HI!
NEED HELP?

FITNESS BOT

## YOUR PERSONAL FITNESS ASSISTANT

THE PROBLEM

In today's fast-paced society, a significant portion of the population struggles to allocate time for regular gym attendance and the consistent maintenance of a healthy diet, resulting in a multitude of unanswered questions and concerns regarding their fitness and overall well-being.

THE SOLUTION

A fitness-focused chatbot can be developed to address the challenges faced by individuals who have limited time for the gym and struggle to maintain a proper diet. This chatbot can provide personalized fitness guidance, answer questions, and offer support to help users achieve their health and fitness goals effectively. Here's a detailed solution:
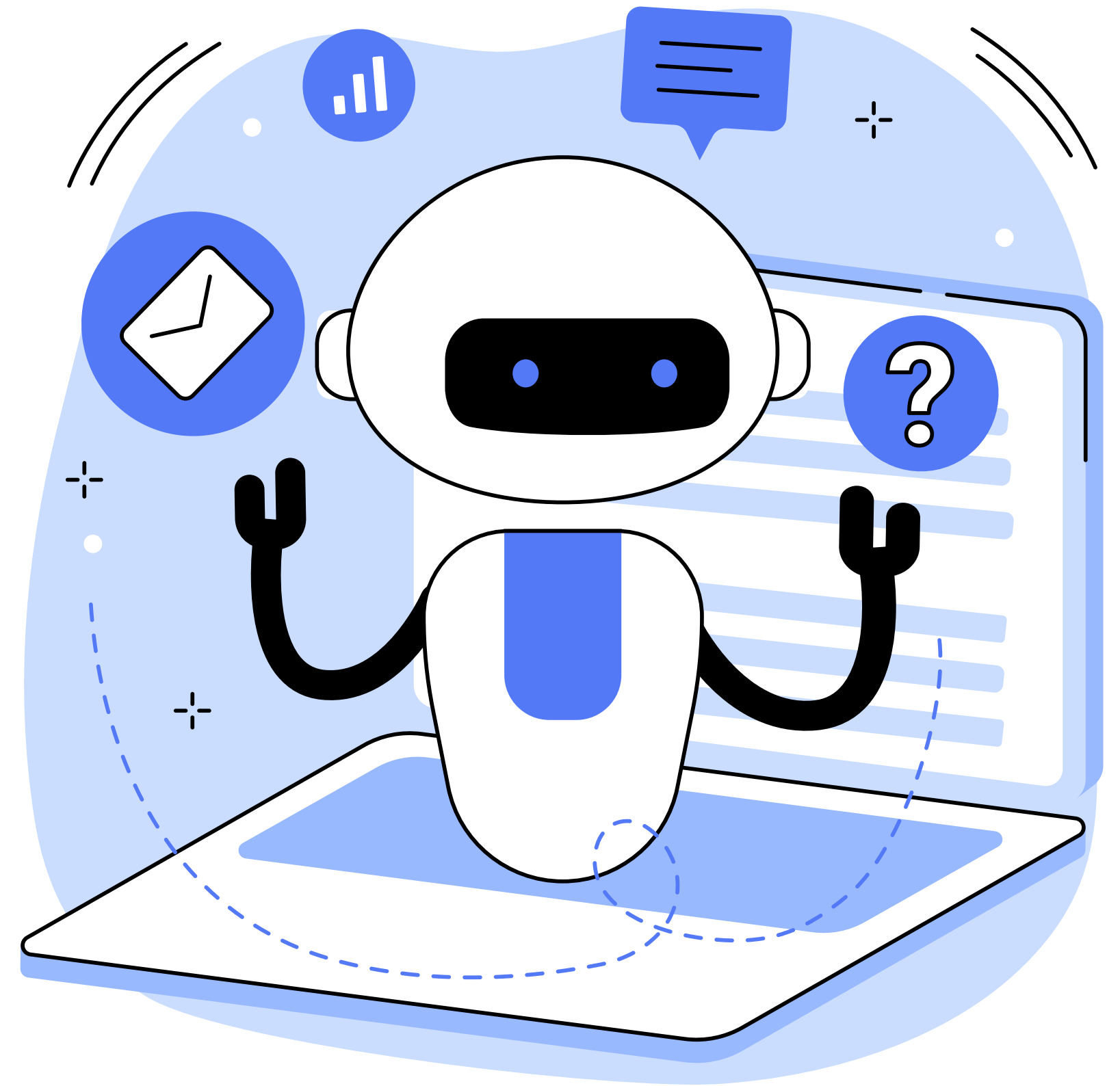
FEATURES

