IBM HACKATHON PROJECT

FitnessBuddy AI AGENT

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OUTLINE

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- End users
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- Git-hub Link
- Future scope
- IBM Certifications

PROBLEM STATEMENT

In today's fast-paced world, many individuals struggle to maintain a healthy lifestyle due to:

- Lack of personalized fitness and nutrition guidance
- Rigid schedules and time constraints
- High costs of gym memberships and coaching
- Inconsistent motivation and poor habit-building

Traditional solutions fail to adapt to personal routines, goals, and accessibility needs. There is a growing demand for a 24/7, intelligent, and user-friendly fitness companion that delivers real-time support.

TECHNOLOGY USED

IBM cloud lite services

Natural Language Processing (NLP)

Retrieval Augmented Generation (RAG)

IBM Granite model

IBM CLOUD SERVICES USED

- IBM Cloud Watsonx AI Studio
- IBM Cloud Watsonx AI runtime
- IBM Cloud Agent Lab
- IBM Granite foundation model

WOW FACTORS

- **24/7 Personalized Fitness Assistant**

Available anytime, anywhere—adapts to the user's schedule and lifestyle without the need for expensive equipment or subscriptions.

- **AI-Generated Workouts & Meals**

Uses IBM Granite to dynamically recommend workouts and healthy meals based on user input like duration, fitness level, or goals.

- **No Equipment? No Problem!**

Tailors routines that can be done at home with zero or minimal equipment.

- **Motivational & Habit-Building Coach**

Sends reminders, motivational quotes, and tracks habits—making it more than just a workout planner.

