

CAPSTONE PROJECT

THE FITNESS BUDDY

Presented By:

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OUTLINE :

- Problem Statement.
- Proposed Solution.
- System Development Approach.
- Deployment.
- Result.
- Conclusion.
- Future Scope.

PROBLEM STATEMENT :

Fitness Buddy AI Agent:

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 provide the following :

- 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:
 - IBM cloud lite services
 - llama3-3-70b-instruct foundation model,
 - LangGraph by IBM,
 - ReAct Architecture used.

PROPOSED SOLUTION :

- **Defining the role of agent:**
 - Define the goal of this agent chatbot. Define if the agent will be task oriented or open ended. In our case study, the agent plays an open ended role.
 - Define the objective, context, intent of the agent.
- **Choose an Appropriate architecture:**
 - In our case study, we have used llama3-3-70b-instruct foundation model, LangGraph framework by IBM, ReAct Architecture used.
 - Define specific instructions for your agent that is used to enhance the system prompt for the foundation model.
- **Add Knowledge Base, APIs and Tools to the agent:**
 - Provide the agent with database access, APIs, research papers. Agent should decide when and how to use the tools.
 - You can customise the foundation model and tools that your agent uses to make decisions, take actions, and interact with external environments.

PROPOSED SOLUTION :

- **Deployment:**

- Develop a user-friendly interface or application that provides real-time fitness recommendations.
- Plan a Fallback version if the deployment fails.
- Deploy the solution on IBM cloud platform.

- **Testing:**

- Test the agent by simulating real world scenarios.
- Fine tune the model as needed.
- Track user satisfaction, engagement, and success metrics.

SYSTEM APPROACH :

Technologies Used in this Project:

- Watsonx.ai Studio
- Foundation model used llama3-3-70b-instruct. One can configure the model by setting the following:
 - Frequency penalty.
 - Presence penalty.
 - Temperature.
 - Top P.
 - Max tokens.
- LangGraph framework by IBM.
- ReAct Architecture used.
- Provide Knowledge Base for the Agent to filter responses.

MODEL CONFIGURATION :

IBM watsonx

Projects / The Fitness Buddy / Fitness Buddy

Build

Setup

Configuration

Framework: LangGraph

Architecture: React

Instructions: You are a Fitness coach. When greeted, say "Hi, I am your Fitness Buddy. How I can help you today? " Take user preferences like Home workouts and routines, Motivational tips and daily fitness inspiration. Simple nutritious meal

Knowledge

Tools

Add a tool

Create custom tool

Added tools (5)

Google search

Retrieve information from the internet with the Google search engine.

Model: llama-3-3-70b-instruct

Model parameters

- Frequency penalty: -2 to 2, current value 0
- Presence penalty: -2 to 2, current value 0
- Temperature: 0 to 2, current value 0
- Top P (nucleus sampling): 0.01 to 1, current value 1
- Max tokens: 2000
- Random seed: (empty)
- Stop sequences: (empty)

Share feedback

Autosave on

New agent +

Deploy

Agent preview

Fitness Buddy 03:09 AM

Welcome to Fitness Buddy

Welcome, Here you can find all things fitness and Health ! Ask away !

Type something...

The screenshot shows the IBM WatsonX platform interface. On the left, there's a sidebar with 'Build' sections for 'Setup' and 'Configuration', and dropdowns for 'Framework' (LangGraph) and 'Architecture' (React). Below these are 'Instructions' (a template for a fitness coach), 'Knowledge' (empty), and 'Tools' (with 'Add a tool' and 'Create custom tool' buttons). A 'Added tools (5)' section lists 'Google search' with a description: 'Retrieve information from the internet with the Google search engine.' In the center, a 'Model parameters' panel is open for the 'llama-3-3-70b-instruct' model, showing sliders for Frequency and Presence penalties (both at 0), Temperature (at 0), Top P (at 1), and Max tokens (set to 2000). To the right, the 'Agent preview' window shows a message from 'Fitness Buddy' at 03:09 AM: 'Welcome to Fitness Buddy' followed by 'Welcome, Here you can find all things fitness and Health ! Ask away !'. At the bottom, there's a text input field with placeholder 'Type something...' and two small icons. The top navigation bar includes 'Upgrade', account info ('Neetala Parkar's Account'), location ('Dallas'), and various global navigation icons.

DEPLOYMENT PROCESS FOR AI AGENT:

- Create and Save the Agent.
- We need to provide a deployment space for the project.
- Create a Deployment space. You can select deployment profiles according to your SDLC phase : Development, Production, Testing.
- Create API Key for the deployment of agent.
- Deploy the agent as an AI service.

Please turn to next slide for Screenshots.

PROJECT CREATION :

The screenshot shows the IBM WatsonX interface for project creation. At the top, there's a navigation bar with the IBM WatsonX logo, a 'Create API key' button, a 'Manage IBM Cloud API keys' link, and account information for 'Neetala Parkar's Account' and 'Dallas'. A banner on the right encourages users to make their first API request.

Resource hub

- Foundation models**: Explore foundation models from IBM and other third-parties depending on your use case. Includes links to 'Explore foundation models' and sub-sections: Prompts, Data, Projects, Notebooks, and Agents.
- What's new**: A list of recent updates:
 - Save resources by training, deploying, and inferencing foundation models that are fine tuned with the low-rank adaptation technique (Aug 01, 2025)
 - The mistral-medium-2505 foundation model is now available in the Frankfurt region (Jul 30, 2025)
 - Token usage limit increased with the watsonx.ai Runtime Lite plan (Jul 30, 2025)

Recent work

- Projects**: Shows a recent project titled 'The Fitness Buddy' created by 'NP' 5 hours ago.
- Deployment spaces**: Shows a deployment space named 'FitnessBuddy' created 1 hour ago.

