# Project Name

Workout Assistant with Generative AI Features

## Name of Students:

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# Project description

Our Workout Assistant App is a privacy-centered fitness platform that utilizes generative AI to deliver personalized workout experiences. In response to growing concerns about privacy and data security, we have integrated an Anonymous mode, allowing users to access a diverse collection of pre-defined workouts without the need to log in or share personal data. On the other side, for those seeking tailored fitness regimens more than privacy, our AI Workout Generation feature (accessible through the standard mode, not the anonymous mode) provides customized routines based on individual goals, fitness levels, and available equipment. In our normal mode, we collect minimal user data, which users can easily delete with just a few clicks. With a user-friendly interface, visuals of each exercise in the routine, privacy in mind, and personalized fitness solutions, our app caters to the diverse needs of the modern fitness community.

# Results

Our project aims to develop an Android workout application with a focus on privacy and personalized workout generation. It includes an Anonymous mode for privacy-conscious users and a normal mode with additional ChatGPT-powered personalized workout generation functionality. Utilizing Android Studio and Java – the official IDE and the most used language for Android application development, we designed a user-friendly home page featuring an Anonymous Browsing button to emphasize incognito usage. When one enters anonymously, he gains access to a prepopulated SQLite Database with various workouts to suit anyone’s fitness needs. On the other hand, when one logs in regularly, we implement TiDB's online database for secure user authentication. Finally, upon logging in, users can utilize various functionalities, including an AI workout generator powered by ChatGPT's API. All they must do to receive a custom workout based on their preferences and goals is to answer a brief questionnaire.