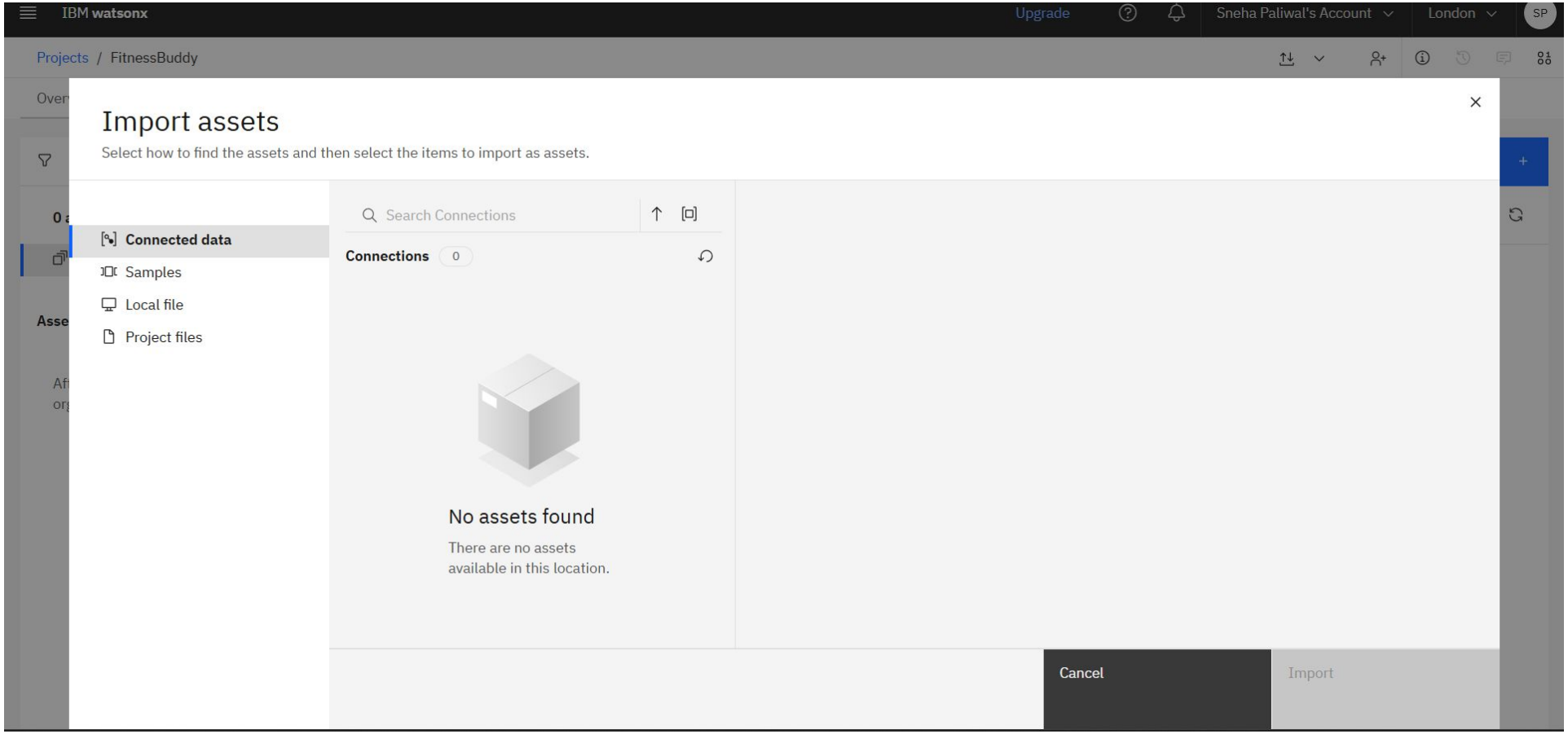
- **Powered by IBM Cloud**

Fully built using IBM Watsonx, Granite, and Cloud Lite—scalable, smart, and secure.

END USERS

- Academic Researchers
- Research Institutions and Universities
- Industry R&D Teams
- Educators

RESULTS



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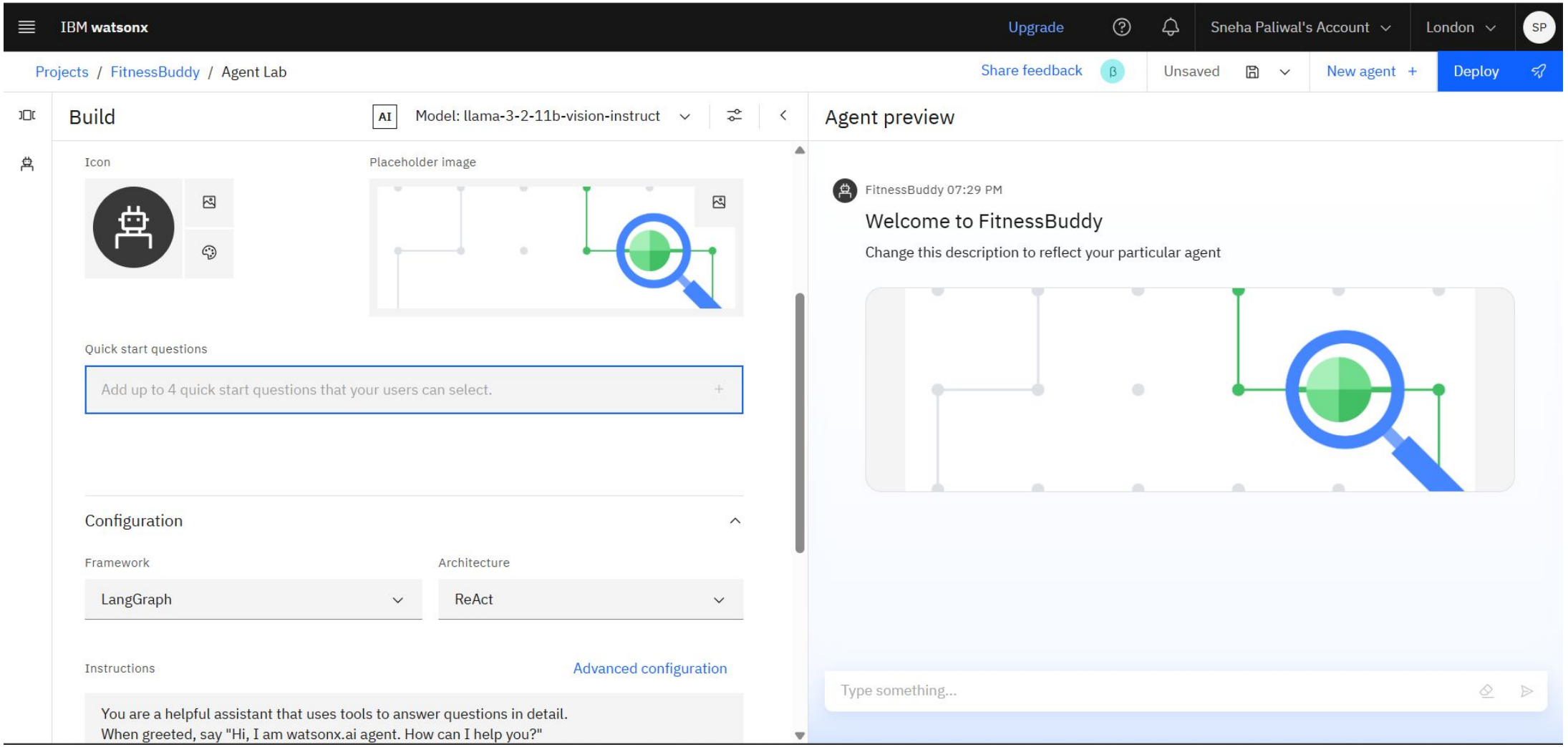
RESULTS



