# **HEALTH AND WELLNESS CHATBOT**

Team members

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**1.Title-AI chatbot for wellness**

The beauty of such a chatbot lies in its accessibility and personalization. Unlike generic wellness advice, it learns from your interactions, offering tailored suggestions that fit your lifestyle. It’s like combining a therapist, nutritionist, and fitness trainer in one digital assistant.

**2.Objective**

The primary objective of the AI wellness chatbot is to support users in improving their mental, physical, and emotional well-being by providing personalized guidance, resources, and reminders. It aims to:

1.Promote mental health.

2. Encourage healthy lifestyle habits

3. Provide accessible wellness support

4. Track and motivate progress

5. Ensure privacy and safety

**3.Tools used**

The Health and Wellness Chatbot “WellnessBuddy” was developed using Lovable.ai, an AI-powered website builder that made it easy to design a visually appealing, responsive, and interactive interface. Lovable.ai’s intuitive tools helped integrate chatbot features, customize layouts, and ensure smooth user interaction, resulting in a friendly and engaging wellness platform.

**4. Methodology:**  
• **Day 1**

Decided on the project idea and selected the theme *Health and Wellness Chatbot – “WellnessBuddy.”*  
• **Day 2**

Discussed common health and wellness problems and planned the chatbot’s features, design, and conversation flow.  
• **Day 3**

Created the chatbot using **Lovable.ai**, designed the website layout, and integrated interactive responses for tips and guidance.  
• **Day 4**

Tested the chatbot, made final improvements, and prepared the presentation with visuals and project explanations.

**5.Output**

A friendly Health and Wellness Chatbot named “WellnessBuddy” that gives daily health tips, exercise ideas, and mental wellness support in a warm, caring tone. It helps users stay motivated, healthy, and balanced through simple, interactive conversations.

**6.Result**

Developed a Health and Wellness Chatbot named “WellnessBuddy” that offers daily health tips, exercise suggestions, nutrition advice, and mental wellness support. It engages users through friendly, interactive conversations to promote a balanced and healthy lifestyle.

**7.Conclusion**

The Health and Wellness Chatbot “WellnessBuddy” successfully promotes healthy habits and mental well-being through engaging, supportive conversations. It encourages users to maintain a balanced lifestyle with daily tips and personalized guidance.

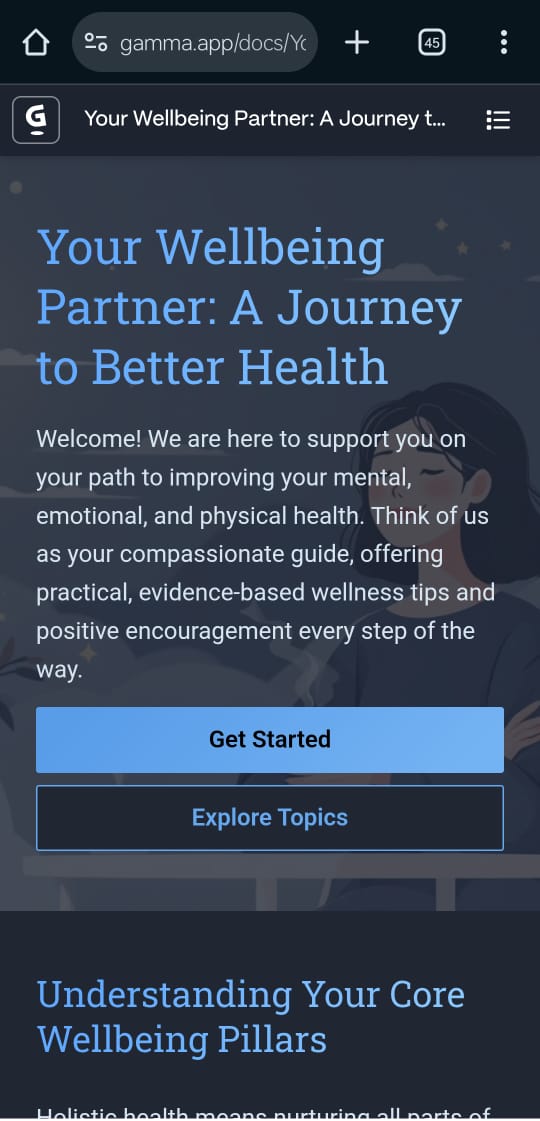
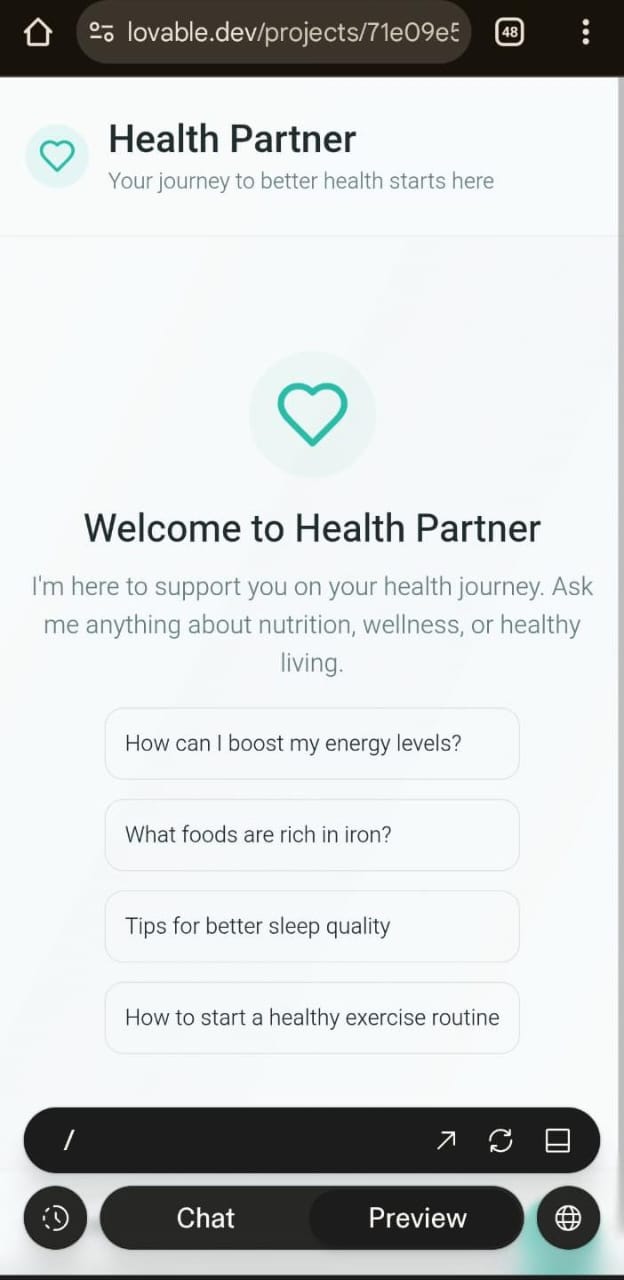
**8.Website**

<https://gamma.app/docs/Your-Wellbeing-Partner-A-Journey-to-Better-Health-do3vh6gmczq3x6l>

**9.Project url**

https://lovable.dev/projects/71e09e54-7121-4974-be69-853a723d91e3

**10.website and chatbot screenshot**

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