

Fitelo vs Healthify — Detailed Features Overview

1. Fitelo — Detailed Overview & Features

Fitelo Kya Hai?

Fitelo ek online wellness & weight-loss coaching platform hai jahan aapko personalised diet plans, lifestyle guidance aur health-condition-based coaching milti hai.

Fitelo Ke Main Features

- **Personalised Diet Plans:** Aapki medical conditions, body-type, goals aur routine ke hisaab se diet banai jaati hai.
- **1-on-1 Dietitian Support:** Har user ko ek personal coach assign hota hai jo diet track karta hai aur weekly check-ins deta hai.
- **Customized Weight-Loss Programs:**
 - General Weight Loss
 - Thyroid, PCOD/PCOS, Diabetes-focused Plans
 - Gut Health, Digestion, Inflammation Management
- **Lifestyle Habit Tracking:** Water intake, sleep, stress, activity ko monitor karne wale tools.
- **Recipes & Meal Guidance:** Indian home-food based recipes aur easy meal swaps.
- **No Crash Diet Approach:** Fitelo claim karta hai ki starvation ya fad diets nahi diye jaate.
- **Progress Monitoring:** Weekly weight check-ins, reports, and progress charts.
- **Smart Scale Integration:** Kuch plans mein smart scale provide kiya jaata hai (body composition tracking ke liye).

Pros (Fitelo)

- Personalized diet plans
- Specialist dietitians for medical issues

- Lifestyle-focused approach

Cons (Fitelo)

- Mixed reviews about customer support
- Diet plans sometimes copy-paste nature ke bataye jaate hair
- Program expensive ho sakta hai
- Coach switching issues reported

2. Healthify (HealthifyMe) — Detailed Overview & Features

Healthify Kya Hai?

Healthify ek fitness-tracking + AI-based diet & workout coaching app hai jo calorie tracking, food logging aur personalised plans provide karta hai.

Healthify Ke Main Features

- **Calorie & Macro Tracking:**
 - Indian food database ke saath
 - Protein, carbs, fat, fibre tracking
- **HealthifySnap (Photo-based Tracking):**
 - Khane ki photo lo → app automatically calories detect karta hai.
- **AI Coach (Ria):**
 - Meal suggestions
 - Calorie goals
 - Personalized nudges and reminders
- **Personal Diet & Workout Plans:**
 - Goal-based diet plans
 - Home + gym workout routines
- **Activity Tracking:**

- Steps
- Workouts
- Water intake
- Sleep monitoring
- **Premium Coaching:**
 - Certified nutritionist + fitness trainer support
 - Weekly consultations
- **Healthify Studio (Live Classes):**
 - At-home live sessions: yoga, strength, cardio
- **Healthify Smart Plans:**
 - AI-driven diet planning for busy users
- **HealthifyRx (Medical Weight Loss Program):**
 - For obesity or metabolic conditions
 - Doctor + dietitian + medication support
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Pros (Healthify)

- Best-in-class calorie tracking (Indian foods)
- AI + human coaching combination
- Snap feature bahut convenient
- Holistic tracking (sleep + water + steps + workouts)

Cons (Healthify)

- Premium features costly
- Free version limited
- AI suggestions har kisi ke liye perfect nahin
- Customer support sometimes slow

3. Fitelo vs Healthify — Quick Comparison Table

Feature	Fitelo	Healthify
Focus	Diet + lifestyle coaching	Tracking + AI coaching + lifestyle
Calorie Tracking	❌ No	✅ Yes
Photo-based Food Logging	❌	✅ (HealthifySnap)
Dietitian Support	✅ Personal coach	❌ Optional (Premium)
Workout Plans	Limited	Extensive
Health-condition Programs	Strong (PCOS, Thyroid, etc.)	Moderate; advanced in HealthifyRx
Mobile App	Moderate	Powerful & feature-rich
Smart Scale	Some plans	Optional
Price	Medium to High	Free + Premium (High)
AI Features	Basic	Advanced

4. Pricing (Cost Comparison)

Fitelo Pricing

- 1-month plan: Medium-high pricing
- 3-month plan: Discounted bundled
- 6-month / 1-year plans: Higher cost but with Smart Scale options
- *Cons:* Refund policy strict, many users complaint about support issues.

Healthify Pricing

- Free Version: Limited features
- Premium (Smart Plan): AI-based diet plan at lower cost
- Healthify Premium Coach: Higher price, nutritionist + trainer access

- HealthifyRx Medical Program: Highest pricing (doctor-supervised)

5. Real User Reviews (Honest Feedback)

Fitelo – Common Reviews

- "Plan personalised nahi tha, copy-paste laga."
- "Coach change ho gaya multiple times."
- "Weight loss hua but support slow tha."
- "Smart scale defective aaya."

Healthify – Common Reviews

- "Calorie tracker is best for Indian foods."
- "Premium expensive but AI coach helpful."
- "Snap feature life saver for logging."
- "Customer support slow at times."

6. Pros & Cons Table (Combined)

App	Pros	Cons
Fitelo	Personalised diet plans, condition-specific programs, lifestyle guidance	Expensive, mixed reviews, support issues, limited tracking tools
Healthify	Best calorie tracker, AI coach, powerful app features, workouts	Premium costly, AI suggestions not perfect, support slow

7. Final Recommendation

Fitelo — Choose If:

- Aapko **personal dietitian** chahiye.
- PCOD, thyroid, diabetes jaise conditions ko handle karna priority hai.

- Aap tracking se zyada **1-on-1 guidance** prefer karte ho.

Healthify — Choose If:

- Aapko **tracking + AI coaching + workouts** ek hi app mein chahiye.
- Aap calorie tracking karte ho.
- Aapko self-guided, tech-friendly approach pasand hai.