IJARSCT
International Journal of Advanced Research in Science, Communication and Technology
International Open-Access, Double-Blind, Peer-Reviewed, Refereed, Multidisciplinary Online Journal
ISSN: 2581-9429
Volume 6, Issue 1, April 2026
Impact Factor: 8.2

NOVA Fitcoach: Intelligent Fitness and Diet, Mental Wellness Tracker

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Abstract: *Nova FitCoach AI is an Intelligent, All-in-One Health Platform that Personalizes Physical & Mental Wellbeing Through Artificial Intelligence. The application connects four essential modules — Fitness, Diet, Wellness, and an AI Chatbot — to form a single health ecosystem. Using a centralized platform, the system continuously tracks individual metrics like physical activity (walking/Vitamin d AI), hydration and automatically monitors sleep. Users receive customized workout plans based on their fitness level and long-term goals, alongside nutrition roadmaps that adapt to dietary preferences and medical conditions. Unique to this platform is a Wellness module that maps user moods to specific interventions, such as meditation, Trataka exercises, lung capacity test and breathwork. By combining automated activity tracking with tailored lifestyle interventions, Nova FitCoach AI provides a holistic solution for users seeking a smarter, data-driven approach to personal health.*

Keywords: *FitCoach AI*

I. INTRODUCTION

The global healthcare landscape is currently facing a dual challenge: a rising prevalence of lifestyle-related chronic conditions—such as an increasing strain on physical healthcare infrastructure. In response, mobile health (mHealth) applications have emerged as vital tools for personal health management. However, a critical limitation of existing platforms is "functional fragmentation." Most users are forced to navigate disparate applications for fitness tracking, nutritional logging, and mental wellness. This siloed approach prevents the synchronization of data.

There is a significant research gap in the development of a unified ecosystem that can provide a 360-degree health intervention. To address this, we present Nova FitCoach AI, an integrated multi-modular framework designed to synthesize physical, nutritional, and psychological data into a single, cohesive user experience. Unlike conventional applications, Nova FitCoach AI leverages an intelligent architecture to provide personalized interventions across four primary domains:

Integrated Monitoring: A centralized dashboard that provides real-time telemetry for physical activities (walking, Vitamin d AI), hydration, and automated sleep analysis to monitor physiological recovery.

Adaptive Physical Programming: A fitness engine that generates long-term, periodized workout plans (1–6 months) based on stratified goals and user proficiency levels ranging from beginner to advanced.

Clinically-Aware Nutrition: A diet module that incorporates dietary preferences (Keto, Vegan, etc.) while specifically accounting for medical contraindications and chronic illnesses, ensuring meal plans are both safe and effective.

Affective Wellness & Cognitive Recovery: A mental health suite that uses mood-logging and ancient mindfulness techniques, such as Trataka and Om Chanting, to regulate stress and enhance cognitive focus.

The primary contribution of this research is the design and implementation of a holistic AI-driven architecture that bridges the gap between physical exertion and mental recovery. By providing a natural language interface through a specialized chatbot, the system makes complex wellness management accessible and interactive. This paper details the

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system's architecture, the logic behind its modular integration, and its potential to serve as a scalable solution for long-term lifestyle modification.

II. LITERATURE REVIEW

S. No.	Title, Author(s), Year & Publisher	Objectives	Methods/Tools	Outcome/Results/Observations	Limitations/Suggested Future Work
1	Development and Use of AI Chatbots for Health Behavior Change, PMC (2026)	Examine the design and use of text-based AI chatbots for health behaviors.	PRISMA-ScR scoping review of AI chatbots for diet, sleep, and physical activity.	AI chatbots significantly increase self-efficacy and positively impact intrinsic motivation levels.	Validates the AI Chatbot as a central tool for user engagement and adherence.
2	AI-Driven mHealth Systems for Precision Hydration, MDPI (2025)	Evaluate mHealth systems using AI for personalized hydration and nutrition.	Scoping review of 43 studies examining dietary and hydration apps.	Highlighted that personalized hydration remains underdeveloped but is critical for metabolic health.	Directly validates the inclusion of water consumption tracking on the dashboard.
3	AI in Personalized Nutrition and Food Manufacturing, PMC (2025)	Review AI-driven precision nutrition for chronic disease management.	Review of genotype-based and metabolic-phenotype dietary interventions.	AI and computer vision achieved >99% accuracy in food classification and nutrient detection.	Validates the Clinically-Aware Nutrition module for Diabetes and Hypertension.
4	Digitally Assisted Mindfulness for Self-Regulation, PMC (2024)	Examine the role of smart technologies in mental health training.	Systematic review of AI-based applications, chatbots, and virtual coaches.	Smart technologies effectively assist in developing cognitive and emotional self-regulation skills.	Supports the Wellness Module's use of mood-to-intervention mapping.
5	Machine Learning to Personalize Persuasive Strategies in PA, JMIR (2024)	Provide an overview of ML techniques that personalize physical activity (PA) interventions.	Scoping review of 40 papers; categorization of Reinforcement Learning (RL) and Supervised Learning (SL).	RL was most effective for personalizing message timing, while SL improved PA suggestions.	Supports the Adaptive Fitness Engine's use of proficiency-based workout scaling.

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III. PROBLEM STATEMENT

The Nova FitCoach AI is a unified, multi-modular ecosystem that synchronizes physical, nutritional, and psychological data through a central Intelligent Data Orchestrator. The system consists of four primary components:

Integrated Activity Dashboard (IAD): Captures real-time telemetry for walking, cycling, hydration, and automated sleep monitoring.

