

IBM AICTE PROJECT

FITNESS BUDDY AGENT

Presented By:

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OUTLINE

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

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. There is a growing need for an accessible, friendly, and intelligent virtual assistant that can provide on-demand fitness advice, healthy lifestyle suggestions, and basic nutrition guidance—all tailored to individual needs and available at any time.
- Proposed Solution:
Fitness Buddy aims to solve this problem by offering a conversational, AI-powered health and fitness coach that can:
 - Recommend home workouts and routines based on user input.
 - Provide motivational tips and daily fitness inspiration.
 - Suggest simple, nutritious meal ideas.
 - Encourage habit-building and consistency.

TECHNOLOGY USED

IBM cloud lite services

Natural Language Processing (NLP)

IBM Granite model

IBM CLOUD SERVICES USED

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

WOW FACTORS

- This agent will transform personal fitness journeys by offering real-time, adaptive support to users of all fitness levels. It empowers users to stay motivated, track progress, and reach health goals efficiently—whether at home or in the gym—by making fitness guidance more accessible and personalized.
- Unique features:
- Personalized workout plans for home or gym based on fitness level and goals
Nutritional advice tailored for weight loss, muscle gain, or maintenance
Progress tracking with data on sets, reps, weight, and calories
Daily motivational messages and reminders to stay on track
Adaptive routines that evolve weekly based on performance
Smart suggestions for recovery, hydration, and sleep optimization
Voice-enabled interaction for hands-free workouts and tips

END USERS

- General Public
- Gym-goers
- Students & Working professionals
- Tech-savvy Fitness Users

RESULTS

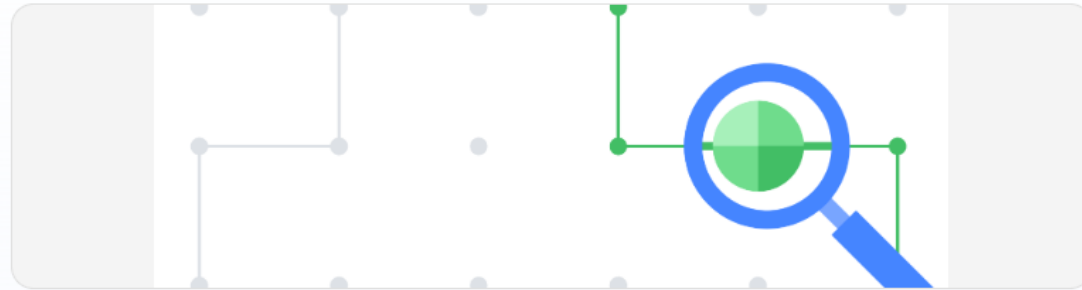
Agent preview



Fitness Buddy 10:36 PM

Welcome to Fitness Buddy

AI fitness partner for workouts, tracking, nutrition tips & goal-based progress anytime, anywhere.



Type something...



RESULTS

Agent preview



You: 10:38 PM

hi



Fitness Buddy 10:38 PM

Welcome! I'm your Fitness Buddy, here to help you achieve your fitness goals. What brings you here today? Are you looking to lose weight, build muscle, or improve your endurance? Let me know, and I'll do my best to create a personalized plan just for you!

► How did I get this answer?



You: 10:38 PM

I have 20 minutes daily. Suggest a quick full-body routine.



Fitness Buddy 10:38 PM

With 20 minutes a day, we can definitely get a great full-body workout in. Here's a quick and effective routine for you:

Warm-up (2 minutes)

- Jumping jacks: 30 seconds
- Dynamic arm circles: 30 seconds (hold your arms straight out to the sides and make small circles with your hands)

Exercise Circuit (16 minutes)

- Burpees: 3 sets of 10 reps (30 seconds rest between sets)
- Mountain climbers: 3 sets of 20 reps (30 seconds rest between sets)
- Push-ups: 3 sets of 10 reps (30 seconds rest between sets)
- Squats: 3 sets of 10 reps (30 seconds rest between sets)
- Plank hold: 3 sets of 30-second hold (30 seconds rest between sets)

Cool-down (2 minutes)

- Static stretches for major muscle groups (hamstrings, quadriceps, chest, back, and shoulders)

Type something...



RESULTS


Agent preview

How does this sound? Are you ready to give it a try?

► How did I get this answer?

 You: 10:39 PM

Suggest a simple bulking diet under ₹200 per day

 Fitness Buddy 10:39 PM

To suggest a simple bulking diet under ₹200 per day, I'll provide you with some affordable and nutrient-dense food options. Here's a sample meal plan:

Breakfast

- Oatmeal with milk and banana: ₹30
 - 1 cup cooked oatmeal
 - 1 cup milk
 - 1 banana

Mid-morning Snack

- Peanut butter banana toast: ₹20
 - 2 slices whole wheat bread
 - 2 tbsp peanut butter
 - 1 banana


Lunch

- Brown rice and lentil bowl: ₹50
 - 1 cup cooked brown rice
 - 1 cup cooked lentils
 - 1 cup mixed vegetables (carrots, peas, onions)







Type something...



RESULTS

 IBM watsonx


Upgrade ? 🔔 Kishor Mugale's Account ▾ Sydney ▾ KM ⋮

Deployment spaces / Fitness_Buddy / Fitness Buddy /      


Fitness Buddy ✔ Deployed Online

API reference Test **Preview**

New chat +

 You 10:58 PM

I did 3 sets of 12 squats at 30kg today. Record it

 Fitness Buddy 10:58 PM

Based on the search results, there are several fitness tracking apps available, including Google Fit, MyFitnessPal, Strong Workout Tracker, and Strava. These apps can help you track your workouts, monitor your progress, and reach your fitness goals. You can choose the app that best fits your needs and preferences.


Here are some simple, budget-friendly meal ideas that can help you achieve your fitness goals:


1. Grilled chicken breast with roasted vegetables
2. Salmon with quinoa and steamed broccoli
3. Lentil soup with whole grain bread
4. Stir-fried tofu with brown rice and mixed vegetables
5. Omelette with vegetables and whole grain toast

Remember to stay hydrated by drinking plenty of water throughout the day. Aim to eat five servings of fruits and vegetables daily, and limit your intake of processed foods and sugary drinks.

How's your progress so far? Are you feeling motivated to continue working towards your fitness goals?

► How did I get this answer?



Type something... 

CONCLUSION

- The agent can create personalized workout and diet plans, offer tips, and adjust based on progress.
- It saves time by automating fitness tracking, goal monitoring, and routine optimization.
- Fitness Buddy enhances consistency, motivation, and results for users across all fitness levels.

GITHUB LINK

- https://github.com/mahhesh-08/fitness_buddy

FUTURE SCOPE

- Multilingual Fitness Coaching Support
- Voice-Activated Workout and Meal Guidance
- Real-Time Progress Sharing with Trainers or Friends
- AI-Driven Injury Prevention and Posture Correction
- Integration with Wearables and Fitness Tracking Devices
- Adaptive Training Plans Based on Real-Time Biometrics

IBM CERTIFICATIONS



In recognition of the commitment to achieve
professional excellence



Mahesh Dhote

Has successfully satisfied the requirements for:

Journey to Cloud: Envisioning Your Solution



Issued on: Jul 17, 2025
Issued by: IBM SkillsBuild

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IBM **SkillsBuild**

Completion Certificate



This certificate is presented to

Mahesh Dhote

for the completion of

**Lab: Retrieval Augmented Generation with
LangChain**

(ALM-COURSE_3824998)

According to the Adobe Learning Manager system of record

Completion date: 25 Jul 2025 (GMT)

Learning hours: 20 mins



THANK YOU