

AuraFit File Edit View History Window

32% ⚡ WiFi ⓘ 🔍 Wed 18 Feb 15:46:13

VitalPulse WELLNESS AI

Home

Workout Meal Plan Mindfulness Leaderboard Clients Profile

Welcome back, Pranav

Wednesday, February 18, 2026

1 DAY STREAK

75 TOTAL POINTS

0 glasses WATER TODAY

— SLEEP LAST NIGHT

Today's Challenges 3/3 done

✓ Exercise ✓ Meal Tip ✓ Mindfulness

Today, focus on gentle resistance exercises to aid muscle recovery. Consider doing a 15-minute full-body stretch routine followed by light bodyweight exercises like wall push-ups and seated leg lifts. Remember to listen to your body and rest when needed!

✓ Completed! +30 points earned

Pranav Neelakand... pranavneelu06@gma...

How are you feeling?

💪 😊 😌 😞 😁 🥳

Badges

First Step 3-Day Streak Week Warrior Monthly Master

Centurion Point Crusher Triple Threat Comeback Kid

The screenshot shows the AuraFit application running on a Mac OS X system. The window title is "AuraFit". The main content area has a dark background. At the top left, there's a purple circular icon with a white flame symbol, followed by the text "VitalPulse" and "WELLNESS AI". Below this is a navigation bar with links: Home, Workout, Meal Plan, Mindfulness, Leaderboard, Clients, and Profile. The "Home" link is highlighted with a blue border. The central part of the screen displays a welcome message "Welcome back, Pranav" and the date "Wednesday, February 18, 2026". Below this are four summary cards: "1 DAY STREAK" (orange icon), "75 TOTAL POINTS" (blue icon), "0 glasses WATER TODAY" (blue icon), and "— SLEEP LAST NIGHT" (purple icon). Further down, there's a section titled "Today's Challenges" with three completed items: "Exercise", "Meal Tip", and "Mindfulness", each marked with a green checkmark. A text box provides a daily challenge: "Today, focus on gentle resistance exercises to aid muscle recovery. Consider doing a 15-minute full-body stretch routine followed by light bodyweight exercises like wall push-ups and seated leg lifts. Remember to listen to your body and rest when needed!". Below this challenge is a note: "✓ Completed! +30 points earned". On the right side, there's a "Badges" section with several icons and names: First Step (highlighted in orange), 3-Day Streak, Week Warrior, Monthly Master, Centurion, Point Crusher, Triple Threat, and Comeback Kid. At the bottom left, there's a user profile card for "Pranav Neelakand..." with an email address "pranavneelu06@gma...". The bottom center features a "How are you feeling?" section with six emoji options: 💪, 😊, 😌, 😞, 😁, and 🥳.

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Profile

Customize your wellness journey

Pranav Neelakandan
pranavneelu06@gmail.com
🔥 1 streak ⚡ 75 points 🏆 3 badges

Fitness Level

Beginner **Intermediate** **Advanced**

Body Stats

Weight (kg) 70 Height (cm) 175 Age 19

Fitness Goals

Weight Loss Muscle Gain Flexibility Endurance Stress Relief Better Sleep General Health

VitalPulse WELLNESS AI

Home Workout Meal Plan Mindfulness Leaderboard Clients Profile

Pranav Neelakand... pranavneelu06@gma...

AuraFit File Edit View History Window

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VitalPulse WELLNESS AI

Home

Workout

Meal Plan

Mindfulness

Leaderboard

Clients

Profile

Fitness Goals

- Weight Loss
- Muscle Gain
- Flexibility
- Endurance
- Stress Relief
- Better Sleep

General Health

Dietary Preferences

- No Preference
- Vegan
- Vegetarian
- Keto
- Paleo
- Gluten Free
- Dairy Free

Low Carb

Life Event

Let AI know if something special is happening so it can adapt your plan.

- None
- Feeling Sick
- On Vacation
- Injured
- Busy Week
- Celebration

Save Profile

Security & Privacy

Pranav Neelakand... [\[...\]](#)

pranavneelu06@gma...

AuraFit File Edit View History Window

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VitalPulse WELLNESS AI

Let AI know if something special is happening so it can adapt your plan.

None Feeling Sick On Vacation Injured Busy Week Celebration

Save Profile

Security & Privacy

Security Status

- End-to-End Encryption All data encrypted in transit & at rest
- Two-Factor Authentication Not configured yet
- Session Protection Auto-logout on inactivity
- Login Notifications Email alert sent on each login

Two-Factor Authentication Add an extra layer of security via email code

Enable 2FA

Recent Security Events

Pranav Neelakand... pranavneelu06@gma...

This screenshot shows the AuraFit application interface. The top navigation bar includes 'AuraFit', 'File', 'Edit', 'View', 'History', and 'Window' options. The system status bar at the top right shows battery level (34%), signal strength, WiFi, and the date and time (Wed 18 Feb 15 47 28). The main content area features the VitalPulse Wellness AI section with a purple header. It displays a message: 'Let AI know if something special is happening so it can adapt your plan.' Below this are six cards: 'None' (green checkmark), 'Feeling Sick' (sick emoji), 'On Vacation' (laptop emoji), 'Injured' (injury emoji), 'Busy Week' (calendar emoji), and 'Celebration' (party emoji). A large blue 'Save Profile' button is centered below these cards. The left sidebar contains links for 'Home', 'Workout', 'Meal Plan', 'Mindfulness', 'Leaderboard', 'Clients', and 'Profile'. The 'Profile' link is currently selected and highlighted in blue. At the bottom left, there's a user profile card for 'Pranav Neelakand...' with the email 'pranavneelu06@gma...'. The central main content area is titled 'Security & Privacy' and includes a 'Security Status' section with four items: 'End-to-End Encryption' (status: checked, green circle), 'Two-Factor Authentication' (status: not configured, yellow warning triangle), 'Session Protection' (status: checked, green circle), and 'Login Notifications' (status: checked, green circle). Below this is a 'Two-Factor Authentication' section with a note 'Add an extra layer of security via email code' and a blue 'Enable 2FA' button. The bottom section is titled 'Recent Security Events'.

