

10:32




Welcome to a healthier you.

Let's begin your journey.

Login

Sign Up

10:32 



← Sign Up



start the journey

Username

Email

Password

Confirm Password

Sign Up



10:32



← Login



Welcome back!

Email

Password

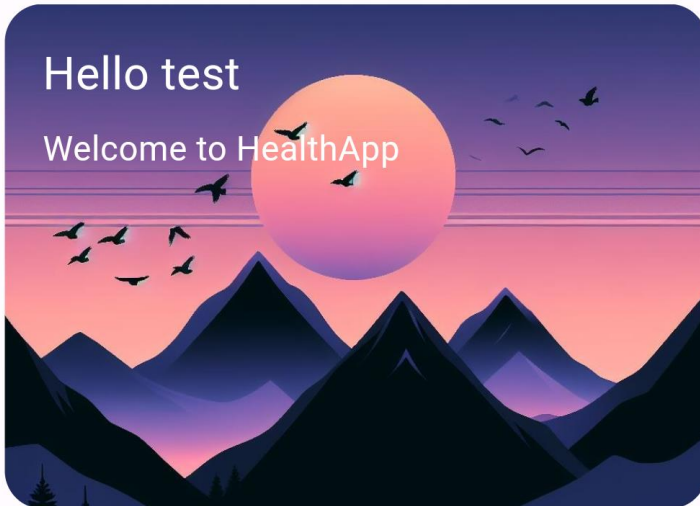
[Forgot Password?](#)

→ Login

10:32



← Home Page



Sleep Early

Get at least 7-9 hours of sleep for better health.



Walk Daily

Take a walk for at least 30 minutes every day.



Medication



Healthy Lifestyle



Appointment

10:32



← Healthy Lifestyle



 Sport

 Nutrition

**Unlock your fitness
SUPERPOWERS!**

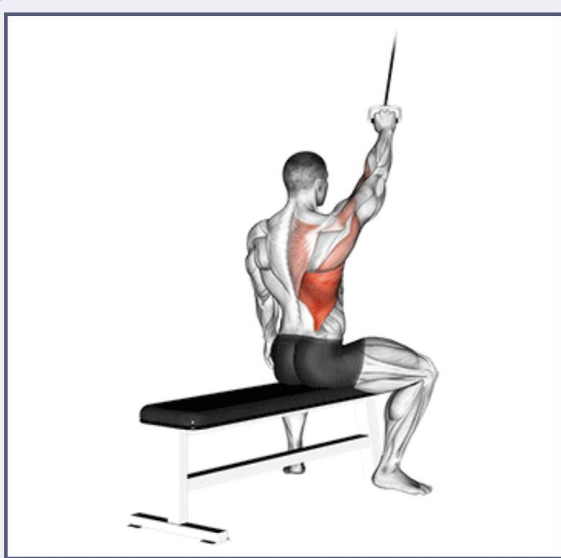
 Water

 Sleep

10:33



← Fitness Screen



3/4 sit-up

Body Part: waist

Target: abs

Instructions:

1. Lie flat on your back with your knees bent and feet flat on the ground.
2. Place your hands behind your head with your elbows pointing outwards.
3. Engaging your abs, slowly lift your upper body off the ground, curling forward until your torso is at a 45-degree angle.
4. Pause for a moment at the top, then slowly lower your upper body back down to the starting position.
5. Repeat for the desired number of repetitions.

10:33



← Random Meal

General Tso's Chicken



Instructions:

DIRECTIONS:

STEP 1 - SAUCE

In a bowl, add 2 Cups of water, 2 Tablespoon soy sauce, 2 Tablespoon white vinegar, sherry cooking wine, 1/4 Teaspoon white pepper, minced ginger, minced garlic, hot pepper, ketchup, hoisin sauce, and sugar.

Mix together well and set aside.

STEP 2 - MARINATING THE CHICKEN

In a bowl, add the chicken, 1 pinch of salt, 1 pinch of white pepper, 2 egg whites, and 3 Tablespoon of corn starch

STEP 3 - DEEP FRY THE CHICKEN

Deep fry the chicken at 350 degrees for 3-4 minutes or until it is golden brown and loosen up the chicken so that they don't stick together

Set the chicken aside.

STEP 4 - STIR FRY



10:33



← Water Reminder



1.5ml

Daily Goal: 2500ml

Drink 180ml of water

Upcoming

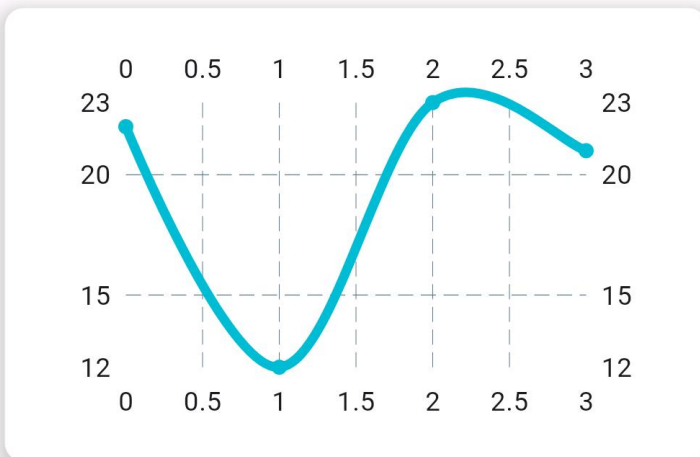
4:00 PM

10:33



← Sleep Page

Sleep Analysis



11:06



DEBUG



Pill Tracker



+ Add Medication

Medication Name

Enter medication name

Frequency

Once a day ▾

Medication Times

23:6

Add Medication

11:07



← Pill Tracker



+ Add Medication

 **Panadol**



Times

8:0

20:0

Medication alarm set successfully!

11:07



Pill Tracker



 Add Medication

Medication deleted successfully!

10:34




← Appointments

Appointments for May 30, 2024:

Doctor's Name: Sam

Add a New Appointment

Select Date:

 May 30, 2024

Enter Doctor's Name:

Cancel

Add

26 27 28 29 30 31 1

Add Appointment

10:34



← Appointments

Appointments for May 30, 2024:

Doctor's Name: Sam

Appointment Confirmed

Your appointment with Sam on May 30, 2024 has been confirmed.

OK

19	20	21	22	23	24	25
26	27	28	29	30	31	1

Add Appointment

10:34



← Appointments

Appointments for May 30, 2024:

Doctor's Name: Sam

<	May 2024					2 weeks	>
Sun	Mon	Tue	Wed	Thu	Fri	Sat	
28	29	30	1	2	3	4	
5	6	7	8	9	10	11	
12	13	14	15	16	17	18	
19	20	21	22	23	24	25	
26	27	28	29	30	31	1	

Add Appointment