

# WORKOUT ASSISTANT... WITH A TWIST

What sets us apart is our focus on **anonymity and privacy**. Our app also leverages **generative AI to create customized workouts** for each user!

## What is it?

- It's a health application that allows users to select and **personalize workouts**
- Suitable for **any fitness level**
- **Uses AI** to facilitate users progress
- Helps users stay motivated on their fitness goals

## Key Concepts

- **AI integration for selecting functions**
  - Customized workouts designed with **ChatGPT**
- **Emphasis on Anonymity and Privacy**
  - **Anonymous mode available**, enabling users to enjoy the app offline without logging in or transmitting data to us
  - While offline, AI is unavailable and nothing about the user is remembered.

## Anonymity

In today's world, anonymity is a hotly debated topic. The constant collection, sale, and analysis of people's data has created unease. In response, we have developed an **anonymous mode** in our app. This feature provides users with **access to most of the functionality while remaining fully incognito**.

## AI

Our app has a dedicated workouts page where users can select from a collection of pre-made workouts, or **answer a few questions to allow the AI to create a personalized workout tailored to their goals**. We've accomplished the latter by integrating ChatGPT's API, which is fed the answers to the questions.

## Built with:



TiDB



SQLite

## Our Team

**Authors:** Nikola Kolev, Ethan Teather, Juan Salazar, Manuel Montero, and Misha Koroliov  
**Supervisor:** Sergey Ovchinnik

University of  
**Kent**