

Falcon LLMs 24 hours Hackaton

FitMateAI 

**ACHIEVE YOUR GOALS, SUSTAIN A
HEALTHY LIFESTYLE.**



At **FitMateAI** our mission is to empower individuals to achieve their fitness and wellness goals through intelligent technology.

What?

The fitness industry offers generic workout plans and one-size-fits-all nutrition advice, leaving individuals without personalized solutions. This lack of guidance leads to frustration, stagnant progress, and abandoned fitness routines.

Why?

This problem matters because it profoundly affects people's physical and mental well-being. Tailored guidance leads to success, boosting confidence and overall quality of life.

Why now?

With today's health-conscious, fast-paced lifestyle, there's a growing demand for convenient and accessible personalized fitness solutions. AI and digital advancements enable us to meet this demand, making it the ideal time to address the issue.

The problem in numbers.



364M

is the number of fitness app downloads worldwide.

80%

of people who start a new fitness plan abandon it within the first five months.

98%

are the higher odds of experiencing depression for people with low fitness activity.

Solution

Leverage cutting-edge artificial intelligence technology to **provide** individuals with personalized fitness and nutrition guidance, empowering them to achieve their health and wellness goals effectively and sustainably.

Customized Gym Programs

Tailored workout plans that adapt to individual goals and progress.

Nutrition Guidance

Expert recommendations and meal plans based on personal goals and dietary preferences.

Expert Advice

A wealth of fitness and nutrition resources, including real-time chat support

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Market Size.

\$4.5T

**TOTAL
AVAILABLE MARKET**

The global fitness and wellness market is valued at over \$4.5 trillion, encompassing gyms, fitness equipment, nutrition products, and wellness services.

\$1.2T

**SERVICEABLE
AVAILABLE MARKET**

SAM includes individuals actively seeking fitness guidance and wellness support, estimated at \$1.2 trillion.

\$500B

**SERVICEABLE
OBTAINABLE MARKET**

SOM focuses on our target audience, health-conscious individuals seeking personalized fitness solutions, representing a market size of \$500 billion.

GTM STRATEGY



BUSINESS MODEL



Free

\$

Basic features and limited access to personalized content.



Premium

\$\$

Subscription-based, offering advanced features, personalized workouts, and nutrition plans at a monthly or annual fee.

COMPETITIVE ADVANTAGES

AI-Powered Personalization

Our algorithms analyze user data and adapt recommendations over time, ensuring tailored solutions for each individual.

Comprehensive Ecosystem

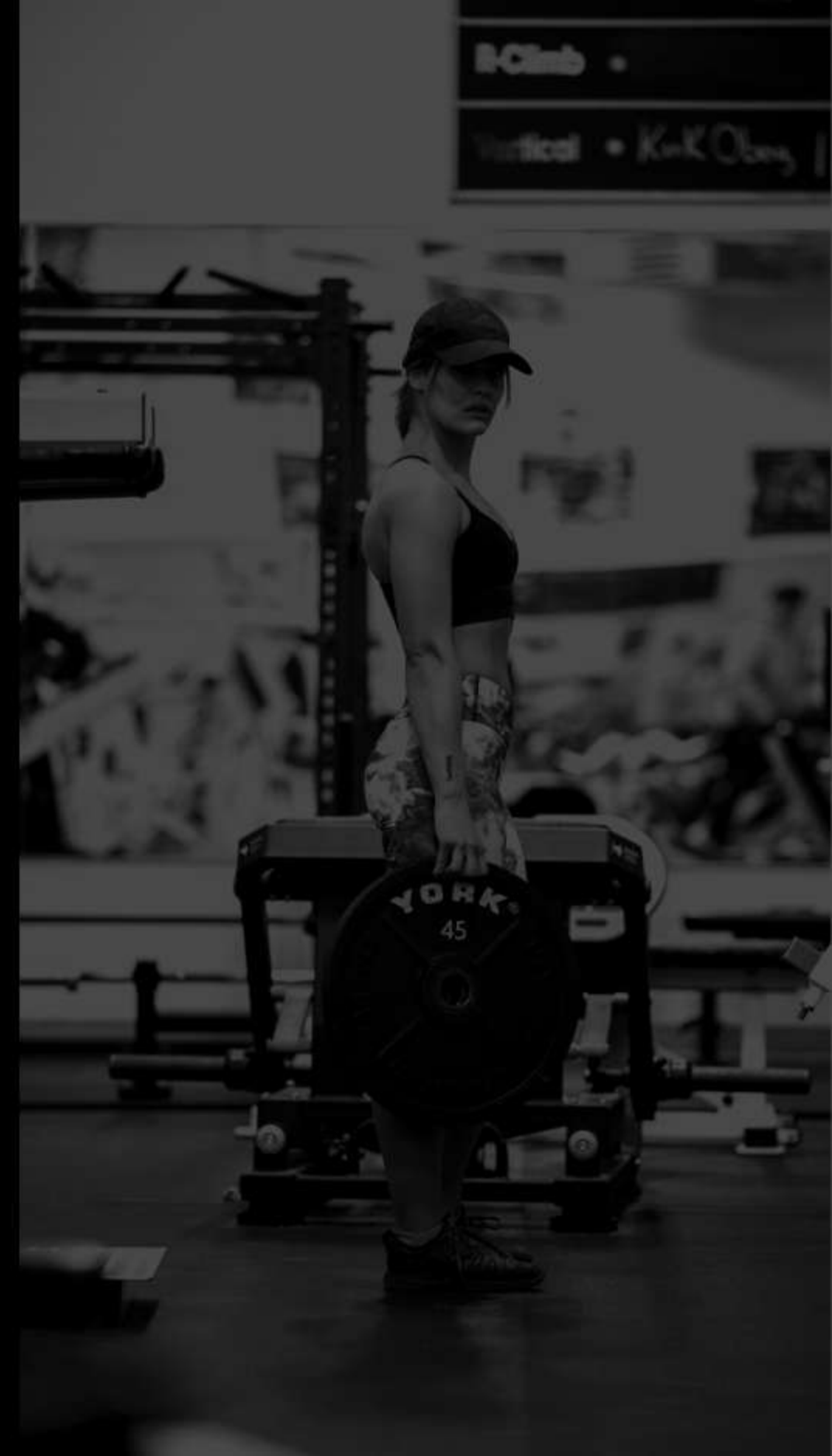
We offer a one-stop-shop for fitness enthusiasts, including workout plans, nutrition guidance, and a supportive community.

Expertise and Resources

While many fitness apps provide static, one-size-fits-all plans, we continuously refine and adapt our recommendations based on the latest developments in fitness and nutrition science.

User-Centric Approach

We prioritize user feedback and constantly improve our platform based on user needs and preferences.



FitMateAI 

Thank you