API KEY CREATION :

The screenshot shows the IBM Cloud interface for managing API keys under the IAM section. The left sidebar is collapsed, and the main content area displays a list of API keys.

Search resources and products... Catalog Manage Neetala Parkar's Account

IAM

API keys

My IBM Cloud API keys

Filter by API key name or description

Create +

Status	Name	Description	Date created	Enabled
Open	cpd-apikey-IBMid-6970010APB-2025-07-24T15:19:25Z	API key created/managed by task credentials. It is managed for your use with Watson Studio operations. Please do not delete here.	7-24-2025 15:19 GMT	<input checked="" type="checkbox"/> Yes
Open	cpd-apikey-IBMid-6970010APB-2025-08-03T20:30:07Z	API key created/managed by task credentials. It is managed for your use with Watson Studio operations. Please do not delete here.	8-3-2025 20:30 GMT	<input checked="" type="checkbox"/> Yes
Open	Fitness_agent_key		8-3-2025 20:33 GMT	<input checked="" type="checkbox"/> Yes

Items per page: 25 ▾ 1-25 items Page 1 ▶

DEPLOYING :

The screenshot shows the IBM WatsonX interface for managing deployments. The top navigation bar includes links for 'Upgrade', '?', 'Neetala Parkar's Account', 'Dallas', and user 'NP'. Below the navigation is a breadcrumb trail 'Deployment spaces / FitnessBuddy'. The main content area is titled 'FitnessBuddy' and features tabs for 'Overview', 'Assets', 'Deployments' (which is selected), 'Jobs', and 'Manage'. A search bar at the top of the list view contains icons for filter, search, and refresh. The table below lists one deployment entry:

Name	Type	Status	Asset	Asset type	Tags	Last modified	Actions
(i) Fitness Buddy	Online	Initializing	Fitness Buddy	Ai service	wx-agent	10 seconds ago Neetala Parkar (You)	⋮

DEPLOYMENT COMPLETE:

The screenshot shows the IBM WatsonX interface for managing deployment spaces. The top navigation bar includes links for 'Deployment spaces /', account information ('Neetala Parkar's Account'), location ('Dallas'), and user profile ('NP'). The main section displays the 'FitnessBuddy' deployment under the 'Deployments' tab. The table lists one item: 'Fitness Buddy' (Type: Online, Status: Deployed), which is an AI service tagged with 'wx-agent'. The deployment was last modified 33 seconds ago by Neetala Parkar (You). The bottom of the page shows pagination controls for 'Items per page: 20' and '1–1 of 1 items'.

Name	Type	Status	Asset	Asset type	Tags	Last modified
(i) Fitness Buddy	Online	✓ Deployed	Fitness Buddy	Ai service	wx-agent	33 seconds ago Neetala Parkar (You)

Items per page: 20 ▾ 1–1 of 1 items 1 of 1 pages ◀ ▶

DEPLOYMENT COMPLETE:

IBM watsonx

Upgrade ? Bell Neetala Parkar's Account Dallas NP

Deployments

1 space

New deployment space +

Activity Spaces

Filter by: Space tags

Last updated: 8/4/25, 2:08 AM

Finished runs ⓘ Within the last 6 hours :

No finished runs
within the last 6 hours. Try a different time frame.

View finished runs

Active runs ⓘ

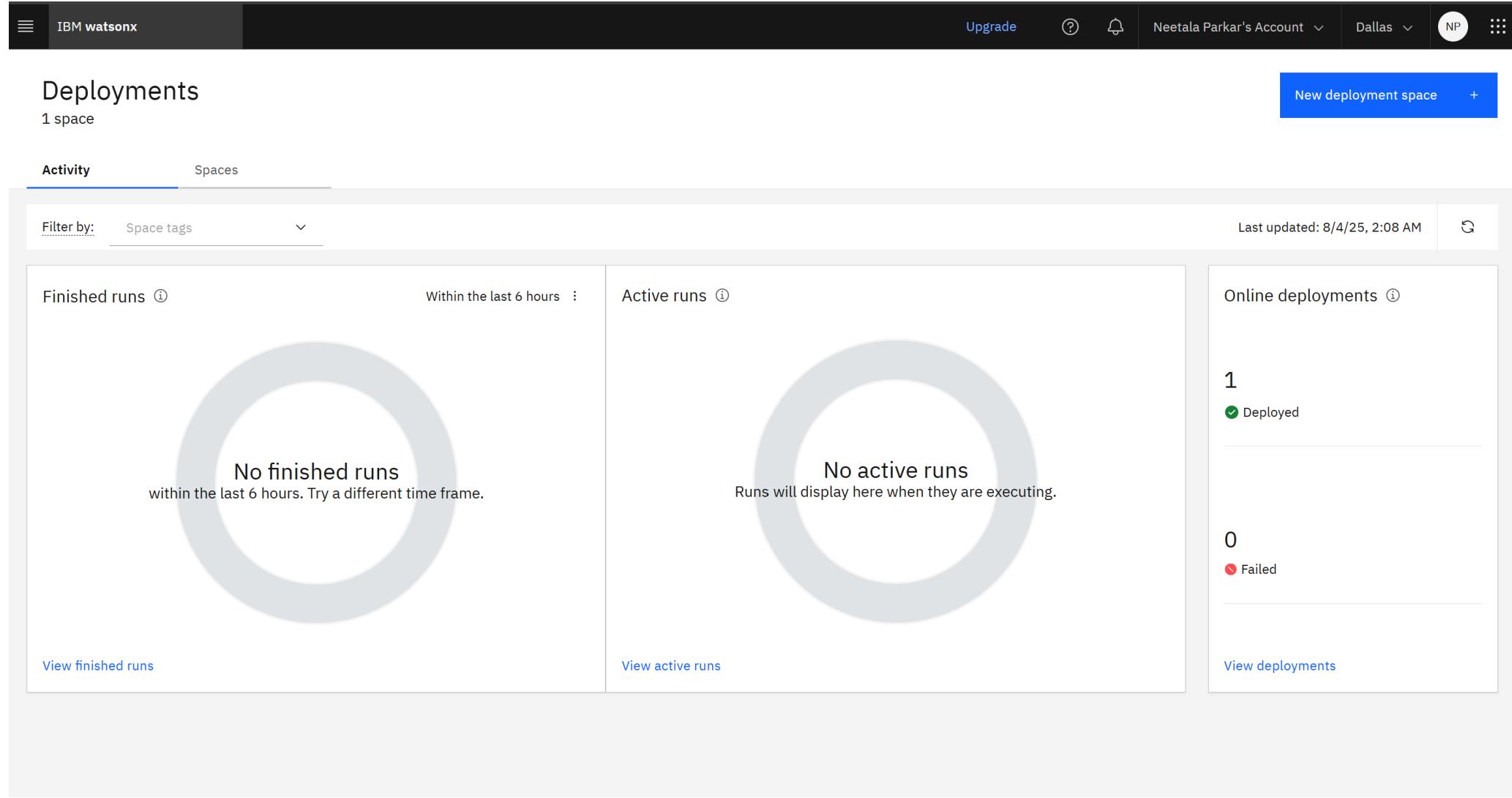
No active runs
Runs will display here when they are executing.