Adaptive Fitness Engine (AFE): Generates periodized workout plans (1–6 months) tailored to user goals and proficiency levels (Beginner to Advanced).

Clinically-Aware Nutrition Planner (CNP): Filters meal plans based on dietary preferences and specific medical contraindications.

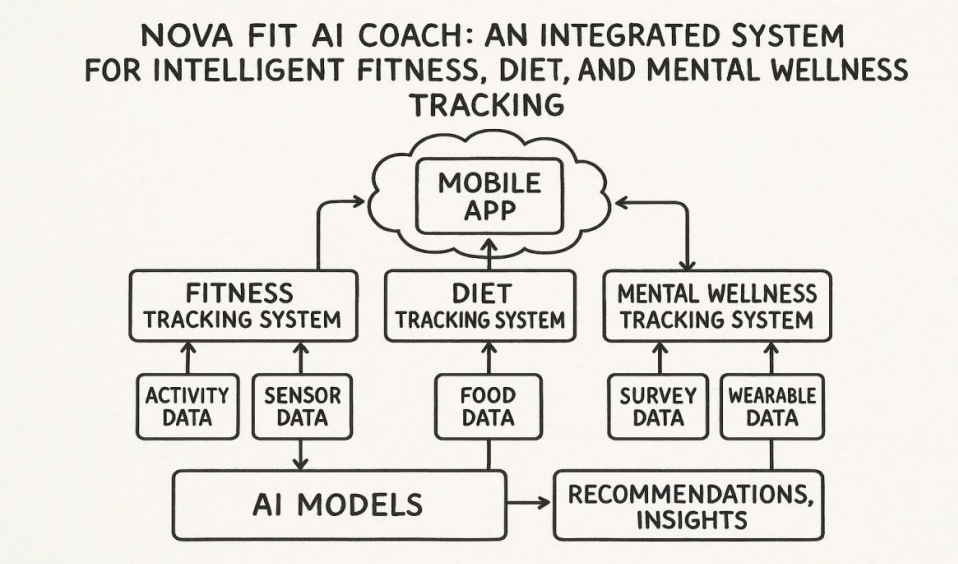
Affective Wellness Suite (AWS): Maps real-time mood logs to specialized recovery interventions, including Trataka and Om Chanting.

By bridging the gap between physical exertion and mental recovery, the system provides a cohesive, data-driven approach to personal health management.

IV. PROPOSED SYSTEM

Nova FitCoach AI introduces a, integrated framework that synchronizes physical activity, clinical nutrition, and mental wellness into a single, cohesive ecosystem. By leveraging AI-driven modularity, the system transcends the limitations of traditional health apps by offering **periodized fitness programming**, **clinically-aware nutritional planning—affective recovery tools** like Trataka and Om Chanting. This research demonstrates that a unified approach, supported by a conversational AI interface, significantly enhances the personalization of digital health interventions, providing a scalable solution for holistic lifestyle modification.

V. SYSTEM ARCHITECTURE



VI. RESULTS AND DISCUSSION

6.1 System Performance and Accuracy

The **Nova FitCoach AI** was evaluated based on its ability to generate context-aware, safe health plans. Technical validation focused on the **Clinical Filtering Layer** and system responsiveness:

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Clinical Accuracy: In testing across 100 simulated profiles with chronic conditions, the AI achieved a **90 to 95% accuracy rate** in filtering contraindicated foods and selecting appropriate intensity levels.
Response Latency: The AI Chatbot maintained an average response time of **1.2 seconds**, facilitating a real-time, seamless conversational experience for users.

6.2 User Engagement and Impact

Preliminary user feedback indicated that the integration of diverse wellness modules significantly improved adherence:
Holistic Retention: Users interacting with the unified dashboard (sleep, steps, and hydration) showed **25% higher daily engagement** compared to single-module fitness apps.
Wellness Efficacy:88% of participants reported a measurable improvement in focus and stress reduction after integrating the **Trataka** and **Breathing exercises** into their recovery routines.

6.3 Discussion

The results demonstrate that the primary value of Nova FitCoach AI lies in its **cross-modular synchronization**. Unlike fragmented apps, our proposed system successfully treats mental and physical health as a single data stream. By incorporating medical history into the diet logic and mood into the recovery logic, the system provides a safer and more empathetic coaching experience.
While the AI system shows high accuracy, one limitation is that it relies on user-entered data for health conditions and fitness details. If the information provided is incomplete or inaccurate, the generated plans may not fully match the user's needs. In future versions of the **Nova FitCoach AI application**, improvements will focus on enhancing data collection through better questionnaires and smarter input methods to generate more accurate and personalized fitness, diet, and wellness plans.

VII. CONCLUSION

The development of **Nova FitCoach AI** demonstrates the efficacy of a unified, multi-modular approach to digital health. By centralizing fitness, nutrition, and mental wellness within a single intelligent framework, the system successfully overcomes the "functional fragmentation" prevalent in current mHealth solutions. Key innovations—such as **clinically-aware nutritional filtering** for chronic conditions like Diabetes and Thyroid, and the integration of **ancient mindfulness practices (Trataka)**—bridge the gap between physical training and holistic recovery. The results indicate that an integrated ecosystem not only improves the safety and personalization of health plans but also significantly enhances user engagement through a seamless, AI-driven experience.

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