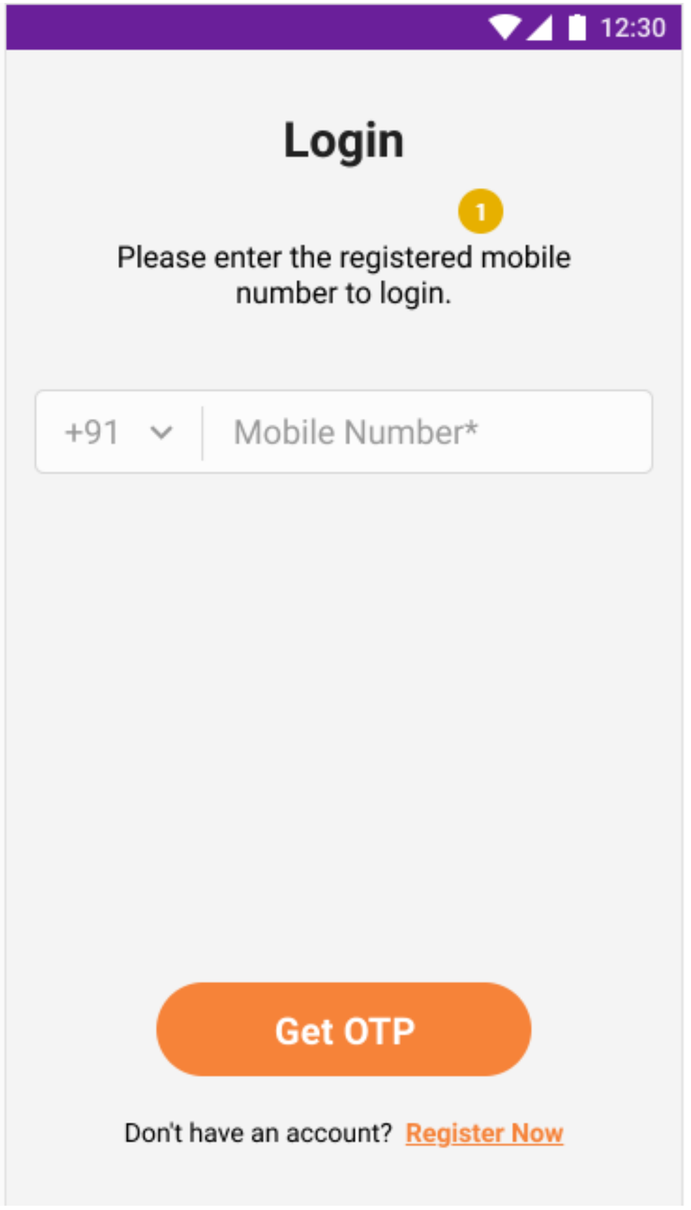
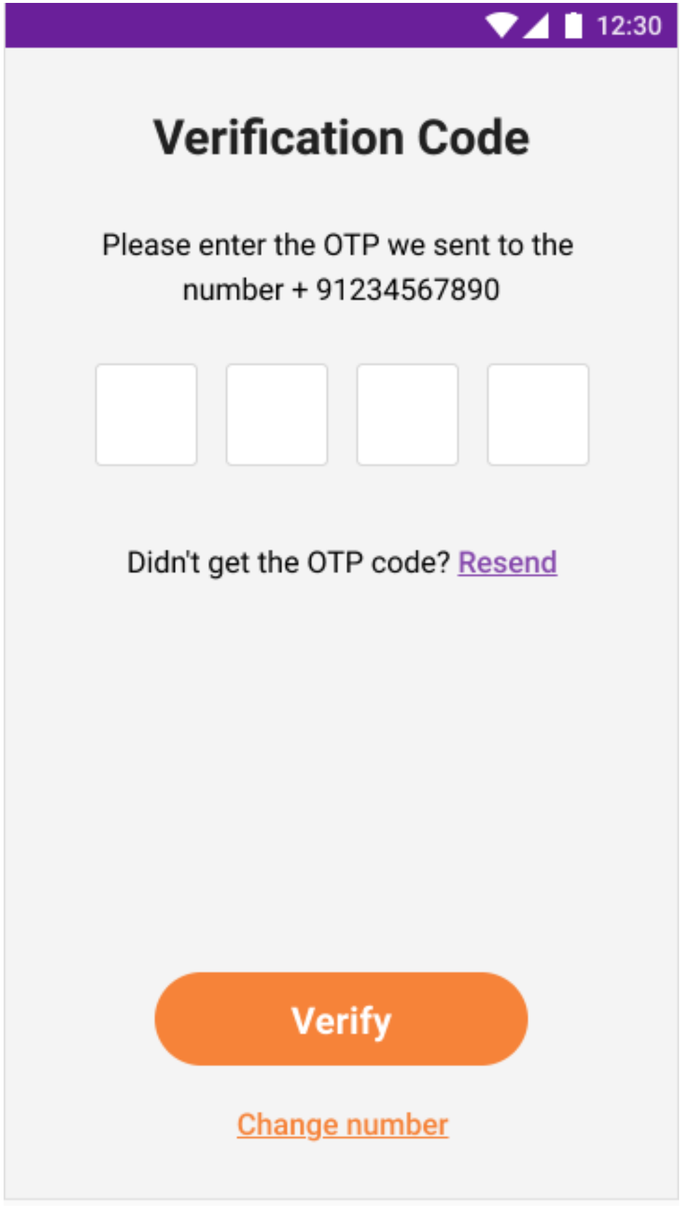
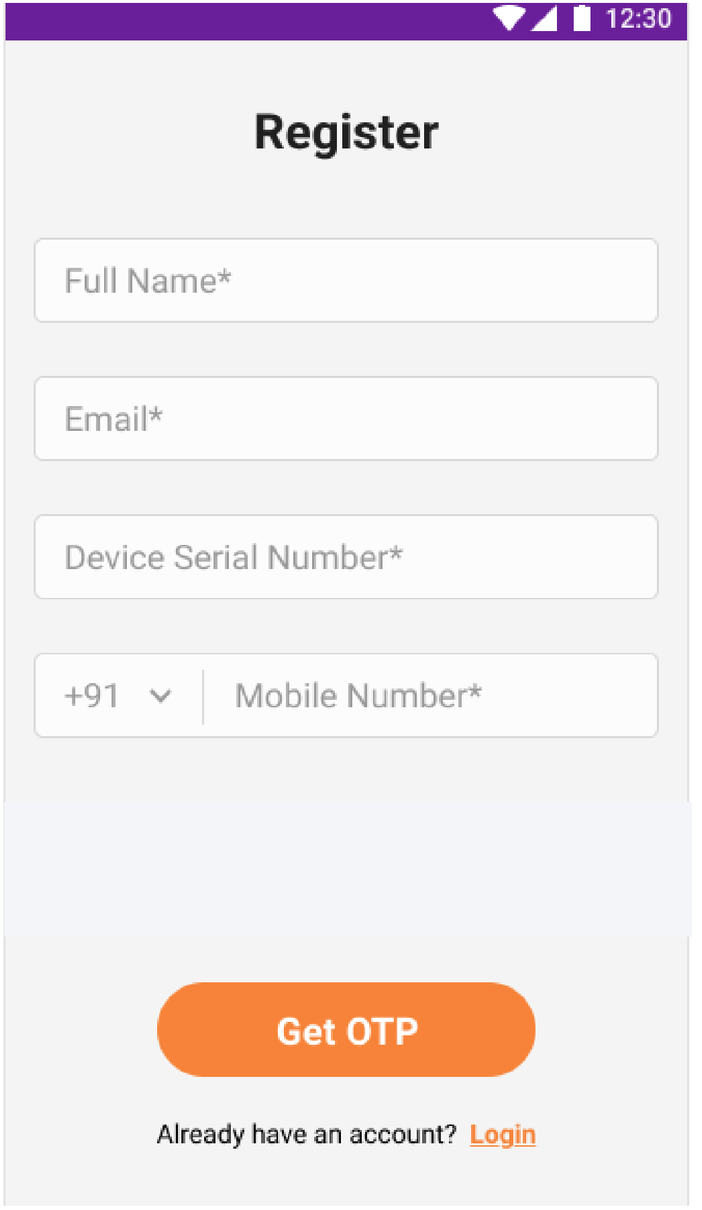