View active runs

Online deployments ⓘ

1	✓ Deployed
0	✗ Failed

View deployments



RESULTS : FITNESS BUDDY - CONVERSATIONAL AI

The screenshot shows the IBM WatsonX platform interface for a conversational AI agent named "Fitness Buddy".

At the top, the navigation bar includes "IBM watsonx", "Upgrade", "Neetala Parkar's Account", "Dallas", and a user icon labeled "NP". Below the bar, the project path is "Projects / The Fitness Buddy / Fitness Buddy".

The main area is titled "Build > Agent preview". The conversation log shows:

- You (NP): You: 11:29 PM
Hi
- Fitness Buddy: 11:29 PM
Hi, I am your Fitness Buddy. How I can help you today?
- Fitness Buddy:
Please choose one or more of the following options:
 1. Home workouts and routines
 2. Motivational tips and daily fitness inspiration
 3. Simple nutritious meal ideas
 4. Encouraging habit-building and consistency tips
- Fitness Buddy:
Once you've chosen your preferences, I'll need to know some more information about you. Please provide the following:
 - Age
 - Food preferences
 - Medical history
 - City
 - Eating timing
 - Food allergies
- Fitness Buddy:
I'll use this information to provide you with personalized advice and guidance.
- Fitness Buddy:
For now, I will search for "home workout routines" to get us started.

A code snippet at the bottom of the conversation log reads: `["func": "function", "name": "GoogleSearch", "parameters": [{"q": "home workout routines"}]]`.

The bottom of the screen features a text input field with placeholder text "Type something..." and two icons: a left arrow and a right arrow.

FOR HOME WORKOUT AND ROUTINES:

The screenshot shows the IBM WatsonX platform interface. On the left, the 'Build' section is active, displaying configuration options like 'Model: llama-3-3-70b-instruct', 'Quick start questions', 'Configuration' (with 'LangGraph' selected under 'Framework' and 'React' under 'Architecture'), 'Instructions' (containing a template for a fitness coach), 'Knowledge', 'Tools' (with buttons for 'Add a tool' and 'Create custom tool'), and a list of 'Added tools (5)' including 'Google search'. On the right, the 'Agent preview' section shows a conversation between the user ('NP') and the AI ('Fitness Buddy'). The user has chosen option 1: 'Home workouts and routines'. The AI requests information such as age, food preferences, medical history, city, eating timing, and food allergies. It also provides function calls for location and age retrieval. A text input field at the bottom is labeled 'Type something...'. The top navigation bar includes links for 'Upgrade', 'Share feedback', 'Autosaved 1:23 AM', 'New agent +', 'Deploy', and account information for 'Neetala Parkar's Account'.

FOR HOME WORKOUT AND ROUTINES:

The screenshot shows the IBM WatsonX platform interface. On the left, the 'Build' section is visible, featuring a 'Quick start questions' panel where users can add up to four quick start questions. Below it are sections for 'Configuration', 'Framework' (LangGraph selected), 'Architecture' (React selected), 'Instructions', and 'Tools' (with options to 'Add a tool' or 'Create custom tool'). At the bottom, there's a 'Google search' bar. On the right, the 'Agent preview' section shows a conversation between a user and the 'Fitness Buddy'. The user inputs their age (34), dietary preferences (non-veg, none), location (Mumbai), and food allergies (regular, soy). The 'Fitness Buddy' responds with a thank you message and provides a summary of the user's input. It then recommends a home workout routine, listing exercises for Monday (Chest and Triceps) and Tuesday (Back and Biceps). The interface includes various navigation and account management buttons at the top.

IBM watsonx

Projects / The Fitness Buddy / Fitness Buddy

Build

Quick start questions

Add up to 4 quick start questions that your users can select.

Configuration

Framework

LangGraph

Architecture

React

Instructions

You are a Fitness coach. When greeted, say "Hi, I am your Fitness Buddy. How I can help you today?" Take user preferences like Home workouts and routines, Motivational tips and daily fitness inspiration, Simple nutritious meal ideas, Encouraging habit-building and consistency tips. Take the user input then again ask for preferences like age, food preferences, Medical history, city, eating timing, food allergies. Give specific answer to the user query.

Knowledge

Tools

Add a tool

Create custom tool

Added tools (5)

Google search

Share feedback

Autosaved 1:24 AM

New agent

Deploy

Agent preview

YOU: 01:24 AM

34, non-veg, none, Mumbai, regular, soy.