AuraFit

VitalPulse WELLNESS AI

Home

Workout

Meal Plan

Mindfulness

Leaderboard

Clients

Profile

Pranav Neelakand... pranavneelu06@gma...

Workout Tracker

Track your exercises and see your progress

+ Log Workout

5 TOTAL WORKOUTS

130 TOTAL MINUTES

1298 CALORIES BURNED

This Week's Activity

Day	Activity Level
Thu	~200
Fri	0
Sat	0
Sun	~250
Mon	~250
Tue	~280
Wed	~280

Recent Workouts

Strength

2026-02-18

⌚ 20 min ⚡ 300 cal 🌟 Intense

tired

Get ready to sweat! This 20-minute HIIT session packs a punch with a mix of burpees, high knees, mountain climbers, and jumping jacks. Work hard for 40 seconds, then take a 20-second breather. Let's crush those calories and boost that heart rate!

AuraFit File Edit View History Window

35% ⚡ WiFi ⓘ 🔍 Wed 18 Feb 15:48:21

AuraFit

Recent Workouts

VitalPulse WELLNESS AI

- Home**
- Workout**
- Meal Plan**
- Mindfulness**
- Leaderboard**
- Clients**
- Profile**

Pranav Neelakand... pranavneelu06@gma...

Strength 2026-02-18 tired
⌚ 20 min 🔥 300 cal 🌟 Intense
Get ready to sweat! This 20-minute HIIT session packs a punch with a mix of burpees, high knees, mountain climbers, and jumping jacks. Work hard for 40 seconds, then take a 20-second breather. Let's crush those calories and boost that heart rate!

Strength 2026-02-17 exhausted
⌚ 40 min 🔥 300 cal 🌟 Intense
Get ready to sweat! This HIIT workout includes 30 seconds of burpees, followed by 30 seconds of jumping jacks. Repeat this circuit for 20 minutes. Push yourself through each interval and feel the energy boost!

Flexibility 2026-02-16 okay
⌚ 30 min 🔥 250 cal 🌟 Intense
Get ready to sweat with this high-energy HIIT workout! Start with 1 minute of jumping jacks followed by 30 seconds of rest. Then, do 1 minute of burpees, 30 seconds of rest, and repeat this circuit for a fat-blasting workout. Finish strong with a quick 1-minute plank hold! You got this!

Hiit 2026-02-15
⌚ 20 min 🔥 250 cal 🌟 Intense
Get ready to sweat! This 20-minute HIIT workout alternates between high-energy moves like burpees and jumping jacks and brief recovery periods. Perfect for burning calories and boosting your mood! Let's crush it!

Cardio 2026-02-12 tired
⌚ 20 min 🔥 198 cal 🌟 Intense
Get ready to sweat! This 20-minute HIIT workout includes 30 seconds of burpees, 30 seconds of jumping jacks, and 30 seconds of high knees, followed by 30 seconds of rest. Repeat for 4 rounds. You'll feel your energy soar and your heart race!

AuraFit File Edit View History Window

36% ⚡ WiFi ⓘ 🔍 Wed 18 Feb 15:48:37

VitalPulse WELLNESS AI

Home

Workout

Meal Plan

Mindfulness

Leaderboard

Clients

Profile

Pranav Neelakand... pranavneelu06@gma...

Meal Planner

Plan and track your nutrition

18/02/2026

AI Plan + Add

1850 kcal CALORIES

83 g PROTEIN

240 g CARBS

55 g FAT

BREAKFAST (1 ITEMS)

Protein-Packed Overnight Oats
Overnight oats made with rolled oats, almond milk, Greek yogurt, chia seeds, and topped with mixed berries and a drizzle of honey.
450 kcal P: 20g C: 65g F: 10g

LUNCH (1 ITEMS)

Quinoa and Black Bean Salad
A nutritious salad with quinoa, black beans, corn, diced bell peppers, avocado, cilantro, and lime dressing. Great for muscle gain with healthy...
550 kcal P: 18g C: 75g F: 20g

DINNER (1 ITEMS)

Chickpea Stir-Fry with Tofu
Stir-fried chickpeas and tofu with mixed vegetables (broccoli, carrots, bell peppers) served over brown rice. A hearty meal to fuel muscle...
600 kcal P: 30g C: 80g F: 15g

SNACK (1 ITEMS)

Greek Yogurt with Almonds and Honey
A serving of Greek yogurt topped with sliced almonds and a drizzle of honey for an extra protein boost and healthy fats.
250 kcal P: 15g C: 20g F: 10g

AuraFit File Edit View History Window

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VitalPulse WELLNESS AI

Client Dashboard

Monitor all wellness clients and their progress

15 TOTAL CLIENTS

13 ACTIVE

19d AVG STREAK

10,620 TOTAL POINTS

Top 5 by Points

Client	Points
Aisha	2400
David	1800
Carlos	1500
Sarah	1200
Yuki	800

Fitness Level Distribution



Level	Count
Beginner	5
Intermediate	6
Advanced	4

Search clients... All Active Inactive Paused All Beginner Intermediate Advanced

Aisha Thompson aisha.t@vitalpulse.com advanced active

David Kim david.k@vitalpulse.com advanced active

Carlos Oliveira carlos.o@vitalpulse.com advanced active

Pranav Neelakand... pranavneelu06@gmail.com

60 2,400 33 45 1,850 31 38 1,550 36