**AI-ML PROJECT**

**Selected problem statement: 16**

**Design a fitness and wellness tracking chatbot that can monitor user activity, provide personalized workout plans, and offer health-related advice.**

**ABSTRACT:**

**In today's fast-paced world, maintaining a healthy lifestyle is a growing challenge for many individuals. To address this, we propose the development of a fitness and wellness tracking chatbot, designed to assist users in monitoring their physical activities, providing personalized workout plans, and offering health-related advice. This chatbot leverages real-time data collection from users, either through manual input or integration with fitness tracking devices, to deliver customized fitness solutions tailored to individual goals and preferences.**

**The chatbot employs a recommendation system that adjusts workout plans based on user progress, fitness levels, and feedback. Additionally, it provides actionable health tips, such as hydration reminders and nutrition advice, to support users in their overall wellness journey. By engaging in regular interactions with users, the chatbot encourages consistency and motivation, acting as a virtual personal trainer and wellness coach.**

**Built on a robust chatbot development platform, the system is designed to offer an intuitive and user-friendly interface, ensuring accessibility for users of all technical skill levels. The integration of machine learning models and data analytics further enhances the chatbot’s ability to deliver precise and effective recommendations, making it a valuable tool for anyone looking to improve their fitness and well-being. This project demonstrates the potential of AI-driven solutions in promoting healthier lifestyles and empowering users to take control of their fitness journey.**

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