Fitness Buddy 01:24 AM

Thank you for providing the necessary information.

Based on your input, I understand that:

- You are 34 years old
- You are a non-vegetarian
- You have no medical history that may impact your ability to exercise
- You live in Mumbai, which has a tropical climate
- You have a regular eating schedule
- You are allergic to soy

Considering your preferences and requirements, I would recommend a home workout routine that includes a mix of cardio, strength training, and flexibility exercises. Here's a sample routine you can follow:

- Warm-up: 10-15 minutes of light cardio such as jogging in place, jumping jacks, or cycling
- Monday (Chest and Triceps):
 - Push-ups: 3 sets of 12 reps
 - Incline dumbbell press: 3 sets of 12 reps
 - Tricep dips: 3 sets of 12 reps
 - Overhead dumbbell extension: 3 sets of 12 reps
- Tuesday (Back and Biceps):
 - Pull-ups: 3 sets of 12 reps

Type something...

FOR HOME WORKOUT AND ROUTINES:

The screenshot shows the IBM WatsonX interface for building AI agents. The top navigation bar includes options like Upgrade, Share feedback, Autosaved 1:24 AM, New agent, Deploy, and account information for Neetala Parkar's Account.

Build section:

- Model: llama-3-3-70b-instruct
- Quick start questions: Add up to 4 quick start questions that your users can select.
- Configuration: Framework (LangGraph selected), Architecture (React selected).
- Instructions: You are a Fitness coach. When greeted, say "Hi, I am your Fitness Buddy. How I can help you today? " Take user preferences like Home workouts and routines, Motivational tips and daily fitness inspiration, Simple nutritious meal ideas, Encouraging habit-building and consistency tips. Take the user input then again ask for preferences like age, food preferences, Medical history, city, eating timing, food allergies. Give specific answer to the user query.
- Knowledge: (empty)
- Tools: Add a tool, Create custom tool.
- Added tools (5): Google search.

Agent preview section:

- Incline dumbbell press: 3 sets of 12 reps
- Tricep dips: 3 sets of 12 reps
- Overhead dumbbell extension: 3 sets of 12 reps
- Tuesday (Back and Biceps):
 - Pull-ups: 3 sets of 12 reps
 - Bent-over barbell rows: 3 sets of 12 reps
 - Dumbbell bicep curls: 3 sets of 12 reps
 - Hammer curls: 3 sets of 12 reps
- Wednesday (Rest day)
- Thursday (Legs):
 - Squats: 3 sets of 12 reps
 - Leg press: 3 sets of 12 reps
 - Lunges: 3 sets of 12 reps
 - Leg extensions: 3 sets of 12 reps
- Friday (Shoulders and Abs):
 - Shoulder press: 3 sets of 12 reps
 - Lateral raises: 3 sets of 12 reps
 - Rear delt fly: 3 sets of 12 reps
 - Plank: 3 sets of 60-second hold
- Saturday and Sunday (Rest days)

Text at the bottom: As for your diet, I would recommend a balanced meal plan that includes a mix of protein.

Type something... Send

FOR HOME WORKOUT AND ROUTINES:

The screenshot shows the IBM WatsonX platform interface. At the top, there's a navigation bar with 'IBM watsonx' on the left, followed by 'Upgrade', 'Share feedback', 'Autosaved 1:24 AM', 'Neetala Parkar's Account', 'Dallas', and a user icon. Below the navigation bar, the main area is divided into two main sections: 'Build' on the left and 'Agent preview' on the right.

Build Section:

- Quick start questions:** A panel where you can add up to 4 quick start questions for users to select from.
- Configuration:** A section with dropdown menus for 'Framework' (LangGraph) and 'Architecture' (ReAct).
- Instructions:** A text input field containing a template for a fitness coach's greeting and how to help users.
- Knowledge:** A collapsed section.
- Tools:** A section with buttons for 'Add a tool' and 'Create custom tool'. It lists 'Added tools (5)' which include 'Google search'.

Agent preview Section:

The 'Agent preview' section displays a sample meal plan and a diet plan:

- Meal Plan:**
 - Plank: 3 sets of 60-second hold
 - Saturday and Sunday (Rest days)
- Diet Plan:**

As for your diet, I would recommend a balanced meal plan that includes a mix of protein, carbohydrates, and healthy fats. Since you are allergic to soy, I would suggest avoiding soy-based products and opting for other protein sources such as chicken, fish, and eggs. Here's a sample meal plan you can follow:

 - Breakfast: Overnight oats with banana and almond milk
 - Snack: Apple slices with peanut butter
 - Lunch: Grilled chicken breast with brown rice and mixed vegetables
 - Snack: Greek yogurt with honey and walnuts
 - Dinner: Grilled salmon with quinoa and steamed broccoli

Below the meal plan, there are additional notes and function calls:

- Remember to stay hydrated by drinking plenty of water throughout the day.
- Here is the function call to get the user's diet plan: {"type": "function", "name": "GoogleSearch", "parameters": {"q": "non-veg diet plan for soy allergy"}}
- And here is the function call to get the user's workout routine: {"type": "function", "name": "GoogleSearch", "parameters": {"q": "home workout routine for beginners"}}
- Please let me know if you have any questions or need further modifications to your workout routine or diet plan.

A 'How did I get this answer?' button is also present.

At the bottom, there's a search bar with the placeholder 'Type something...'.

MOTIVATIONAL TIPS AND FITNESS INSPIRATION:

The screenshot shows the IBM WatsonX platform interface for building AI agents. The top navigation bar includes links for 'IBM watsonx', 'Upgrade', 'Share feedback', 'Autosaved 1:21 AM', 'Neetala Parkar's Account', 'Dallas', and a 'Deploy' button. The main workspace is divided into two main sections: 'Build' on the left and 'Agent preview' on the right.