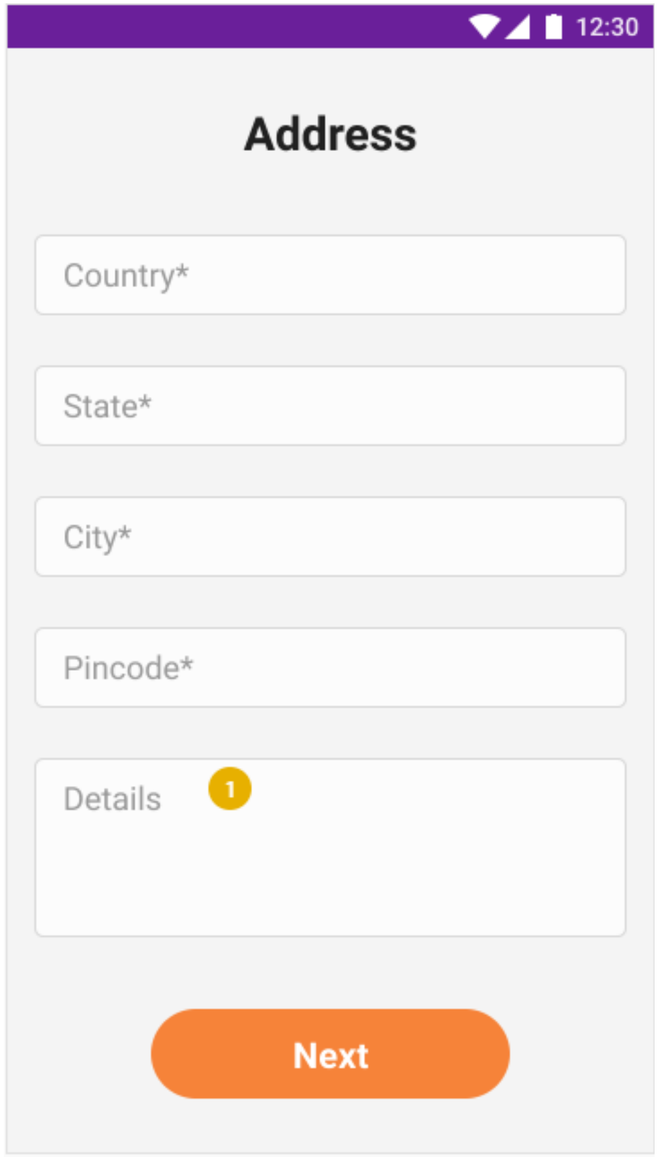
WeHealth

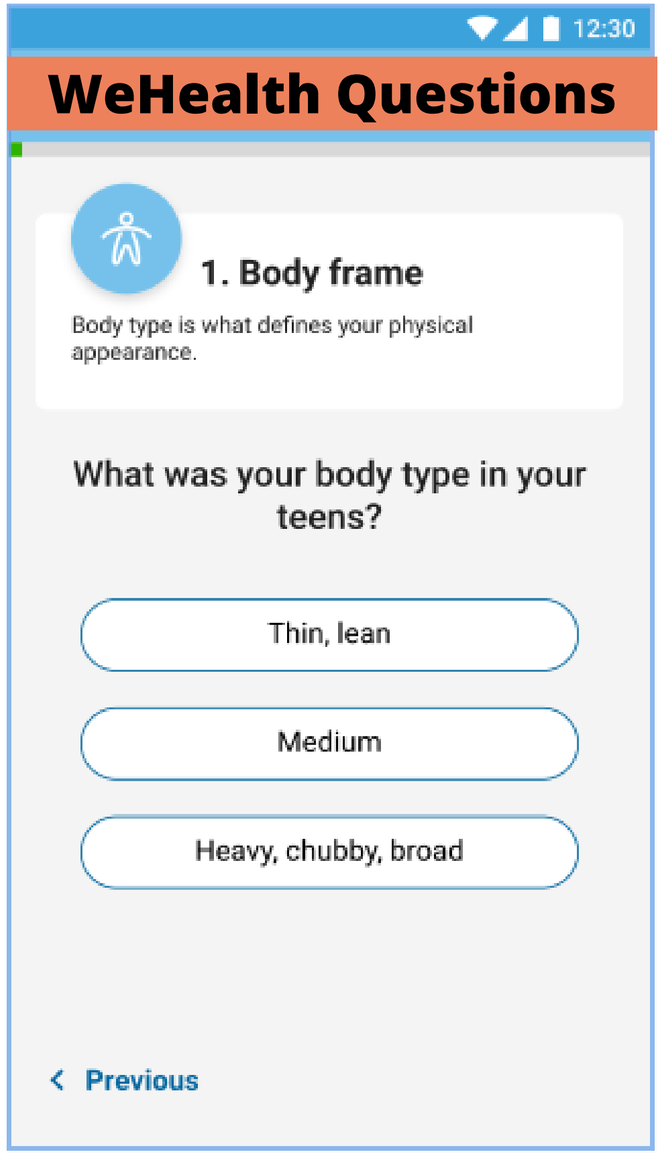
Prepared by
Vidhika Jain and Palak Agrawal


12:30
Login
1
Please enter the registered mobile number to login.
