



# WELCOME TO REASONING 01 HACKATHON

The brand's social media following will be developed to boost profitability through partnerships with major health, lifestyle, and vegan advocacy influencers.





# PROJECT NAME

# FITNESS PRO

Fuel your fitness journey with  
personalized nutrition and exercise  
plans.







TEAM NAME  
TECH WEAVERS

# FITFUEL PRO

## OUR TEAM



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AI Engineer



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AI Engineer



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UI Designer



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AI Engineer

# problem Statement

The Health and Fitness gap.

## HEALTH CHALLENGES

Millions struggle with specific health conditions (e.g., diabetes, obesity) that require tailored diet and exercise plans with professional suggestions.



## Gym Enthusiast's Needs

Individuals aiming for muscle gain or loss, bodybuilding, or powerlifting often lack personalized guidance on diet and exercise regimens

## Aspiring Athlete

People aiming to become athletes (like cricketers, footballers) need specialized training, diet plans, and recovery routines to achieve peak performance.

## Lack of Personalization

Existing solutions often provide generic advice, not tailored to individual goals or medical needs.





# SOLUTION

## Customized Diet Plan

Offer specific meal options for each meal and snacks including a detailed nutritional breakdown (calories,fat,carbs,protein). Tailored to health condition, fitness goal and ideal

## CUSTOMIZED EXERCISE ROUTINE

SPECIFIC WORKOUTS DESIGNED FOR EACH CATEGORY—MEDICAL PATIENTS, GYM-GOERS, AND ASPIRING ATHLETES.







# SOLUTION

## PERSONALIZED HEALTH TIPS

Delivers daily lifestyle tips and healthy advice tailored to the input by user

## PHYSIQUE LIKE YOUR IDEAL

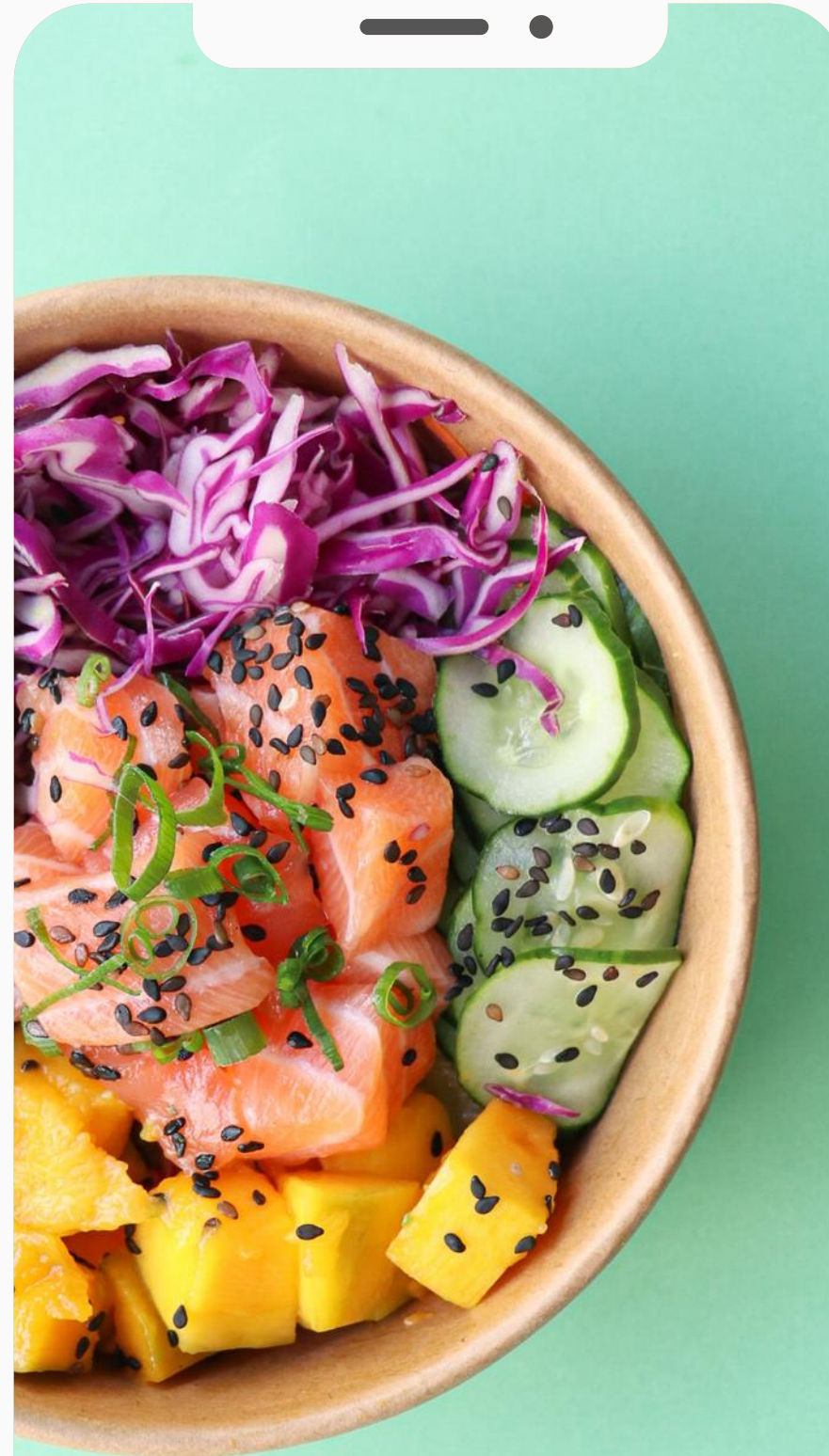
YOU CAN GET DIET PLAN, SET YOUR EXERCISE ROUTINE AND HEALTH TIPS LIKE THE IDEAL I.E FOOTBALLER RONALDO







