

# Ultimate Fitness Planner Enterprise Wellness Agent

An Agentic AI-Powered Web App for Employee Wellness

Built with Streamlit, Firebase, Groq, and Fetch.ai | Deployed on Vultr



Made with **GAMMA**

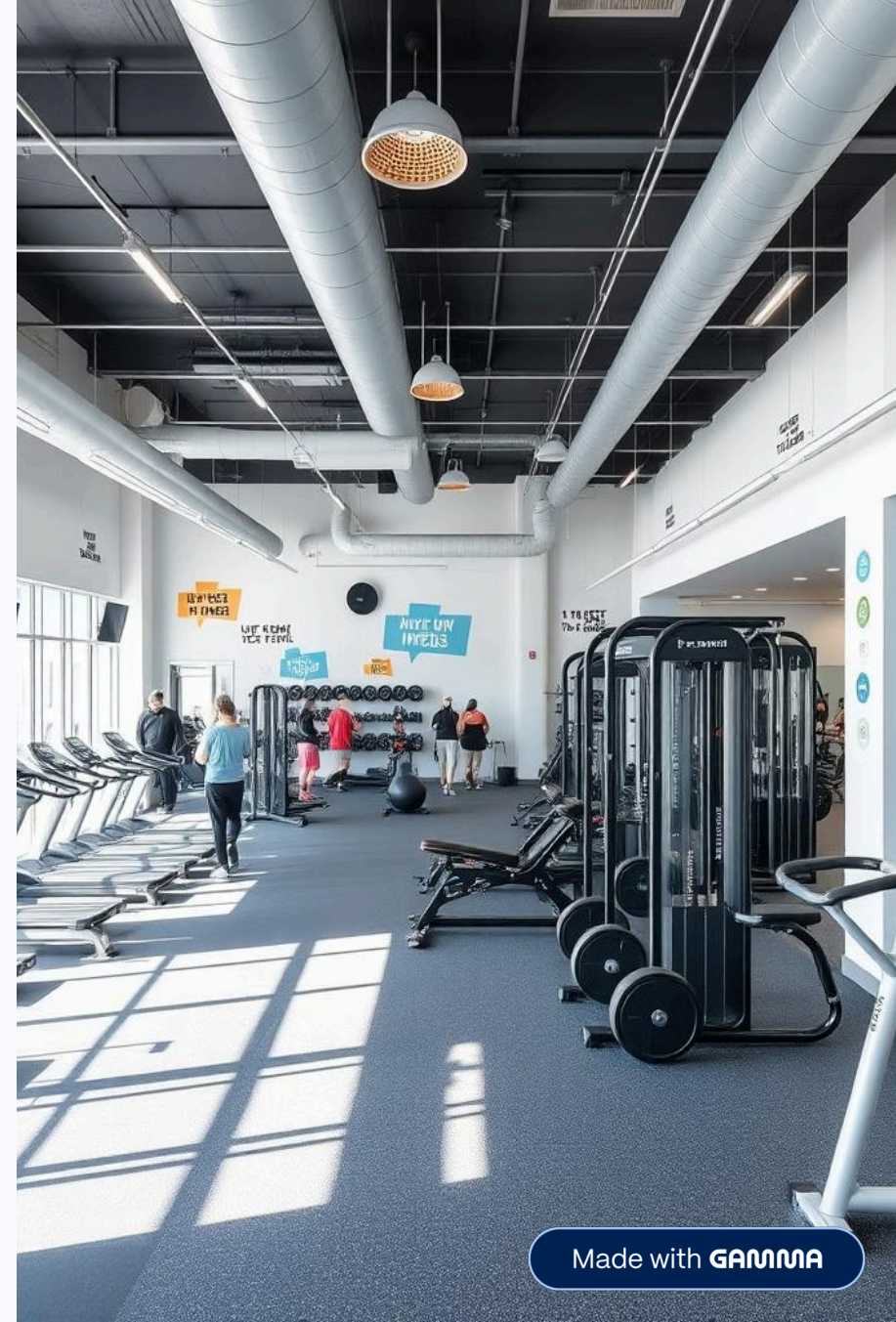
# 🔥 The Critical Problem: The Silent Drain on Enterprises

Modern workplaces face a hidden crisis – disconnected wellness programs that fail to engage and support employees meaningfully.

## 💥 The Reality:

- < **20% adoption** of traditional, one-size-fits-all wellness solutions
- Employees suffer from **stress, burnout, and declining health**
- Businesses face **lower productivity, increased absenteeism, and rising healthcare costs**
- Top talent leaves due to **lack of support for holistic well-being**

! Without proactive, personalized wellness support, companies silently lose both people and performance.







# Overview

A smart, AI-powered planner that helps teams stay healthy and motivated.

Uses autonomous agents to proactively support wellness – no prompts required.

It's not just an app – it's a **self-driving fitness assistant** for enterprises.

# Why It's Different – Agentic Workflows

- ☐ ✓ Built for enterprise wellness
- ☐ ✓ Fully autonomous: detects inactivity, sends motivational nudges
- ☐ ✓ Promotes movement, health, and consistency
- ☐ ✓ Zero user prompts - works in the background



# Key Features



## Personalized Body Metrics

Tracks key health indicators tailored to each user's needs and goals. Monitor progress and optimize your wellness plan.



## Smart Workout Planning

Intelligent workout schedules that adapt to your fitness level, time constraints, and available equipment. Get the most out of every session.



## Unified Dashboard

A single, intuitive interface to track your progress, manage your plans, and stay connected to your wellness journey. All the information at your fingertips.



## AI-Generated Diet Plans

Customized meal plans based on dietary preferences, fitness goals, and nutritional requirements. Unlock your body's full potential.



## Exercise Library with AI Search

A comprehensive database of exercises with AI-powered search to find the perfect workout for your needs. Learn new techniques and stay motivated.



## ✨ Autonomous Wellness Nudge Agent

Proactive support and motivation delivered automatically by our agent. Get the push you need, exactly when you need it.

# How the Nudge Agent Works



## Agent Runs on Schedule

The agent wakes up and goes to work



## Checks Firestore for Inactive Users

Accessing all active user data



## Uses Groq + LLaMA 3 to Generate Nudges

Creates personalized motivation messages.








## Sends Personalized Motivation Messages

No prompt. No micromanagement. Just action.



# Tech Stack

Layer	Technology
Frontend	<div>Streamlit</div> <div></div>
Backend / DB	<div>Firebase Firestore</div> <div></div>
AI Model	<div>Groq + LLaMA 3</div> <div></div>
Autonomous Agent	<div>Fetch.ai uAgents</div> <div></div>
Deployment	<div>Vultr</div> <div></div>



# Deployment on Vultr

- Streamlit web app hosted on Vultr
- Python agent runs as a background service
- Firebase handles backend storage
- Fast, scalable, cloud-ready for production use





# What's Next

- Slack / SMS nudges
- Wellness streak rewards
- Leaderboards
- Multi-org support
- Wellness analytics dashboards (optional for future)



# Built For

- Startups focused on employee wellness
- Remote teams and hybrid workforces
- Enterprises looking to improve engagement and health

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