+91
Mobile Number*
Get OTP
Don't have an account? Register Now

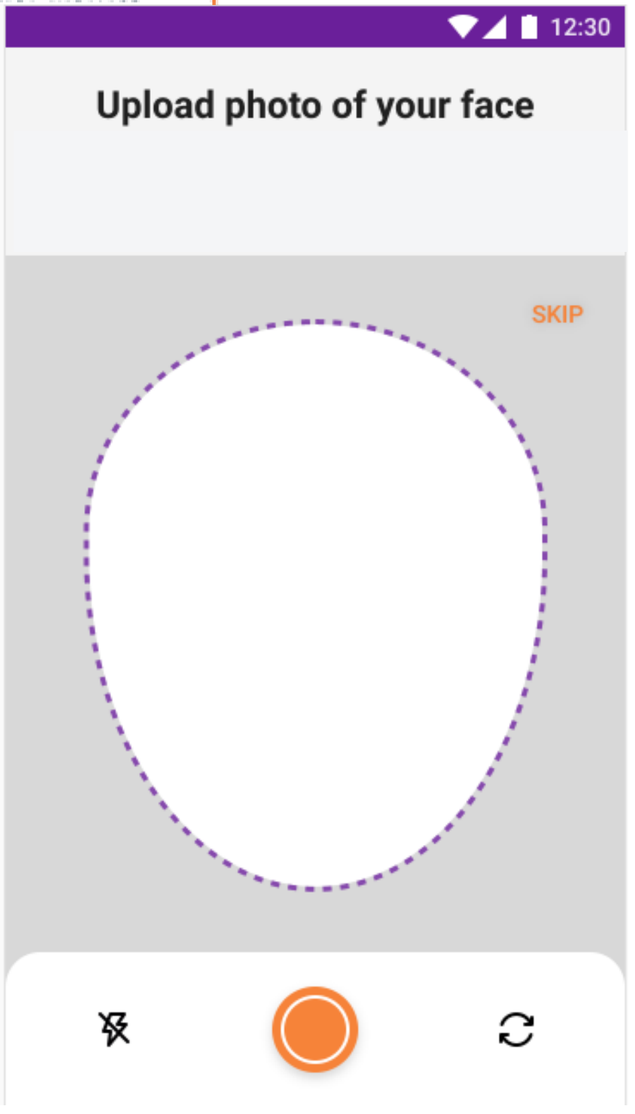

12:30
Verification Code
Please enter the OTP we sent to the number + 91234567890
Didn't get the OTP code? Resend
Verify
Change number

