activities and move towards a healthier lifestyle in their busy schedule within their work environment.

It will also set water reminders for users and recommend exercises or activities according to your goal, like weight gain/loss, muscle gaining, etc.

Functionalities provided by the VA:

- Secure login and signup using jwt authentication
- Calculation of user's BMI
- Recommending exercises and diets according to the user bmi
- Water reminder according to user defined time interval
- Finding gym nearby
- Buy/Renew/Change the subscription for a gym
- Dynamic widgets for showing user details like a gym subscription
- Agent transfer
- Raise issue (for different issue type like: task, incorrect response, etc)
- Physical fitness (Cardio, monthly plan, yoga, etc)
- Mental fitness (Stress management, meditation, etc)
- Exercise according to your schedule (have time, less time)
- Different types of diets plan (separate for elderly people)

Features used in VA:

- API Integration
- Login and signup through web page
- JWT Authentication
- Dynamic data in custom templates
- Dynamic panels and widgets
- Agent transfer to livechat platform
- Twilio voice conversation through the bot
- Use of BotKit & WebtSDK
- Multi-Turn conversations
- FAQ's and Knowledge Management
- Contextual Intelligence

- Interruption Management
- Sentiment management

Sample utterances:

- Give me some strength building workouts- monthly plan
- I have lot of work pressure suggest me some exercises- stress management
- Give me some exercises for office break- quick exercise/streching
- I'm not able to focus on my goal. Please help me - mental fitness
- I want a healthy plan according to my BMI- user's BMI and bot recommendation

Channel:

Web/Mobile client, Widget SDK, Telegram and Twilio voice

Learning & Outcomes:

- Jwt Authentication & secure login
- Use of templates and their configuration
- Use of panels & widgets and their configuration
- Loading/changing data dynamically in widgets and templates according to the user need by using payloads
- Setting reminders according to user's defined interval- alert task
- Using BotKit and WebSDK with their configuration
- Agent transfer on LiveChat platform
- Enabling bot on different channels