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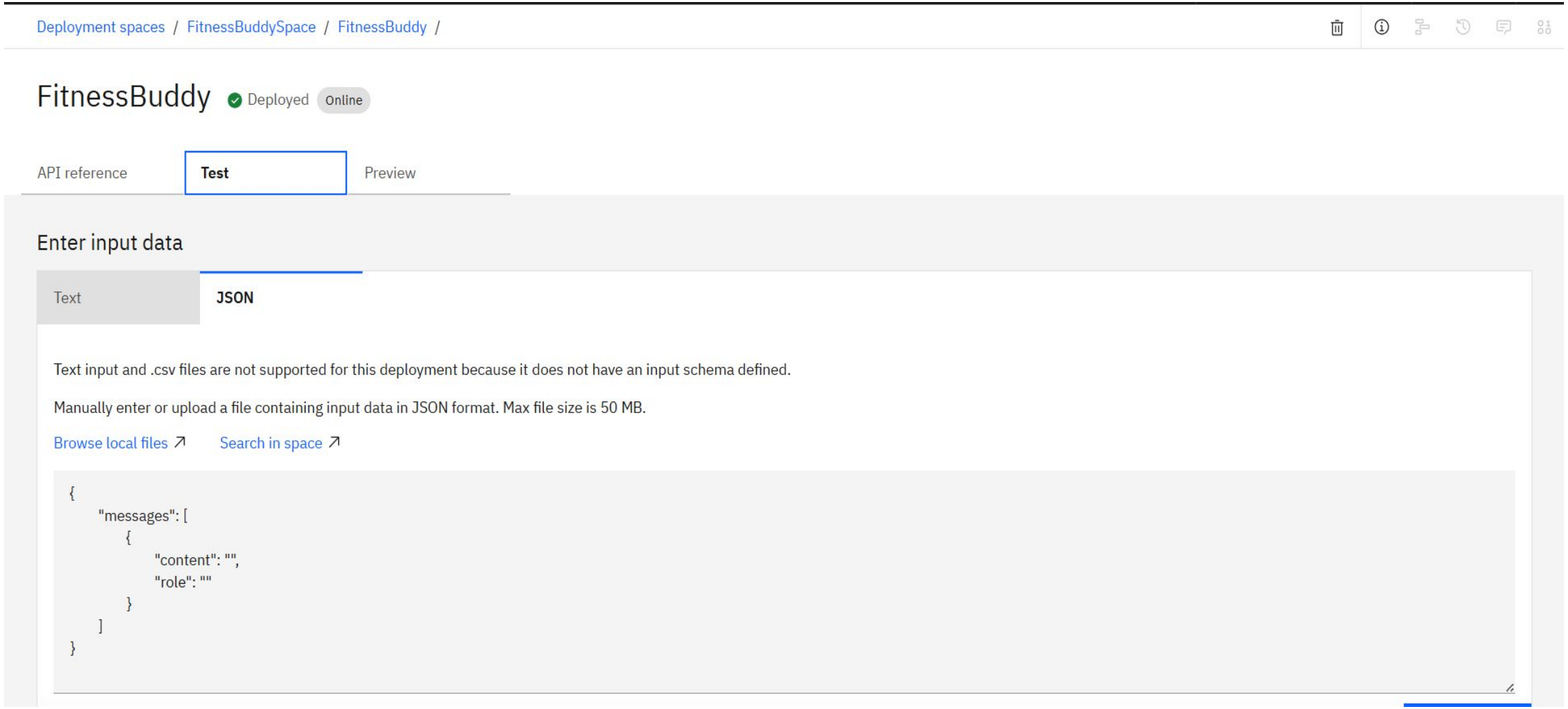
RESULTS