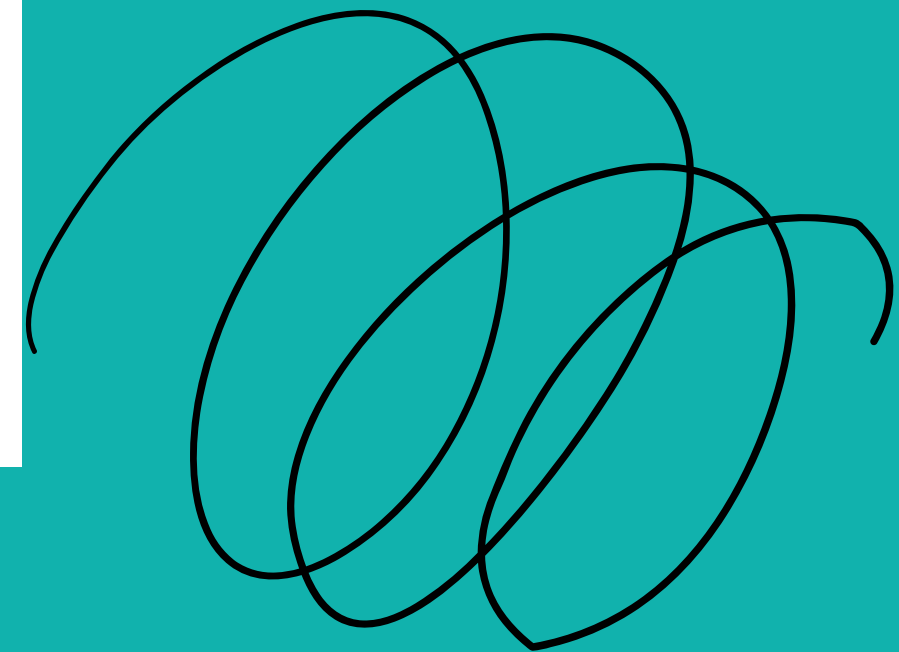
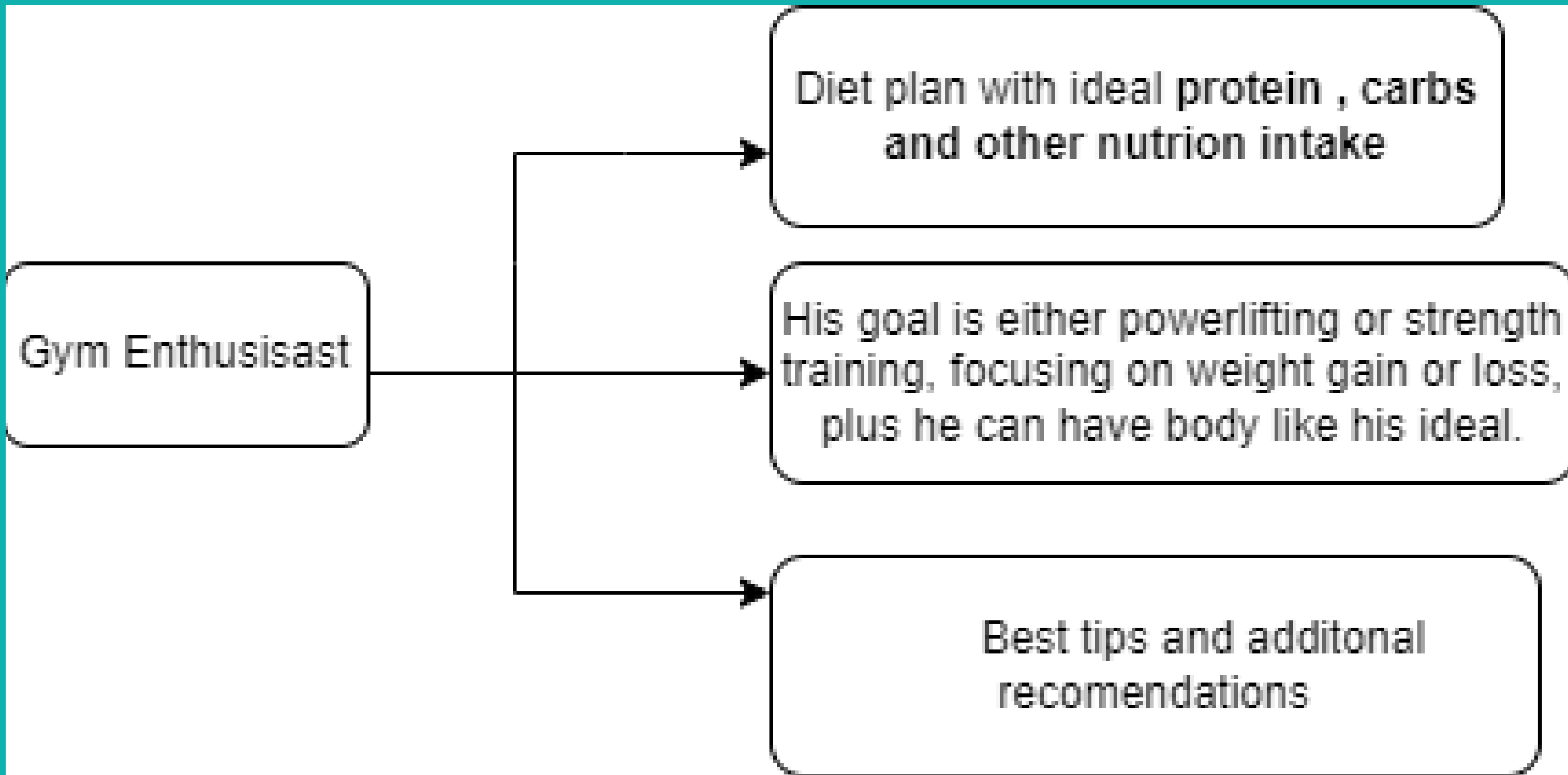
# EXAMPLE USE CASES