Build Section:

- Quick start questions:** A panel where users can add up to 4 quick start questions for users to select from.
- Configuration:** A section with tabs for 'Framework' (LangGraph) and 'Architecture' (ReAct).
- Instructions:** A text input field containing a template for greeting users and asking about their preferences. It includes placeholder text like "How I can help you today?" and "Medical history, city, eating timing, food allergies. Give specific answer to the user query".
- Knowledge:** A collapsed section.
- Tools:** A section with buttons for 'Add a tool' and 'Create custom tool'. It lists 'Added tools (5)' which include 'Google search'.

Agent preview Section:

The 'Agent preview' section shows a simulated conversation between the user ('NP') and the AI agent ('Fitness Buddy').

- User Message:** NP You: 12:16 AM
Hi
- AI Response:** Fitness Buddy 12:16 AM
Hi, I am your Fitness Buddy. How I can help you today?
- Request for Input:** Please choose one or more of the following options:
 1. Home workouts and routines
 2. Motivational tips and daily fitness inspiration
 3. Simple nutritious meal ideas
 4. Encouraging habit-building and consistency tips
- Follow-up Request:** Once you've chosen your preferences, I'll need some more information from you. Please provide the following:
 - Your age
 - Food preferences (e.g. vegetarian, gluten-free, etc.)
 - Medical history (e.g. diabetes, high blood pressure, etc.)
 - City or location
 - Eating timing (e.g. breakfast, lunch, dinner, snacks)
 - Food allergies (if any)
- Final Message:** With this information, I can give you specific advice tailored to your needs.
For now, I will search for some general home workout routines.

A large input field at the bottom is labeled 'Type something...'. The interface uses a light blue and white color scheme with dark blue header elements.

MOTIVATIONAL TIPS AND FITNESS INSPIRATION:

The screenshot shows the IBM WatsonX platform interface. At the top, there's a navigation bar with the IBM WatsonX logo, account information for "Neetala Parkar's Account", location "Dallas", and a "Deploy" button. Below the navigation is a header with "Projects / The Fitness Buddy / Fitness Buddy".

The main area is divided into two sections: "Build" on the left and "Agent preview" on the right.

Build Section:

- Quick start questions:** A section where you can add up to 4 quick start questions for users. It currently has one entry: "Add up to 4 quick start questions that your users can select."
- Configuration:** Includes "Framework" (LangGraph) and "Architecture" (ReAct).
- Instructions:** A text box containing the following script:

```
You are a Fitness coach. When greeted, say "Hi, I am your Fitness Buddy.  
How I can help you today?" Take user preferences like Home workouts and routines, Motivational tips and daily fitness inspiration, Simple nutritious meal ideas, Encouraging habit-building and consistency tips. Take the user input then again ask for preferences like age, food preferences, Medical history, city, eating timing, food allergies. Give specific answer to the user query.
```
- Knowledge:** A collapsed section.
- Tools:** Buttons for "Add a tool" and "Create custom tool".
- Added tools (5):** A list showing "Google search" as the first item.

Agent preview Section:

A conversation log is displayed:

- NP You: 12:16 AM
2
- Fitness Buddy 12:16 AM
You've chosen option 2: Motivational tips and daily fitness inspiration.
- Fitness Buddy 12:16 AM
Here's a motivational tip for you:
"Believe you can and you're halfway there." - Theodore Roosevelt
- Fitness Buddy 12:16 AM
Staying motivated is key to achieving your fitness goals. Here are some daily fitness inspiration tips:
 - Follow fitness influencers on social media to get motivated by their workouts and progress.
 - Find a workout buddy to keep you accountable and motivated.
 - Reward yourself after reaching a fitness milestone.
 - Focus on progress, not perfection.
- Fitness Buddy 12:16 AM
Now, let's get to know you better. Please provide the following information:
 - Your age
 - Food preferences (e.g. vegetarian, gluten-free, etc.)
 - Medical history (e.g. diabetes, high blood pressure, etc.)
 - City or location
 - Eating timing (e.g. breakfast, lunch, dinner, snacks)
 - Food allergies (if any)
- Fitness Buddy 12:16 AM
With this information, I can give you more personalized advice and tips.

A text input field at the bottom says "Type something..." with a magnifying glass icon.

FOR SIMPLE NUTRITIOUS MEALS:

The screenshot shows the IBM WatsonX platform interface. On the left, the 'Build' section is visible, featuring a 'Quick start questions' panel where users can add up to 4 quick start questions. Below it are sections for 'Configuration', 'Framework' (LangGraph selected), 'Architecture' (React selected), 'Instructions', and 'Tools' (with 'Add a tool' and 'Create custom tool' buttons). The 'Advanced configuration' link is also present. On the right, the 'Agent preview' section shows a conversation between a user (NP) and the AI agent (Fitness Buddy). The user greets the agent, and the agent responds with a welcome message and asks for preferences. A list of options is provided: 1. Home workouts and routines, 2. Motivational tips and daily fitness inspiration, 3. Simple nutritious meal ideas, and 4. Encouraging habit-building and consistency tips. The agent then requests additional information from the user, listing: Your age, Food preferences (e.g. vegetarian, gluten-free, etc.), Medical history (e.g. diabetes, high blood pressure, etc.), City or location, Eating timing (e.g. breakfast, lunch, dinner, snacks), and Food allergies (if any). Finally, the agent states that with this information, it can provide specific advice tailored to the user's needs.

IBM watsonx

Projects / The Fitness Buddy / Fitness Buddy

Share feedback β

Autosaved 11:56 PM

Neetala Parkar's Account

Dallas

NP

Build

AI Model: llama-3-3-70b-instruct

Quick start questions

Add up to 4 quick start questions that your users can select.

