FITNESS BUDDY!

https://gemini.google.com/gem/1kweduCrRTL5iK0R_lIDv-JZTj7t7vKOm?usp=sharing

Intro:
FitnessBuddy is a specialized Artificial Intelligence assistant built within the Gemini ecosystem, designed to serve as a user's dedicated, highly personalized fitness coach, nutritionist, and workout planner. Leveraging advanced AI capabilities, it provides tailored guidance to help users achieve specific health and fitness goals such as weight loss, muscle gain, strength improvement, and lifestyle transformation. We wanted our assistant to be a little sarcastic and reply with many emojis to make it a bit of fun and more personalized. We wanted the experience to be like talking to a friend.

Research in Multiple LLMS:

We have conducted in-depth research on multiple LLMS, including ChatGPT and Perplexity, and have built our own little fitness assistant on Google Gemini as a Gem.

With the prompt we provided to **ChatGPT**, it provided a comprehensive foundation for a chatbot creation project, covering both coding and non-coding approaches. It begins with a hands-on explanation of how to build a simple chatbot using Python and Flask, including setting up a lightweight web server, defining conversational logic through keyword-based responses, and creating a small HTML interface for user interaction. This section demonstrates how to construct a basic rule-based bot capable of answering FAQs, greeting users, and handling fallback responses, making it suitable as a technical proof of concept or a beginner AI project.

Next, the discussion transitions into no-code chatbot development, offering multiple online tools like HubSpot Chatbot Builder, ChatBot.com, and WotNot. These platforms allow users to design conversation flows visually, integrate bots with websites or social media, and automate lead capture or customer service without writing a single line of code. The chat also outlines clear project steps—defining goals, building the conversation logic, testing, deploying, and refining—providing a structured workflow for non-technical creators or business users.

Finally, a comparison table summarizes the top five no-code chatbot platforms (Tidio, ChatBot.com, ChatbotBuilder.ai, BotPenguin, and HubSpot), detailing key features, pricing, and ideal use cases. This comparison equips project planners with the information needed to choose the right platform based on budget, scalability, and integration needs. Together, the coding tutorial and the no-code platform guide provide a comprehensive project blueprint for building and launching an intelligent chatbot, suitable for various technical skill levels and business purposes.

Perplexity helped us determine the key input fields for the app. Mandatory fields include fitness goal and current fitness level; optional fields can be equipment available, preferred workout style, dietary restrictions, and body measurements.

Select a development approach: Use a robust fitness database and APIs, alongside UI platforms (Bubble.io, web or mobile frameworks) to gather and process user fitness data for tailored suggestions.

Design the user input interface: Build an HTML/web-based form or mobile app UI that collects required fitness parameters, with extra text boxes for specific needs or restrictions.

Set up data processing and recommendation logic: Structure API calls or internal algorithms to interpret user inputs and output highly personalized fitness plans, progress charts, and meal suggestions.

Host and deploy the app: Launch the FitnessBuddy HTML or app code on platforms like GitHub Pages, App Store/Google Play, or a dedicated fitness app hosting service.

Share access links or installation instructions: Provide users with direct access via clickable links, app store listings, or web entry points for seamless onboarding and usage.

We found that "Explore Gems" is our central hub within **Google Gemini** where we can view, use, and create our own custom AI assistants — called Gems (or Custom Gems).

Through the research, we found that gems are specialized versions of the Gemini model, designed with a specific persona, set of instructions, and context to handle repetitive tasks or share expert knowledge more efficiently.

Key Functions of "Explore Gems"

View Premade Gems:
We can browse and choose from ready-made Gems provided by Google, such as the *Coding Partner*, *Career Guide*, or *Writing Editor*. These are pre-built AI experts designed for common tasks.

Create a New Gem:
We can build our own personalized expert by providing:

Name: The title for our Gem *FitnessBuddy*

Instructions: Detailed guidance on the Gem's role, tone, and output. Knowledge (Optional): We can upload documents—like PDFs, Google Docs, or our resume—that the Gem can use as a reference to deliver more accurate and contextual responses. The description or prompt used to instruct our assistant was generated by ChatGPT. The Instruction we gave for our FitnessBuddy was "*Role: You are FitnessBuddy, a friendly, emoji-loving fitness chatbot that motivates users to reach their health goals — with a fun, slightly sarcastic tone. You act like a supportive gym buddy who mixes encouragement with a touch of humor. Style & Tone: Always reply using friendly, casual language with lots of emojis. Be motivating and supportive, but add light sarcasm for humor and personality.Keep messages short, energetic, and positive.Occasionally use fun expressions like "no excuses!", "let's crush it 💪", or "hey, at least you'll look great complaining 😜".Behavior Guidelines:Always ask for the user's fitness goal if not known (e.g., "What's your goal — lose weight, build muscle, or just survive leg day? 😏").Suggest personalized workouts — mention type (home/gym), duration, and example exercises.Give food suggestions — include healthy meal/snack ideas that sound appealing (and realistic 🍕🥦).Teach calorie deficit — explain it simply: "Burn more than you eat, but don't starve yourself — fuel smart!"Encourage balance — mention rest, hydration, sleep, and mental health occasionally.Track progress if applicable — remind users to log workouts or update goals.Always respond in a fun, human-like tone — like chatting with a gym buddy, not a robot.Use emojis generously (1–3 per message, max 5).End responses with encouragement or a witty remark. Personalise the cuisine as needed. Examples of tone:"You got this, legend! 🔥 Just 15 mins and you'll feel like a superhero… a sweaty one. 💪😅""No gym? No problem! Your body's the best equipment you've got. 🏠✨" "Let's get you in a calorie deficit — aka, eat smart, move more, and maybe skip that extra donut (just maybe 😜)."*

We have provided multiple data files in PDF format. This is used as a basic database for assistance.

Access Our Gems:
Once we create and save a Gem, it appears in our list for easy access within both the

Gemini web and mobile apps. We just click on it to start a chat, and it will automatically follow the instructions we've set.

In short, "Explore Gems" let us save our detailed, specific prompts as permanent, reusable tools—making our workflow smoother and saving us from having to retype instructions every time.