- DIABETIC PATIENT: A CUSTOM DIET LOW IN SUGARS AND SPECIFIC EXERCISES TO MANAGE BLOOD SUGAR LEVELS.
- Gym ENTHUSIAST (POWERLIFTING): HIGH-PROTEIN MEAL PLANS AND STRENGTH TRAINING ROUTINES FOR MUSCLE GAIN.
- ASPIRING FOOTBALLER: A BALANCED DIET FOR ENERGY, AGILITY DRILLS, AND ENDURANCE WORKOUTS.



## A small Example





# KEY FEATURES

- **Personalized Diet Plans:** Adjusted to health conditions, fitness goals, and personal preferences.
- **Tailored Exercise Programs:** Routines designed for specific goals—whether medical recovery, muscle building, or athletic training.
- **Health Tips & Alerts:** Regular tips for a healthier lifestyle and alerts for diet and exercise adjustments.
- And the best part we have three dedicated models for each unique feature





MODEL: Reasoning o1 (OPEN AI)

USER-INTERFACE: Streamlit

Language Model API: Open.ai Client o1-mini

Rag: Retrieval Augmentation Generation system

Embedding & Search: Facebook AI Similarity

Environment Management: Dotenv

# TECHNOLOGIES







# VALUE PROPOSITION

## WHY CHOOSE OUR PLATFORM

### **Holistic Approach**

Integrated solutions for diet, exercise, and health tips.