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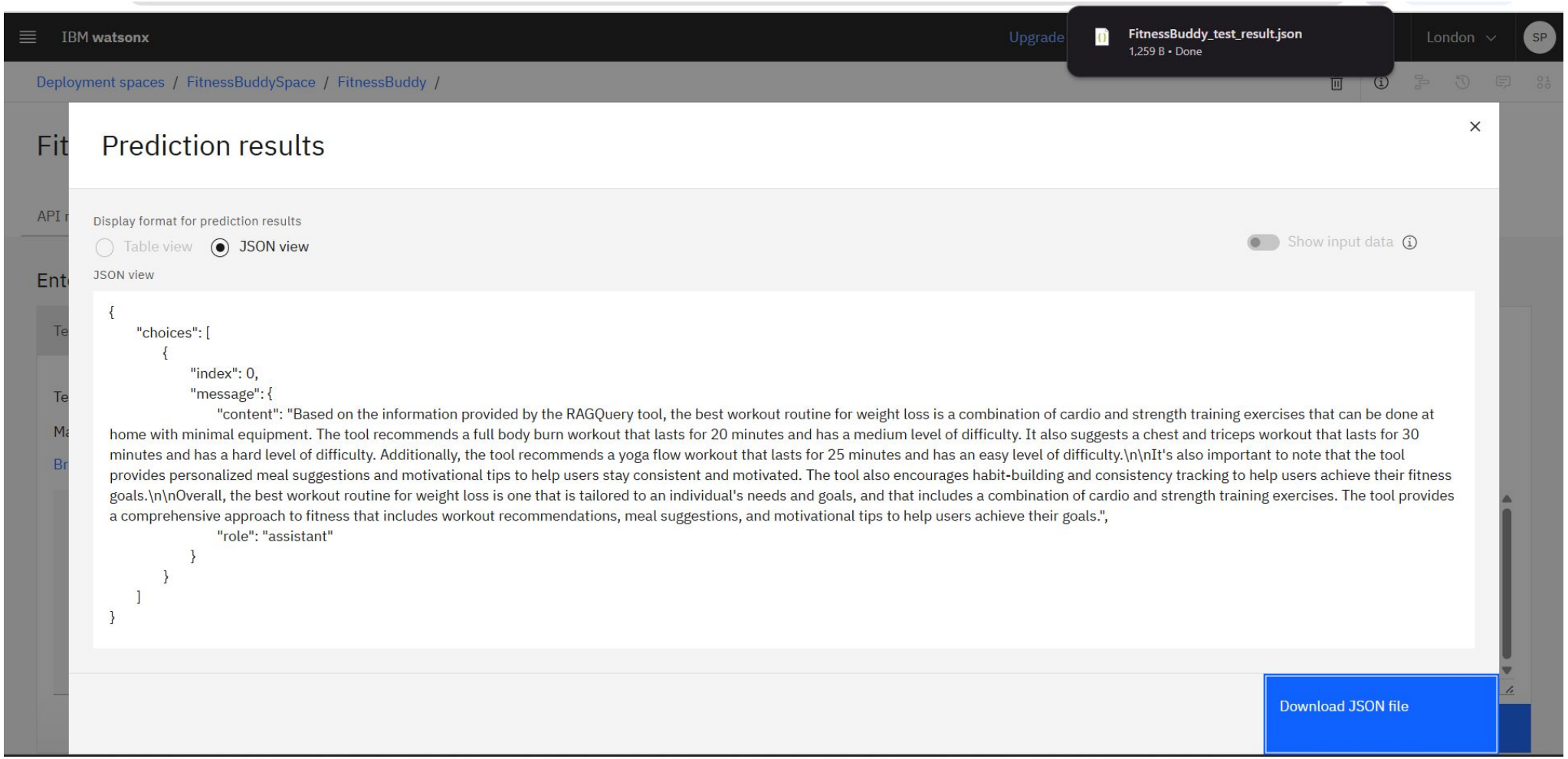
RESULTS