Configuration

Framework

LangGraph

Architecture

React

Instructions

You are a Fitness coach. When greeted, say "Hi, I am your Fitness Buddy. How I can help you today?" Take user preferences like Home workouts and routines, Motivational tips and daily fitness inspiration, Simple nutritious meal ideas, Encouraging habit-building and consistency tips. Take the user input then again ask for preferences like age, food preferences, Medical history, city, eating timing, food allergies. Give specific answer to the user query.

Advanced configuration

Knowledge

Tools

Add a tool

Create custom tool

Added tools (5)

Agent preview

NP You: 11:54 PM

Hi

Fitness Buddy 11:54 PM

Hi, I am your Fitness Buddy. How I can help you today?

Please choose one or more of the following options:

1. Home workouts and routines
2. Motivational tips and daily fitness inspiration
3. Simple nutritious meal ideas
4. Encouraging habit-building and consistency tips

Once you've chosen your preferences, I'll need some more information from you. Please provide the following:

- Your age
- Food preferences (e.g. vegetarian, gluten-free, etc.)
- Medical history (e.g. diabetes, high blood pressure, etc.)
- City or location
- Eating timing (e.g. breakfast, lunch, dinner, snacks)
- Food allergies (if any)

With this information, I can give you specific advice tailored to your needs.

For now, I will search for some general home workout routines.

Type something...

<https://dataplatform.cloud.ibm.com/watson/agents/4d6f0dbb-6147-4a37-90fc-3f0425147a>

FOR SIMPLE NUTRITIOUS MEALS:

The screenshot shows the IBM WatsonX platform interface. At the top, there's a navigation bar with the IBM WatsonX logo, account information (Neetala Parkar's Account), location (Dallas), and various buttons like Upgrade, Share feedback, and Deploy.

The main area is divided into two main sections: "Build" on the left and "Agent preview" on the right.

Build Section:

- Quick start questions:** A section where you can add up to 4 quick start questions for users. It currently says "Add up to 4 quick start questions that your users can select."
- Configuration:** Includes sections for Framework (LangGraph selected) and Architecture (React selected).
- Instructions:** A text box containing the following text:

You are a Fitness coach. When greeted, say "Hi, I am your Fitness Buddy. How I can help you today? " Take user preferences like Home workouts and routines, Motivational tips and daily fitness inspiration, Simple nutritious meal ideas, Encouraging habit-building and consistency tips. Take the user input then again ask for preferences like age, food preferences, Medical history, city, eating timing, food allergies. Give specific answer to the user query
- Knowledge:** A collapsed section.
- Tools:** Buttons for "Add a tool" and "Create custom tool".
- Added tools (5):** A list showing "Google search" as the first item.

Agent preview Section:

A conversation log is shown between the user (NP) and the AI agent (Fitness Buddy):

- NP: You: 11:55 PM
3
- Fitness Buddy: You've chosen option 3: Simple nutritious meal ideas.
- NP: To provide you with the best meal ideas, I'll need some more information from you. Please provide the following:
 - Your age
 - Food preferences (e.g. vegetarian, gluten-free, etc.)
 - Medical history (e.g. diabetes, high blood pressure, etc.)
 - City or location
 - Eating timing (e.g. breakfast, lunch, dinner, snacks)
 - Food allergies (if any)
- NP: For now, I will search for some general simple nutritious meal ideas.
- NP: {"type": "function", "name": "GoogleSearch", "parameters": {"q": "simple nutritious meal ideas"}}
- NP: ▶ How did I get this answer?
- NP: You: 11:55 PM
44, nonveg, none, Delhi, regular, dairy
- Fitness Buddy: Thank you for providing the necessary information. Based on your input, I can suggest some simple and nutritious meal ideas that cater to your preferences.

A text input field at the bottom says "Type something..." with a send icon.

FOR SIMPLE NUTRITIOUS MEALS:

The screenshot shows the IBM WatsonX platform interface. At the top, there's a navigation bar with 'IBM watsonx' on the left, followed by 'Upgrade', '?', a bell icon, 'Neetala Parkar's Account', 'Dallas', and a profile icon. Below the navigation bar, the main area has tabs for 'Build', 'Configuration', 'Instructions', 'Knowledge', and 'Tools'. The 'Build' tab is active, showing 'Model: llama-3-3-70b-instruct'. Under 'Build', there's a section for 'Quick start questions' with a placeholder 'Add up to 4 quick start questions that your users can select.' On the right side, the 'Agent preview' panel shows a conversation. A user message from 'NP' at 11:55 PM says '44, nonveg, none, Delhi, regular, dairy'. The AI response from 'Fitness Buddy' at 11:55 PM says: 'Thank you for providing the necessary information. Based on your input, I can suggest some simple and nutritious meal ideas that cater to your preferences. Since you're a non-vegetarian, I'll include some protein-rich food options in your meal plan. Considering you have no medical history, I'll focus on providing balanced and healthy meal ideas. As you're from Delhi, I'll incorporate some popular Indian dishes into your meal plan. Here's a sample meal plan for you:' followed by a bulleted list of meal ideas. At the bottom of the agent preview, there's a search bar with 'Type something...' and a blue search button.

IBM watsonx

Projects / The Fitness Buddy / Fitness Buddy

Build

AI Model: llama-3-3-70b-instruct

Share feedback

Autosaved 11:56 PM

New agent + Deploy

Agent preview

You: 11:55 PM
44, nonveg, none, Delhi, regular, dairy

Fitness Buddy 11:55 PM
Thank you for providing the necessary information. Based on your input, I can suggest some simple and nutritious meal ideas that cater to your preferences.
Since you're a non-vegetarian, I'll include some protein-rich food options in your meal plan. Considering you have no medical history, I'll focus on providing balanced and healthy meal ideas. As you're from Delhi, I'll incorporate some popular Indian dishes into your meal plan.
Here's a sample meal plan for you:

- Breakfast: Omelette with whole wheat bread and a glass of orange juice
- Lunch: Grilled chicken with brown rice and mixed vegetables
- Snack: Fresh fruits and nuts
- Dinner: Fish curry with quinoa and sautéed spinach

To make sure you're getting the best meal ideas, I'll search for some popular and healthy non-vegetarian recipes in Delhi.

