

# Your health reimaged with CareAI

Discover a smarter way to manage your health with CareAI. Our advanced AI coach provides tailored fitness and wellness plans. Stay ahead with recommendations designed for your needs. Empower your health journey, one step at a time.

[Get Started](#)[Learn more](#)

2500+  
clients



Available  
24/7



# Hello Friend !

Please provide the  
information to register  
your account

Already have an account? Sign In

**Sign In**

## Register a new account



or register with your email id



Username



Email address



Password

**Sign Up**

## Sign In to your account



or Sign in with your email id



Email address



Password



[Forgot Password?](#)

**Sign In**

## Welcome Back !

Please Sign in to your account with the given details to continue

Don't have an account? [Sign Up](#)

**Sign Up**

# Welcome to your Dashboard

**Steps**

5,000/10,000

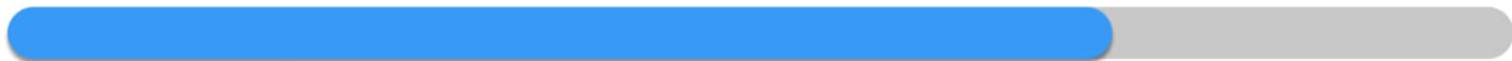
**Water Intake**

1.5L/3.0L

**Calories Burned**

350 / 500

## Weekly progress



70% of your weekly goal completed!

Log Activity

Track Meals

Start Workout

# AI Chatbot



Hi there! How can I assist you today?

Type your message...

Send

What should I eat today?

Recommend a workout.



## Health Data Input

Weight (KG):

Calories Consumed::

Steps Taken:

Sleep Duration (hours):

Sync with Wearables:



# Nutrition Planner

## Your Daily Meal Recommendations

Based on your goals, here are your meal recommendations:

Breakfast: Oatmeal with fruits

Lunch: Grilled salad

Dinner: Quinoa with steamed vegetables

Snack: Greek yogurt with honey

## Calorie Tracker

Total Calories: 1500 kcal

### Macronutrient Breakdown

Protein: 100 g

Carbohydrates: 200 g

Fats: 50 g

## Recipe Suggestions

Healthy smoothie

Salad

Baked salmon

# Progress Tracking

## Metrics :



## Milestone Badges :

10 lbs Lost

5% Body Fat

30 Days Active

## Weekly Reports :

### Week 1 Report

Weight: 150 lbs

BMI: 24.5

Activity: 5 day

### Week 2 Report

Weight: 148 lbs

BMI: 24.3

Activity: 6 days



# Settings & Profile

Name:

Enter the name you want to edit

Email ID:

Enter the email id you want to edit

Phone No.:

Enter the phone no. you want to edit

## Notifications

Email Notifications:



SMS Notifications:



## Privacy Settings

Profile Visibility:

Public



Save Changes

# Contact & Support

## Frequently Asked Questions (FAQ)

### How does the AI Health Coach personalize recommendations?

Our AI analyzes your health data like age, weight, and fitness goals to offer customized workouts, nutrition plans, and daily tips. It adapts based on your progress for better recommendations.

### Can I sync the AI Health Coach with my fitness tracker or smartwatch?

Yes! It integrates with Fitbit, Apple Watch, and Google Fit to track steps, calories, heart rate, and sleep. This helps provide more accurate and personalized insights.

### Is my health data secure with the AI Health Coach?

Absolutely! Your data is encrypted, securely stored, and follows strict privacy standards. You have full control over your data and can delete it anytime.

## Contact Us

Name:

Email:

Message:

Send Message