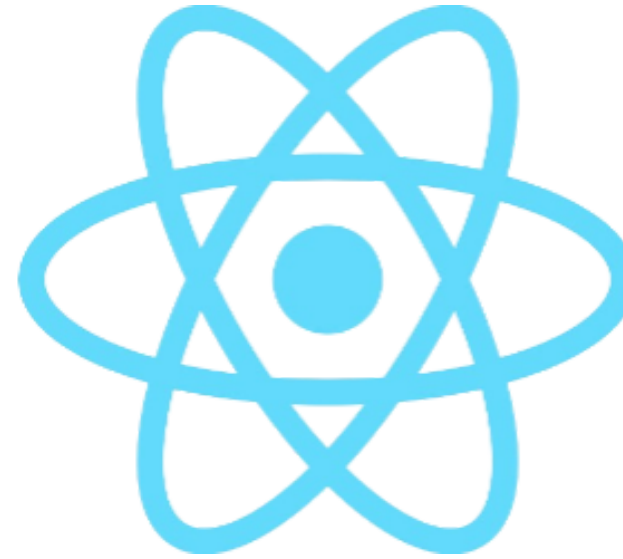Personalized Fitness Plans

Workout Guidance
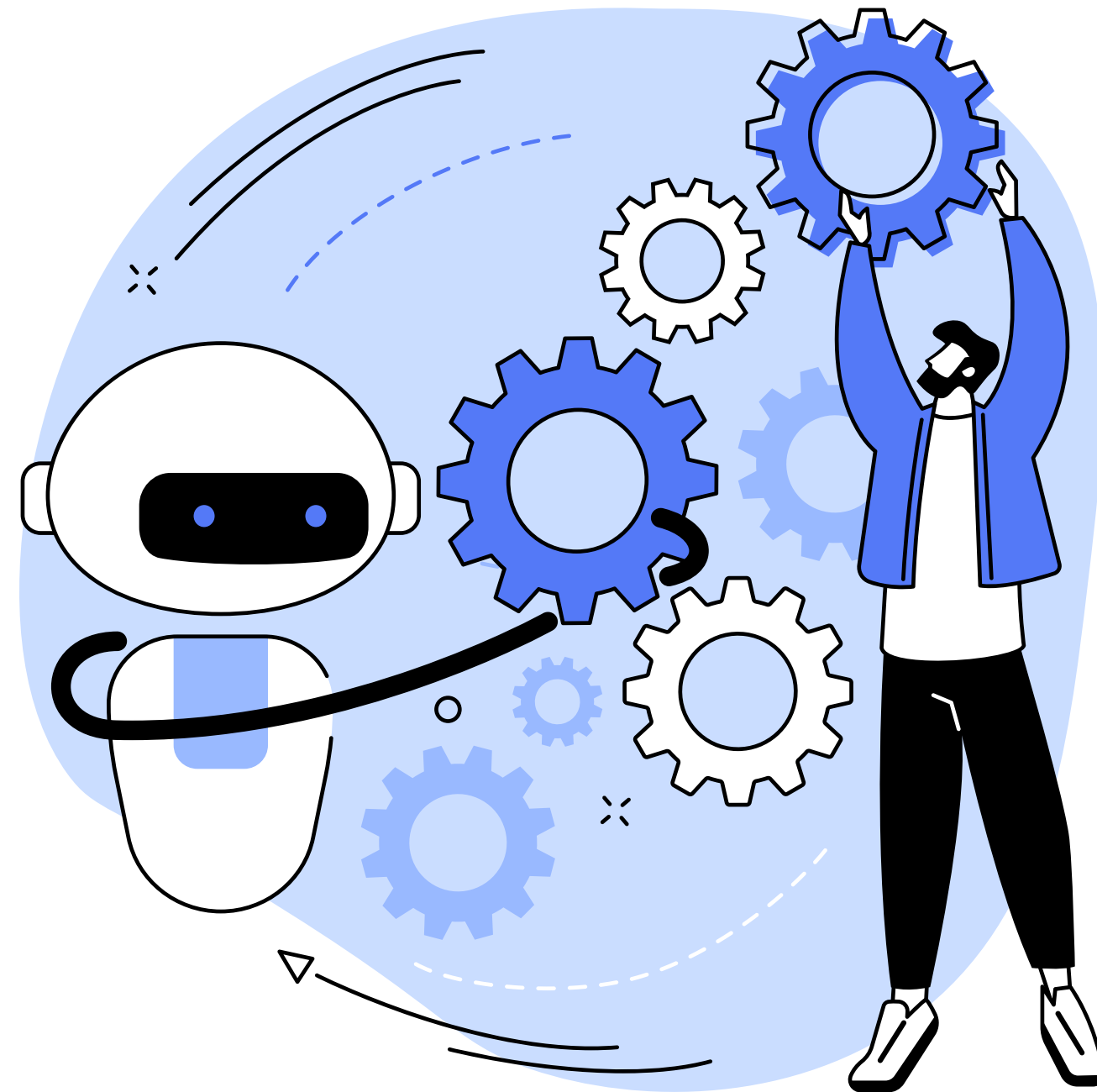
Nutrition Support

Regular Reminders

TECH STACK

TENSORFLOW

Tensorflow consists of all the required libraries to build the chatbot. Having Python as the programming language.

REACT JS

React JS provides a complete framework to develop a website which incorporates the AI chatbot in it.

AWS

Used to host the website with the fitness chatbot.