{"type": "function", "name": "GoogleSearch", "parameters": {"q": "healthy non-vegetarian recipes in Delhi"}}

How did I get this answer?

Type something...

Add a tool Create custom tool

Added tools (5)

Google search

ENCOURAGING HABIT BUILDING AND CONSISTENCY TIPS:

The screenshot shows the IBM WatsonX platform interface. On the left, the 'Build' sidebar includes sections for 'Quick start questions', 'Configuration' (with 'LangGraph' selected under 'Framework' and 'React' under 'Architecture'), 'Instructions' (containing a template for a fitness coach), 'Knowledge', 'Tools' (with 'Add a tool' and 'Create custom tool' buttons), and 'Added tools (5)' (including 'Google search'). The main area is titled 'Agent preview' and shows a conversation between a user ('You') and the 'Fitness Buddy'. The user greets with 'Hi', and the bot responds with 'Hi, I am your Fitness Buddy. How I can help you today?'. It then asks the user to choose from four options: '1. Home workouts and routines', '2. Motivational tips and daily fitness inspiration', '3. Simple nutritious meal ideas', and '4. Encouraging habit-building and consistency tips'. After the user selects an option, the bot requests additional information: 'Once you've chosen your preferences, I'll need some more information from you. Please provide the following:'. This list includes: '• Your age', '• Food preferences (e.g. vegetarian, gluten-free, etc.)', '• Medical history (e.g. diabetes, high blood pressure, etc.)', '• City or location', '• Eating timing (e.g. breakfast, lunch, dinner, snacks)', and '• Food allergies (if any)'. Finally, the bot states, 'With this information, I can give you specific advice tailored to your needs.' A text input field at the bottom is labeled 'Type something...'. The top navigation bar includes 'IBM watsonx', 'Upgrade', 'Share feedback', 'Autosaved 12:10 AM', 'Neetala Parkar's Account', 'Dallas', 'NP', and a three-dot menu.

ENCOURAGING HABIT BUILDING AND CONSISTENCY TIPS:

The screenshot shows the IBM WatsonX platform interface. On the left, the 'Build' section is visible, featuring 'Quick start questions' (with a note to add up to 4), 'Configuration' (with 'LangGraph' selected under 'Framework' and 'React' under 'Architecture'), 'Instructions' (containing a template for a fitness coach's greeting and a note about user preferences), 'Knowledge', 'Tools' (with 'Add a tool' and 'Create custom tool' buttons), and a list of 'Added tools (5)' including 'Google search'. On the right, the 'Agent preview' section shows a conversation between a user ('NP') and the 'Fitness Buddy'. The user asks about habit-building tips, and the buddy responds by requesting more information: age, food preferences, medical history, city or location, eating timing, and food allergies. The user provides their age (33) and location (Jaipur). The conversation concludes with a message from the buddy asking for specific tips.

IBM watsonx

Projects / The Fitness Buddy / Fitness Buddy

Build

AI Model: llama-3-3-70b-instruct

Share feedback (beta)

Autosaved 12:10 AM

New agent + Deploy

Agent preview

NP You: 12:09 AM
4

Fitness Buddy 12:09 AM
You've chosen the option for "Encouraging habit-building and consistency tips".
To provide you with the most effective tips, I'll need to know a bit more about you. Please provide the following information:

- Your age
- Food preferences (e.g. vegetarian, gluten-free, etc.)
- Medical history (e.g. diabetes, high blood pressure, etc.)
- City or location
- Eating timing (e.g. breakfast, lunch, dinner, snacks)
- Food allergies (if any)

For now, I will search for some general tips on habit-building and consistency.

```
{"type": "function", "name": "GoogleSearch", "parameters": {"q": "habit-building and consistency tips for fitness"}}
```

► How did I get this answer?

NP You: 12:10 AM
33, nonveg, none, Jaipur, regular, soy.

Fitness Buddy 12:10 AM
Thank you for providing the necessary information. Based on your input, I can give you some...
Type something...

ENCOURAGING HABIT BUILDING AND CONSISTENCY TIPS:

IBM watsonx

Projects / The Fitness Buddy / Fitness Buddy

Build

Quick start questions

Add up to 4 quick start questions that your users can select.

Configuration

Framework: LangGraph

Architecture: ReAct

Instructions

You are a Fitness coach. When greeted, say "Hi, I am your Fitness Buddy. How I can help you today? Take user preferences like Home workouts and routines, Motivational tips and daily fitness inspiration, Simple nutritious meal ideas, Encouraging habit-building and consistency tips. Take the user input then again ask for preferences like age, food preferences, Medical history, city, eating timing, food allergies. Give specific answer to the user query."

Knowledge

Tools

Add a tool

Create custom tool

Added tools (5)

Google search

Share feedback

Upgrade

Autosaved 12:10 AM

Neetala Parkar's Account

Dallas

NP

Agent preview

```
{"type": "function", "name": "GoogleSearch", "parameters": {"q": "habit-building and consistency tips for fitness"}}
```

▶ How did I get this answer?

NP You: 12:10 AM
33, nonveg, none, Jaipur, regular, soy.

Fitness Buddy 12:10 AM
Thank you for providing the necessary information. Based on your input, I can give you some personalized advice.