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CONCLUSION

FitnessBuddy is an intelligent, AI-powered virtual assistant that helps users stay fit, eat better, and stay motivated—anytime, anywhere.

Built using IBM Watsonx and Granite Foundation Models, it offers personalized guidance without the cost or rigidity of traditional fitness solutions.

💡 It empowers users by:

- Recommending smart workouts and meal plans
- Encouraging habit-building and wellness consistency
- Making health accessible to beginners and busy individuals alike

GITHUB LINK

- https://github.com/snehapaliwal/FitnessBuddy.git

FUTURE SCOPE

- **Voice Assistant Integration**

  Enable hands-free interaction via voice commands (e.g., “Start my 10-minute workout”).

- **Wearable Device Support**

  Integrate with smartwatches and fitness bands for live tracking of steps, heart rate, calories, etc.

- **Progress Analytics Dashboard**

  Provide visual reports of weekly goals, habits, nutrition, and workout consistency.

- **Mental Wellness & Meditation Support**

  Add AI-generated meditation routines, breathing exercises, and mood tracking.

- **Community & Challenges**

  Enable users to participate in fitness challenges and share progress with friends or groups.

- **Multilingual & Regional Customization**

  Support content in multiple Indian languages and meal plans tailored to regional diets.

IBM CERTIFICATIONS

Networking Academy

Certificate of Course Completion

SNEHA PALIWAL

has successfully achieved student level credential for completing the Introduction to Cybersecurity course.

The student was able to proficiently:

- *Explain the basics of being safe online, including what cybersecurity is and its potential impact.*
- *Explain the most common cyber threats, attacks, and vulnerabilities.*
- *Explain how to protect oneself while online.*
- *Explain how organizations can protect their operations against these attacks.*
- *Access a variety of information and resources to explore the different career options in cybersecurity.*

