

Abstract:

This report documents the evolution of my experimentation process, where multiple models were tested to enhance accuracy. Despite rigorous efforts, the models fell short of expectations. Recognizing the need for a more potent language model, we have decided to explore OpenAI's Language Model (LLM) through their API. This shift is prompted by local computing limitations and the imperative for high-end servers.

1. Introduction:

In our pursuit of precision in model predictions, we embarked on a series of experiments utilising diverse models. Regrettably, the outcomes did not align with expectations. This compelled us to reassess our strategy and consider a more potent solution.

2. Experimentation Process:

Our experimentation journey involved testing various machine learning models, ranging from traditional to deep learning architectures. However, the accuracy achieved did not match the dataset's complexity. This necessitated a reevaluation to identify a more effective approach.

3. Local Limitations:

Efforts to use Language Model locally were hampered by inadequate computing resources. The computational demands of the language model made local deployment impractical, necessitating a search for alternative solutions.

4. Choosing OpenAI API:

After careful consideration and extensive research, we decided to integrate the OpenAI API into our experimentation process. Renowned for its superior natural language processing capabilities,

OpenAI's Language Model emerged as a promising solution to address the accuracy issues encountered in previous experiments.

Conclusion:

The decision to transition to OpenAI's API signifies a strategic shift in our quest for improved model accuracy. By harnessing the advanced capabilities of the Language Model, we anticipate more accurate and reliable results in our experimentation process.

To facilitate the integration of OpenAI's API, we hereby request an API key. This key will be instrumental in establishing seamless communication with OpenAI's servers, allowing us to explore the full potential of the Language Model for better and accurate results.

Demo results:

I provide model with following information

- 1- Gender
- 2- Height
- 3- Wait
- 4- Age
- 5- Goal i.e building muscle or keep fit or loose weight
- 6-parts of body i want to focus
- 7- experience with fitness.
- 8- how often i can workout.
- 9- equipments i have.

Sharing some samples results of model prediction:

Scenario 1:

- 1 - male
- 2- 6 ft
- 3- 80 kg
- 4- 27 years

5- loose weight
6- upper body
7-totally newbie
8- 4 days a week
9- dumbbells

Model prediction

Goal: Lose Weight
Focus: Upper Body
Experience: Totally Newbie
Workout Frequency: 4 Days a Week
Equipment: Dumbbells

Workout Plan:

Day 1: Upper Body

Dumbbell Bench Press: 3 sets x 10-12 reps
Bent-Over Dumbbell Rows: 3 sets x 10-12 reps
Dumbbell Shoulder Press: 3 sets x 10-12 reps
Bicep Curls: 3 sets x 12-15 reps
Tricep Dips: 3 sets x 12-15 reps

Day 2: Cardio

30 minutes of brisk walking, jogging, or cycling

Day 3: Upper Body

Dumbbell Flyes: 3 sets x 12-15 reps
Lat Pulldowns (if possible): 3 sets x 10-12 reps
Lateral Raises: 3 sets x 12-15 reps
Hammer Curls: 3 sets x 12-15 reps
Tricep Kickbacks: 3 sets x 12-15 reps

Day 4: Cardio

30 minutes of brisk walking, jogging, or cycling
Repeat this 4-day cycle.

Tips:

- Start with lighter weights and gradually increase as you get comfortable.
- Include a warm-up before each session and cool down afterward.
- Focus on proper form rather than lifting heavy initially.
- Stay consistent with both workouts and a balanced diet for effective weight loss.

Scenario 2:

1 - male
2- 6 ft
3- 80 kg
4- 27 years
5- loose weight
6- upper body
7-totally newbie
8- 4 days a week
9- dumbbells, treadmill, rope

Model prediction

Goal: Lose Weight

Focus: Upper Body

Experience: Totally Newbie

Workout Frequency: 4 Days a Week

Equipment: Dumbbells, Treadmill, Rope

Workout Plan:

Day 1: Upper Body & Cardio

Dumbbell Bench Press: 3 sets x 10-12 reps

Bent-Over Dumbbell Rows: 3 sets x 10-12 reps

Dumbbell Shoulder Press: 3 sets x 10-12 reps

Bicep Curls: 3 sets x 12-15 reps

Tricep Dips: 3 sets x 12-15 reps

Cardio: 20 minutes on the treadmill (brisk walking or jogging)

Day 2: Cardio & Jump Rope

30 minutes of brisk walking, jogging, or cycling

10-15 minutes of jump rope exercises

Day 3: Upper Body & Cardio

Dumbbell Flyes: 3 sets x 12-15 reps

Lat Pulldowns (if possible): 3 sets x 10-12 reps

Lateral Raises: 3 sets x 12-15 reps

Hammer Curls: 3 sets x 12-15 reps

Tricep Kickbacks: 3 sets x 12-15 reps

Cardio: 20 minutes on the treadmill (brisk walking or jogging)

Day 4: Cardio & Jump Rope

30 minutes of brisk walking, jogging, or cycling

10-15 minutes of jump rope exercises

Repeat this 4-day cycle.

Tips:

- Adjust the treadmill speed and incline based on your fitness level.
- Jump rope exercises are excellent for cardiovascular health and can aid in weight loss.
- Ensure a balanced diet alongside your workout routine for effective weight loss.

Scenario 3:

1 - male

2- 6 ft

3- 80 kg

4- 27 years

5- loose weight

6- upper body

7-totally newbie

8- 5 days a week

9- dumbbells

Model prediction

Goal: Lose Weight

Focus: Upper Body

Experience: Totally Newbie

Workout Frequency: 5 Days a Week

Equipment: Dumbbells

Workout Plan:

- **Day 1: Full Upper Body**
 - Dumbbell Bench Press: 3 sets x 10-12 reps
 - Bent-Over Dumbbell Rows: 3 sets x 10-12 reps
 - Dumbbell Shoulder Press: 3 sets x 10-12 reps
 - Bicep Curls: 3 sets x 12-15 reps
 - Tricep Dips: 3 sets x 12-15 reps

- **Day 2: Cardio**
 - 30 minutes of brisk walking, jogging, or cycling
- **Day 3: Full Upper Body**
 - Dumbbell Flyes: 3 sets x 12-15 reps
 - Lat Pulldowns (if possible): 3 sets x 10-12 reps
 - Lateral Raises: 3 sets x 12-15 reps
 - Hammer Curls: 3 sets x 12-15 reps
 - Tricep Kickbacks: 3 sets x 12-15 reps
- **Day 4: Cardio**
 - 30 minutes of brisk walking, jogging, or cycling
- **Day 5: Full Upper Body & Cardio**
 - Dumbbell Bench Press: 3 sets x 10-12 reps
 - Bent-Over Dumbbell Rows: 3 sets x 10-12 reps
 - Dumbbell Shoulder Press: 3 sets x 10-12 reps
 - Bicep Curls: 3 sets x 12-15 reps
 - Tricep Dips: 3 sets x 12-15 reps
 - Cardio: 20 minutes on the treadmill (brisk walking or jogging)

Repeat this 5-day cycle.

Tips:

- Gradually increase weights as you get comfortable with the exercises.
- Include a warm-up before each session and cool down afterward.
- Stay consistent with both workouts and maintain a balanced diet for effective weight loss.

Note:

we can add or remove parameter of AI model as required.