Introduction

## Background

The lack of expertise that people have on how to perform a good training session

has a series of issues. The two issues we encounter are that it leads to inefficiency and

bad practices that can lead people to quit or injure themselves. With the cost to have

a personal trainer or somebody to manage a person’s training session being very high,

there is an opportunity to improve the user experience with automated services that

provide relevant information and keeps track of the progress that is being made.

Artificial Intelligence has come a long way since the 1950s and today’s computing

capabilities have opened a whole world of possibilities, the evolution of tools in language

processing has seen an increasing amount of applications which mix human and machine

interaction like nobody has ever imagined.

The objective of this project is to explore the capabilities of Machine Learning with

Natural Language Processing by using the tools available and study it’s integration

with a real-world application such as a trainer chat bot. Over the years chat bots have

steadily been incorporated into society, the flexibility and cost chat bots have, makes a

very lucrative option for monotonous operations such as some provided by a personal trainer.

## Motivation

My motivation came by

* My experience in gyms
* Survey
* Previous experience with chatbots

## Objectives

* Improve dropout rate in gyms
* Improve health

Context

## Socioeconomic Environment

* Social Impact
* Economic Impact

## Regulatory Framework

* Ethical risks
* GDPR

Solution Proposed

## Sam presentation

* Sam presentation

## Functionality

* Existing functionality

## Initial Design

* Technologies used
* Structure

## Second Iteration

* Technologies used
* Structure

## Demonstration

* Judges demonstration
* If wrong: Video presentation

Planning and Budget

## Planning

* Original Plan
* Revised Plan

## Budget

* Cheap hardware and software
* Biggest cost human resources

Future Work

## Next steps in development

* Complete existing functionality
* Additional functionality
* Voice assistant

Conclusions

## Market for product

* People would use it
* Benefit to gyms