Verified

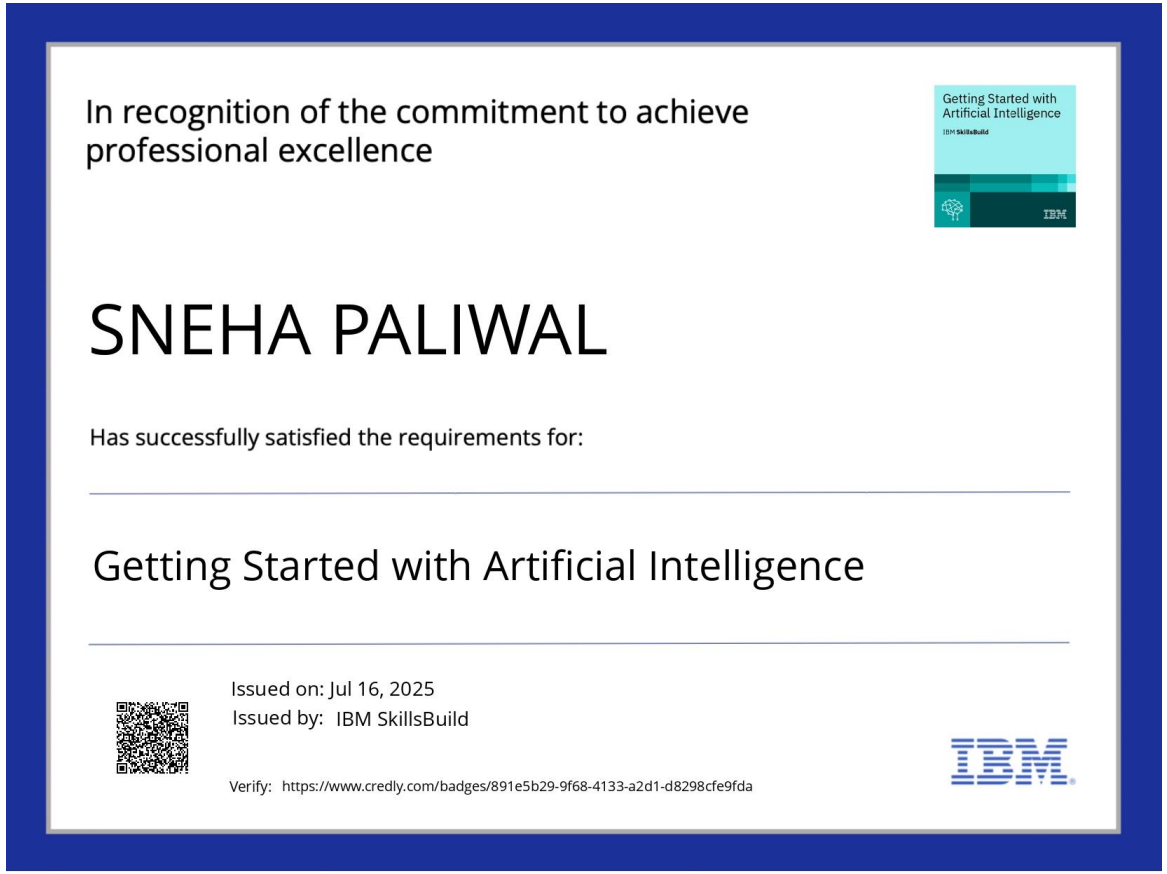
Introduction to Cybersecurity

Scan to Verify

Lynn Bloomer

Lynn Bloomer
Director, Cisco Networking Academy

Issued on: Jun 27, 2025



In recognition of the commitment to achieve professional excellence

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Has successfully satisfied the requirements for:

Getting Started with Artificial Intelligence

Issued on: Jul 16, 2025
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IBM **SkillsBuild** Completion Certificate

This certificate is presented to

SNEHA PALIWAL

for the completion of

Lab: Retrieval Augmented Generation with LangChain

(ALM-COURSE_3824998)

According to the Adobe Learning Manager system of record

Completion date: 21 Jul 2025 (GMT) **Learning hours:** 20 mins

IBM **SkillsBuild** Completion Certificate

This certificate is presented to

SNEHA PALIWAL

for the completion of

Journey to Cloud: Envisioning Your Solution

(PLAN-32CB1E21D8B4)

According to the Your Learning Builder - Plans system of record

Completion date: 21 Jul 2025 (GMT)

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THANK YOU

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