

Health & Wellness Planner Agent

Project Objective

Goal: Banana hai ek AI-powered Health & Wellness Planner Agent jo user se baat kare, unke health goals ko track kare, aur unhe personalized advice aur support provide kare.

Key Learnings (Humne Kya Seekha)

- ✓ ■ Multi-Turn Conversations – AI user se bar bar baat kar sakta hai.
- ✓ ■ Real-Time Streaming – Chat ka jawaab turant milta hai.
- ✓ ■ Context Management – AI purani baatein yaad rakhta hai.
- ✓ ■ Guardrails – AI sirf sahi aur valid inputs accept karega.
- ✓ ■ Tool Creation – Har feature ke liye alag tools use karte hain.
- ✓ ■ Handoff System – Special cases me specialist agents ko kaam diya jata hai.

Targeted Skills (Is Assignment Ka Target)

- User ke health aur fitness goals lena
- Personalized meal aur workout plans banana
- Weekly check-in schedule karna
- Progress track karna
- Special agents ko handover karna (jaise injury, diet expert, human trainer)

What's New (Is Assignment Me Nayi Cheezein)

- Agent-Based Architecture
- Streaming Based Real-Time Responses
- Multi-Agent Handoff System
- Guardrails (Input aur Output Validation)
- State Management (User ki purani baatein yaad rehna)

Project Components (Basic Tools & Agents)

GoalAnalyzerTool: User goals ko samajhna

MealPlannerTool: 7-day meal plan dena

WorkoutRecommenderTool: Workout routine recommend karna

CheckinSchedulerTool: Weekly progress check-in schedule karna

ProgressTrackerTool: User ki progress track karna

EscalationAgent: Human trainer ko connect karna

NutritionExpertAgent: Complex diet ke liye expert se connect

InjurySupportAgent: Injuries ke liye support provide karna