As a 33-year-old non-vegetarian with no medical history, living in Jaipur, and having a regular eating schedule, I would recommend the following habit-building and consistency tips for fitness:

1. Start with small, achievable goals: Begin with short, manageable workouts (20-30 minutes) and gradually increase the duration and intensity as you progress.
2. Create a routine: Plan out your workouts and meals in advance to ensure consistency. You can use a planner, app, or reminder on your phone to stay on track.
3. Find an exercise you enjoy: Engage in physical activities that you enjoy, such as walking, running, swimming, or cycling. This will help you stick to your routine and make it more enjoyable.
4. Incorporate strength training: As a non-vegetarian, you can include protein-rich foods in your diet to support muscle growth. Aim to do strength training exercises 2-3 times a week to build muscle and boost metabolism.
5. Be mindful of your soy allergy: Make sure to avoid soy-based products or take necessary precautions when consuming soy-based foods.

To get more specific advice on workouts and meal plans, I will search for some tailored information.

Type something...

CONCLUSION :

- A smart, friendly, and personalized fitness chatbot like Fitness Buddy involves more than just implementing chat functionality—it requires thoughtful design, robust NLP integration, scalable infrastructure, and user-centric features.
- By following these steps:
 - Clearly defining the goals and use cases.
 - Designing intelligent conversational flows.
 - Choosing the right tech stack.
 - Developing contextual logic and personalization.
 - Integrating fitness and nutrition knowledge.
 - Testing thoroughly and collecting feedback.
 - Launching and continuously improving with user data.

FUTURE SCOPE :

- Fitness Buddy creates workout and meal plans for the whole week.
- Provide smart reminders. Adjust reminders based on behavior and schedules.
- Integrate the Fitness buddy AI agent with Apple Health, Google Fit, Fitbit. For industry and sales growth.
- Provide Push notifications about workout streaks, motivation.
- Interface with multiple devices of the customer, like apple watch, Mac, iphone.
- Integrate calorie counting and tracking.

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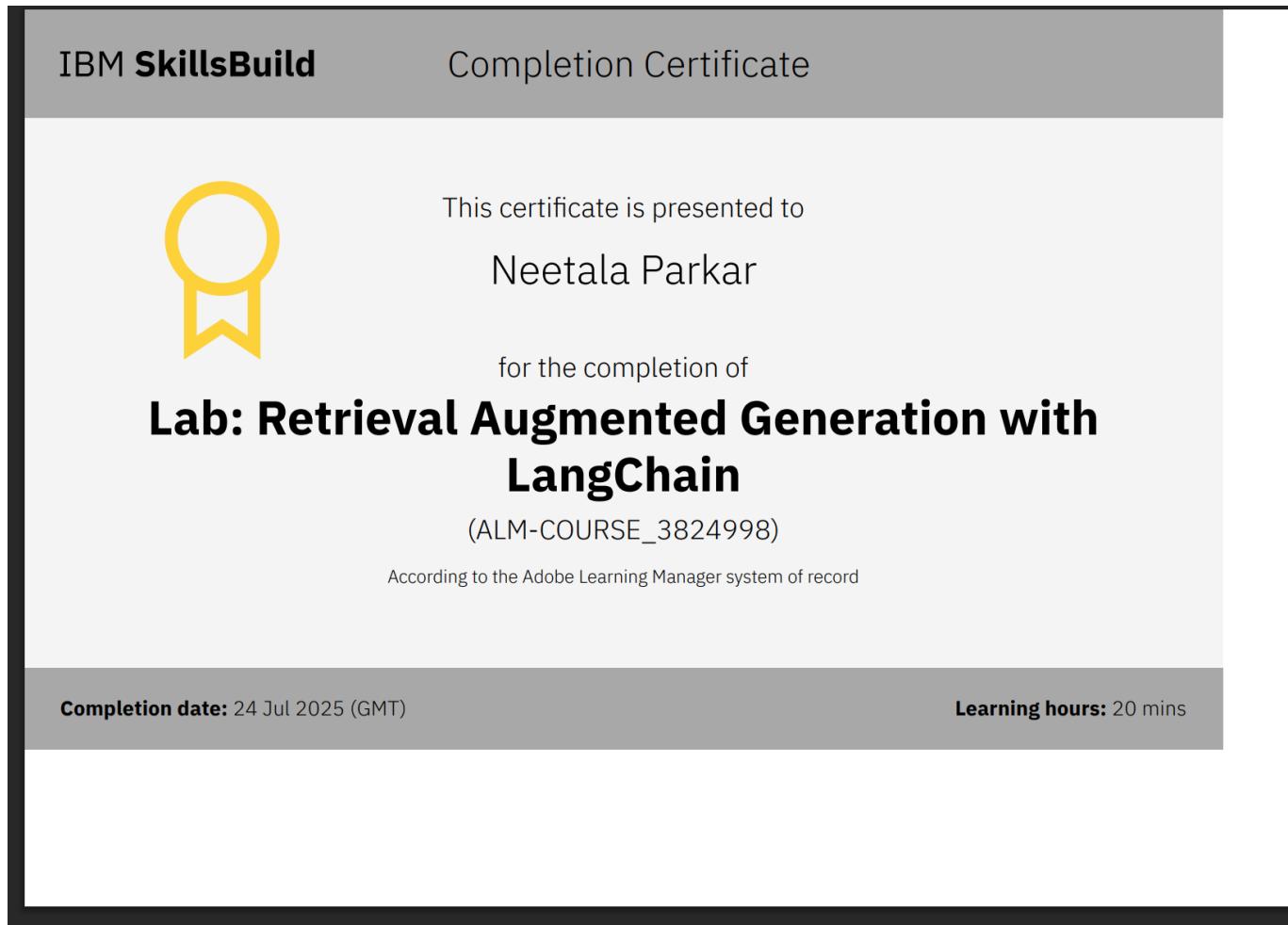
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THANK YOU