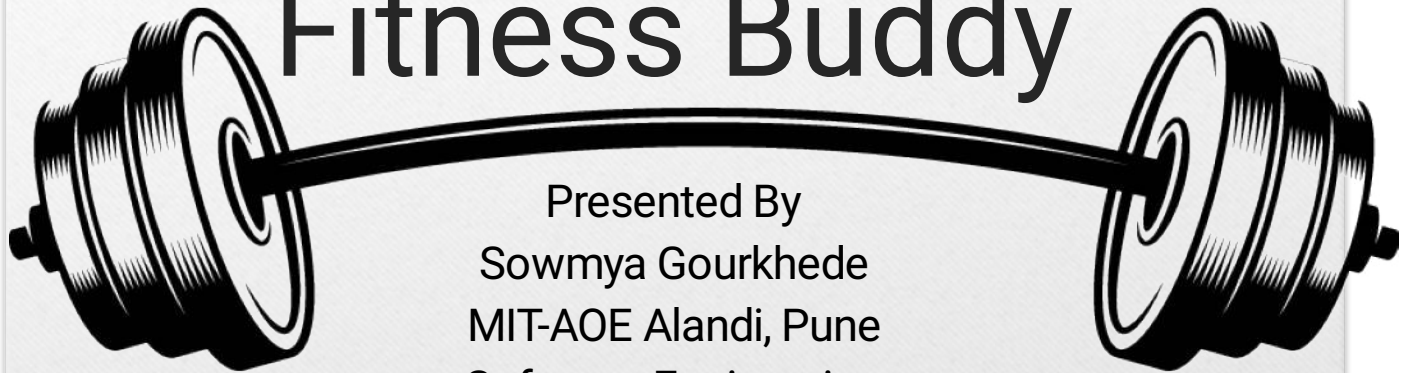


IBM PROJECT Fitness Buddy



Presented By
Sowmya Gourkhede
MIT-AOE Alandi, Pune
Software Engineering

OUTLINE

- Problem Statement no 13: Fitness Buddy
- Wow factor
- End users
- Result
- Conclusion
- Future scope
- IBM certifications

Problem Statement no 13:

- In today's fast-paced world, many individuals struggle to maintain a healthy lifestyle due to lack of personalized guidance, time constraints, and inconsistent motivation. Traditional fitness solutions often require expensive subscriptions, in-person consultations, or rigid schedules that don't adapt to personal preferences or daily routines. People aren't available with accessible on demand fitness advice, healthy meal guidance at their preferable time and space.

Wow Factor

- Unlike traditional fitness apps or personal trainers, Fitness Buddy offers on-demand, real-time guidance.
- Provides meal suggestions, and motivational tips based on the user's mood, preferences, and progress.
- Focuses on home-friendly workouts requiring no fancy gym equipment that is no expensive subscriptions or equipment required.

- Fitness Buddy is a virtual fitness assistant. It uses technology like IBM Assistant that provides the conversational interface where users can interact with AI to receive workout suggestions, meal ideas, motivational tips and track habits.
- Another technology as mentioned which is IBM Granity can be integrated for AI curated content to enhance user engagement.



Fitness Buddy



Sure! How about a 10-minute bodyweight workout? Do each exercise for 30 seconds:

- Jumping Jacks
- Push-Ups
- Squats
- Plank

11:18

Sounds good to me!

11:18

Here's a motivational tip: 😊
Exercise not only changes your body, but it also improves your mind and mood. Keep going!

11:18

What can I make for lunch?

11:18

You could try a quinoa salad with mixed vegetables, like cucumber, tomatoes, and bell peppers.

11:18

Type a message...





Fitness Buddy



How can I stay motivated?

11:18

Staying consistent is key! Here are some tips to stay motivated:

- Focus on small, realistic goals
- Track your progress
- Find an activity you enjoy

11:18

Can you suggest a stretching routine?

11:18

Sure! Here's a simple stretching routine:

- Forward Fold
- Side Stretch
- Child's Pose
- Hip Flexor Stretch

11:18

Type a message...