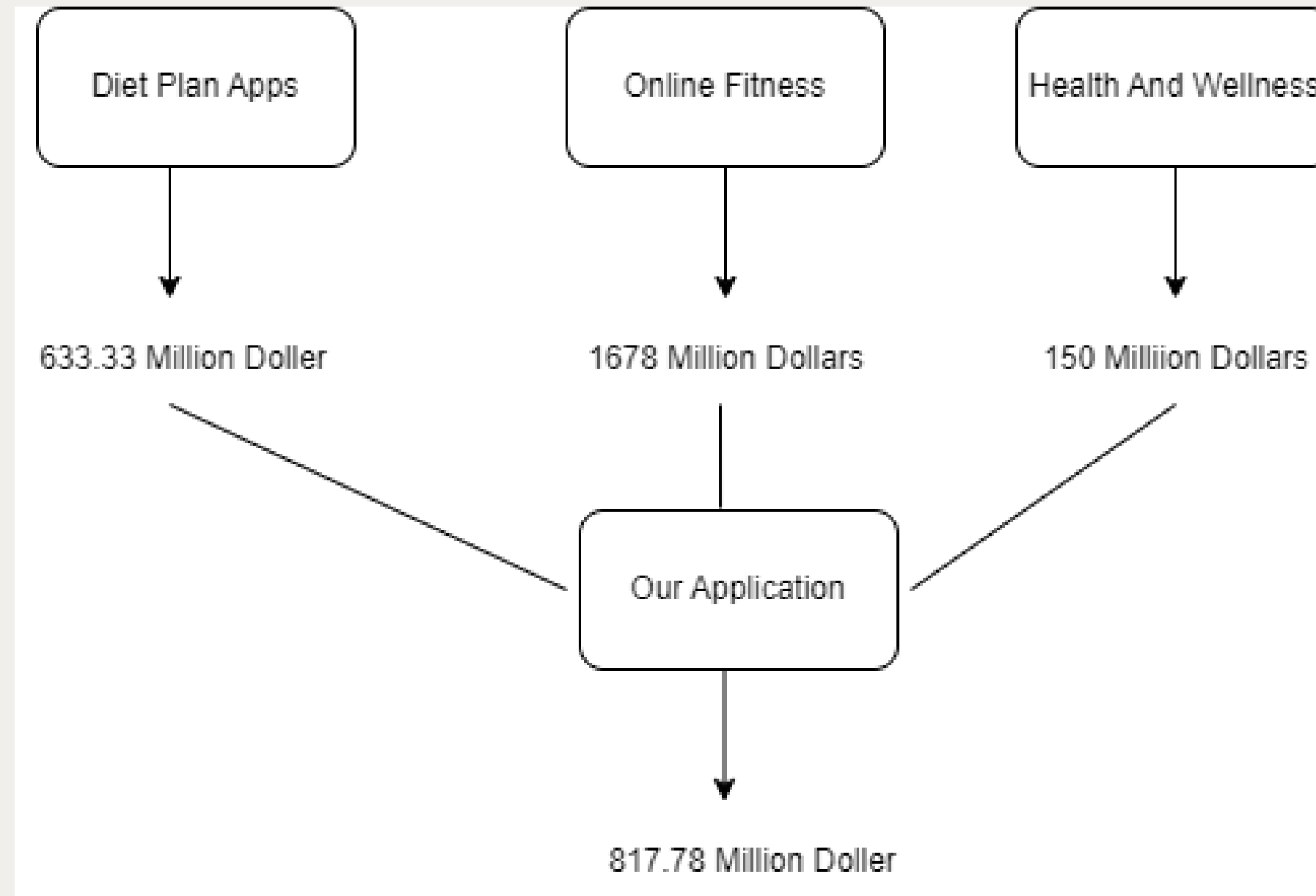
### **Personalization**

Tailored to individual needs—no more one-size-fits-all.

