

# CAPSTONE PROJECT

## FITNESS BUDDY

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# OUTLINE

- Problem Statement
- Technology used
- Wow factor
- End users
- Result
- Conclusion
- Git-hub Link
- Future scope
- IBM Certifications

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# PROBLEM STATEMENT

In today's fast-paced world, many individuals struggle to maintain a healthy lifestyle due to lack of personalized guidance, time constraints, and inconsistent motivation. Traditional fitness solutions often require expensive subscriptions, in-person consultations, or rigid schedules that don't adapt to personal preferences or daily routines.

## Proposed Solution:

FitBuddy is a conversational AI agent designed to promote healthier lifestyles by offering personalized home workouts, simple nutrition advice, daily motivation, and habit-building tips. Accessible anytime, it eliminates the need for subscriptions or rigid schedules, making fitness support flexible, affordable, and user-friendly.

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# TECHNOLOGY USED

- IBM cloud lite services
- Natural Language Processing (NLP)
- IBM Granite model
- Watsonx Studios and AI

# IBM CLOUD SERVICES USED

- IBM Cloud Watsonx AI Studio
- IBM Cloud Watsonx AI runtime
- IBM Cloud Agent Lab
- IBM Granite foundation model
- IBM Cloud Object Storage

# WOW FACTORS

- Delivers personalized fitness and meal suggestions tailored to user needs
- Engages in natural, conversational interactions without commands
- Accessible 24/7 for instant guidance anytime, anywhere
- Citation and reference analysis to trace influence
- Encourages consistent habits with motivational support
- Smart Nutrition Advice – Simple, healthy meal ideas for everyday needs
- AI-Powered Intelligence – Adapts responses using advanced language models

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## END USERS

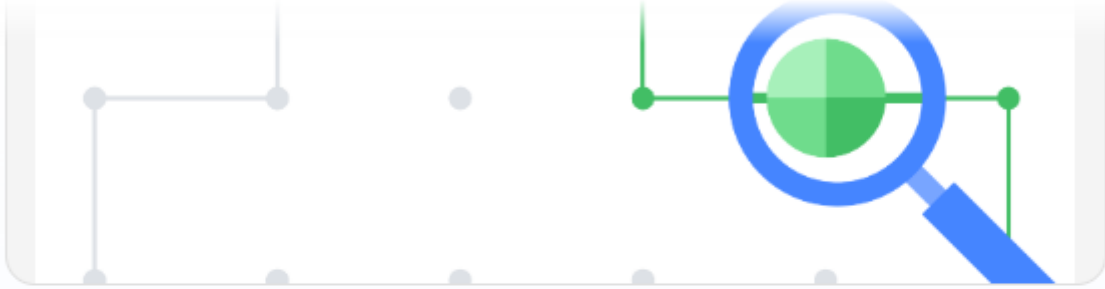
- Working individuals
- Students aiming to maintain health on a tight schedule
- Beginners starting their fitness journey
- Frequent travelers needing portable wellness support
- Home-makers seeking simple fitness and meal guidance

# RESULTS


[Upgrade](#) [?](#) [🔔](#) [Lucky Sharma's Account](#) [Dallas](#) [LS](#)


[Share feedback](#) [β](#) [Unsaved](#) [📁](#) [New agent](#) [+](#) [Deploy](#) [🚀](#)


### Agent preview




### Sample questions

 Can you suggest a quick home workout for me? [→](#)

 What's a simple and healthy meal I can try today? [→](#)

 How can I build a daily fitness habit that works for me? [→](#)

 Recommend a beginner-friendly workout to reduce stress. [→](#)

[🗨](#) [➤](#)



# RESULTS

## Agent preview



You: 10:18 PM

suggest me the easy to make healthy diet



FitBuddy 10:18 PM






Absolutely! Here are some simple, nutritious meal ideas to get you started on a healthy diet:






1. **Breakfast - Greek Yogurt Parfait:** Layer Greek yogurt, mixed berries, and a sprinkle of granola for a protein-packed start to your day.
2. **Lunch - Quinoa Salad:** Mix cooked quinoa with chopped veggies like bell peppers, cucumbers, and tomatoes. Dress with olive oil, lemon juice, salt, and pepper for a refreshing meal.
3. **Dinner - Grilled Chicken with Steamed Vegetables:** Season chicken breast with herbs and grill until cooked through. Serve with a side of steamed broccoli, carrots, or spinach.
4. **Snack - Hummus and Veggie Sticks:** Enjoy carrot, cucumber, or bell pepper sticks with a serving of hummus for a fiber and protein-rich snack.

Type something...




# RESULTS


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### Agent preview

 **LS**

You: 10:13 PM





How can I build a daily fitness habit that works for me?

 **FitBuddy**

10:13 PM

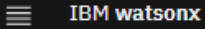
Building a daily fitness habit is a fantastic goal! Here are some steps to help you create a routine that works for you:



- 1. Set Clear Goals:** Determine what you want to achieve. This could be weight loss, muscle gain, improved flexibility, or stress reduction. Having clear goals will help you stay motivated.
- 2. Start Small:** Begin with short, manageable workouts. Even 15-20 minutes a day can make a difference. As you build consistency, you can gradually increase the duration and intensity.
- 3. Choose Activities You Enjoy:** Exercise doesn't have to feel like a chore. If you enjoy dancing, swimming, or yoga, incorporate these into your routine. The more you enjoy it, the more likely you are to stick with it.
- 4. Create a Schedule:** Find a time that fits your lifestyle. Many people prefer morning


# RESULTS

## Deployed AI Agent




UpgradeLucky Sharma's Account ▾Dallas ▾LS

Deployment spaces / FitBuddy / FitBuddy /


FitBuddy  Deployed Online

API referenceTestPreview

New chat +

 You 10:29 PM

Give me 1 week diet plan

 FitBuddy 10:29 PM

Sure, I'd be happy to help you with that! However, to provide the most suitable diet plan, I need some information about your dietary preferences, any allergies, and your fitness goals. For now, here's a simple, balanced 1-week meal plan that you can adjust according to your needs:

**Day 1:**

- Breakfast: Greek yogurt with mixed berries and a drizzle of honey.
- Lunch: Grilled chicken salad with lots of veggies and olive oil dressing.

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## CONCLUSION

- FitBuddy addresses real-world fitness challenges by offering personalized, on-demand support.
- It makes healthy living accessible through simple workouts, practical nutrition advice, and motivational guidance.
- Unlike traditional fitness apps, it fits seamlessly into a user's daily routine without requiring rigid schedules or subscriptions.

## GITHUB LINK

- Github link : [https://github.com/lucky-sharma02/FitBuddy\\_IBM\\_Cloud\\_Project](https://github.com/lucky-sharma02/FitBuddy_IBM_Cloud_Project)

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# FUTURE SCOPE

- Voice command support
- Medical-based workout plans
- Smart AI progress tracking
- Mental wellness features
- Wearable device integration
- Diet and calorie tracking

# IBM CERTIFICATIONS

In recognition of the commitment to achieve  
professional excellence



LUCKY SHARMA

Has successfully satisfied the requirements for:

Getting Started with Artificial Intelligence



Issued on: Jul 15, 2025

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# IBM Certifications

IBM **SkillsBuild**

Completion Certificate



This certificate is presented to

LUCKY SHARMA

for the completion of

**Lab: Retrieval Augmented Generation with  
LangChain**

(ALM-COURSE\_3824998)

According to the Adobe Learning Manager system of record

**Completion date:** 15 Jul 2025 (GMT)

**Learning hours:** 20 mins



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**THANK YOU**