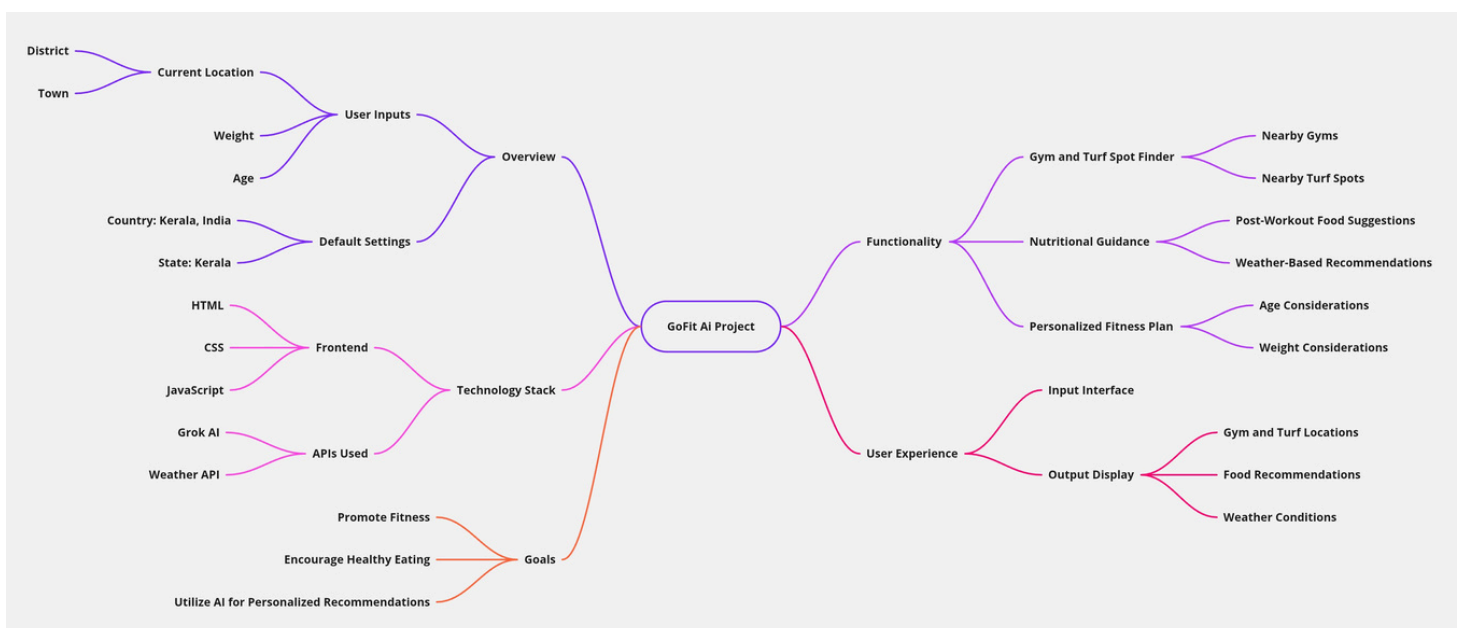# GoFit - AI based Fitness Care

Project Abstract

GoFit AI is a revolutionary project designed to assist users in achieving their fitness goals through AI-powered recommendations. The application allows users to input their location, weight, and age. With a default setting of Kerala, India for location, the AI provides nearby gym and turf spots. Additionally, the system offers tailored post-workout meal recommendations based on real-time weather conditions, user weight, and age to promote a healthy lifestyle.

Tech Stacks: HTML, CSS, JavaScript

APIs Used: Grok AI, Weather API

Workflow Overview:

1. User inputs their location (District, Town), weight, and age.

2. Default state and country: Kerala, India.

3. The Grok AI API fetches nearby gyms and turf spots.

4. Weather API gathers current conditions for personalized recommendations.

5. AI analyzes user data and conditions to suggest post-workout meals for optimal health.

6. Results are displayed interactively on the website.

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