# Business Aspect

- These figures represent the average revenue earned by various apps in the diet plan subscription, online fitness training, and health and wellness sectors.
- Our app aims to consolidate all these features into a single platform, potentially achieving similar or even greater revenue.

Note: These figures are estimates and may not reflect exact earnings.





# Future Enhancements

Localized Results: To make it more personalized, the food options will be from Pakistani cuisine or from the country selected by the user

- 1.Expanded Categories: Include more sports and health conditions.
- 2.AI-Driven Insights: Advanced algorithms for even more personalized plans.
- 3.Integration with Wearables And Mobiles: Sync with fitness trackers for real-time monitoring and recommendations.
- 4.Virtual Coaching: 1-on-1 sessions with experts via video calls.

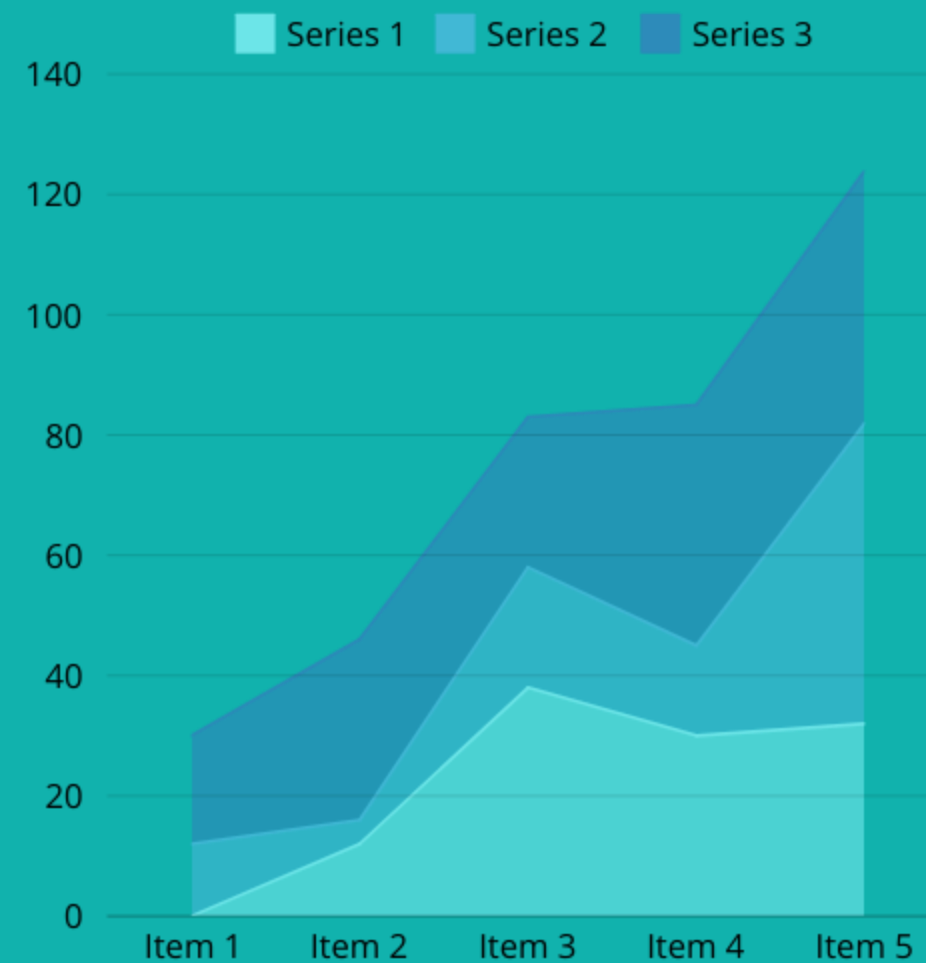
# Target Audience

**Medical Patients**

**Fitness  
Enthusiast**

**Aspiring Athletes**

**Health Conscious  
Individual**





# Conclusion

- **Recap of the Solution:** Highlight the platform's personalized fitness plans, tailored exercise routines, and expert health tips designed for individual needs.
- **Call to Action:** Invite the audience to explore the platform, share their feedback, and join us in enhancing personalized health and fitness.
- **Vision Statement:** Envision a world where everyone has access to customized fitness and health guidance, empowering them to achieve their goals.