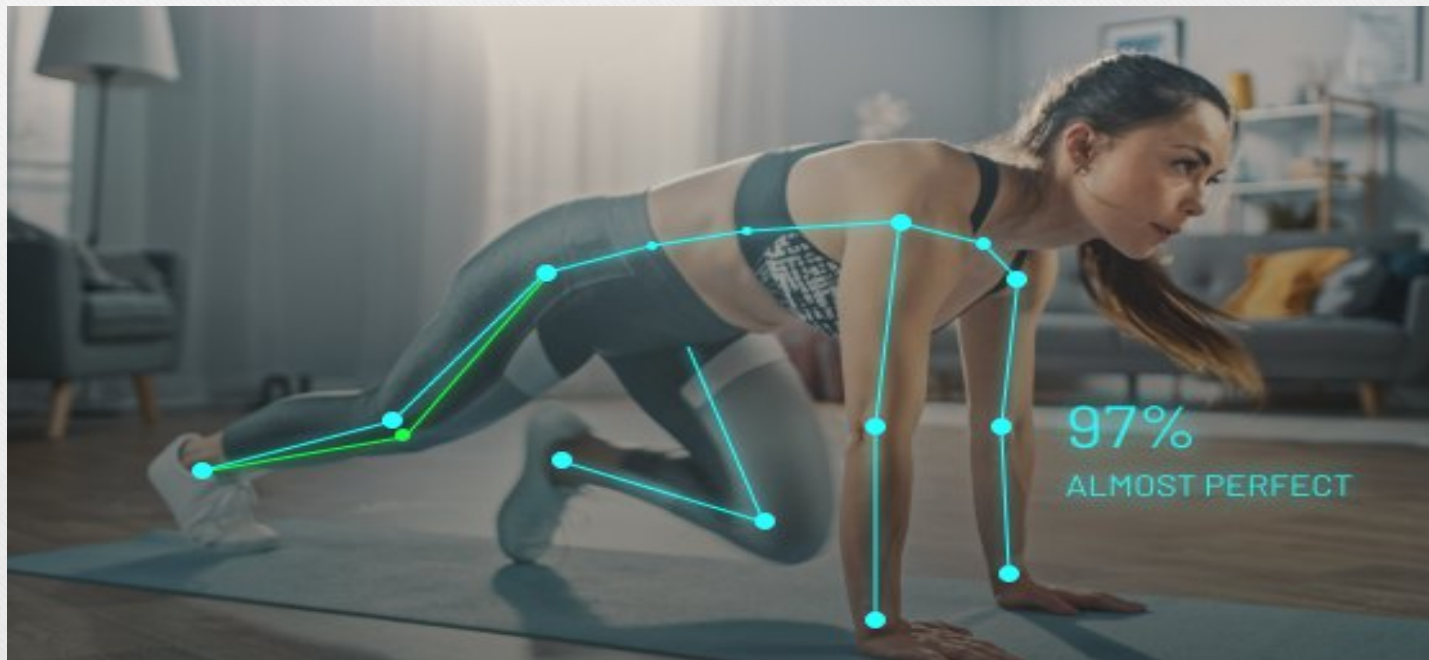
End Users

- Busy Professionals
- Students and Young Adults
- Fitness Beginners or Post recovery individuals
- Tech-Savvy Fitness Enthusiasts
- People managing their busy lifestyle.

What will be the End Result to this ?

- Personalized home workout recommendations will be provided to individuals at their time and space, and users will be having a convenient interface (a chatbot) to communicate.
- Healthy meal suggestions will be easily available without expenses. The meals will be customized according to the user so as to match their routine and schedule.
- Motivational tips and habit building support will ace the individual's fitness growth. All this using just the AI will be so sorted and convenient for the users.

- Will be accessible 24/7 so that the individual can workout as per his/ her time conveniently and also according to his/ her preference.
- It is cost efficient, scalable and user friendly for anyone, anytime and anywhere!



Conclusion

- Fitness Buddy makes working out and being fit more easily by always being available and according to user's convenience of his or her daily routine.
- It is totally customizable as it is powered by AI, completely flexible to time, complexity and without cost barriers.
- Enables consistency and habit- building by providing an intelligent and accessible virtual fitness assistant.

GitHub Link

- <https://github.com/sowmya-108/eds>

Future scope

- Voice enabled fitness coach
- Mental wellness
- Social challenges for different individuals, according to their preferences.
- Weekly nutrition planner.
- Reward system
- Virtual personal trainer in pro mode.

IBM Certifications: Getting Started With Artificial Intelligence

IBM **SkillsBuild**

Completion Certificate



This certificate is presented to
SOWMYA GOURKHEDE

for the completion of
Getting Started with Artificial Intelligence
(PLAN-E624C2604060)

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According to the Adobe Learning Manager system of record

Completion date: 29 Jul 2025 (GMT)

Learning hours: 20 mins



THANK YOU