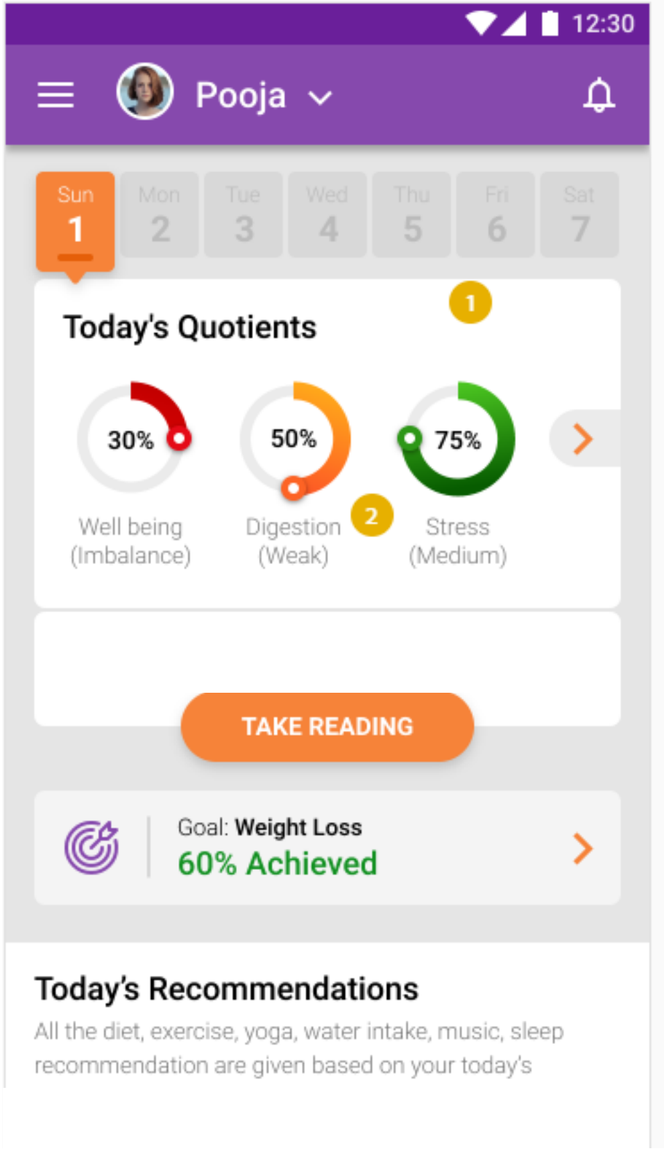

12:30
Register
Full Name*
Email*
Device Serial Number*
+91
Mobile Number*
Get OTP
Already have an account? Login

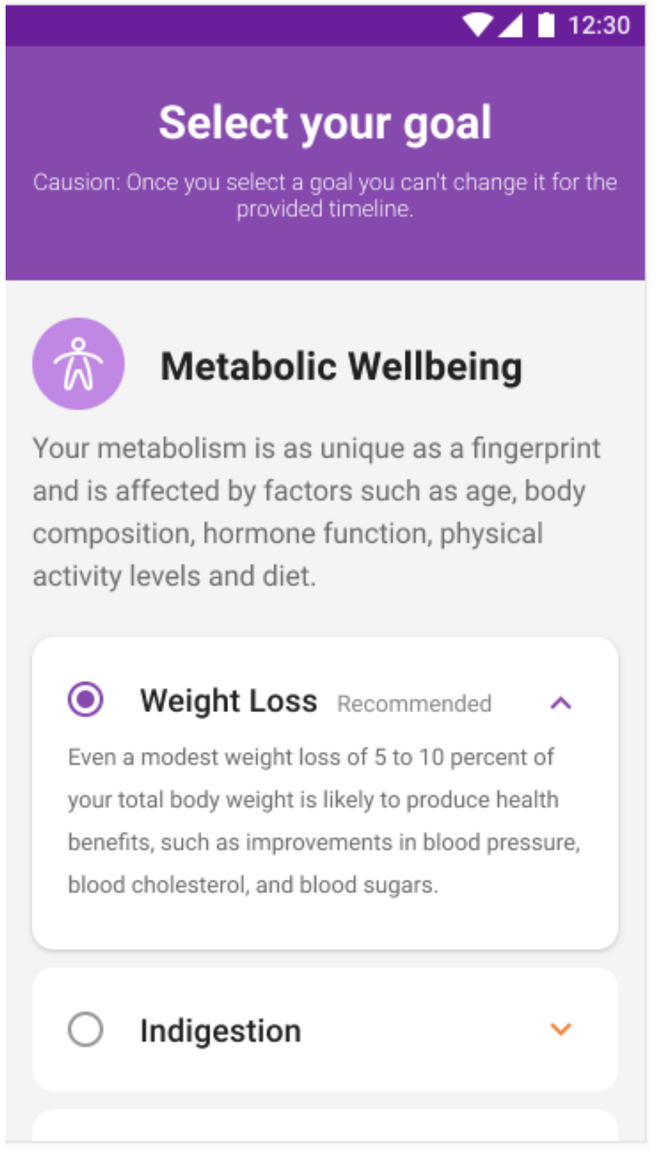

12:30
Address
Country*
State*
City*
Pincode*
Details
1
Next

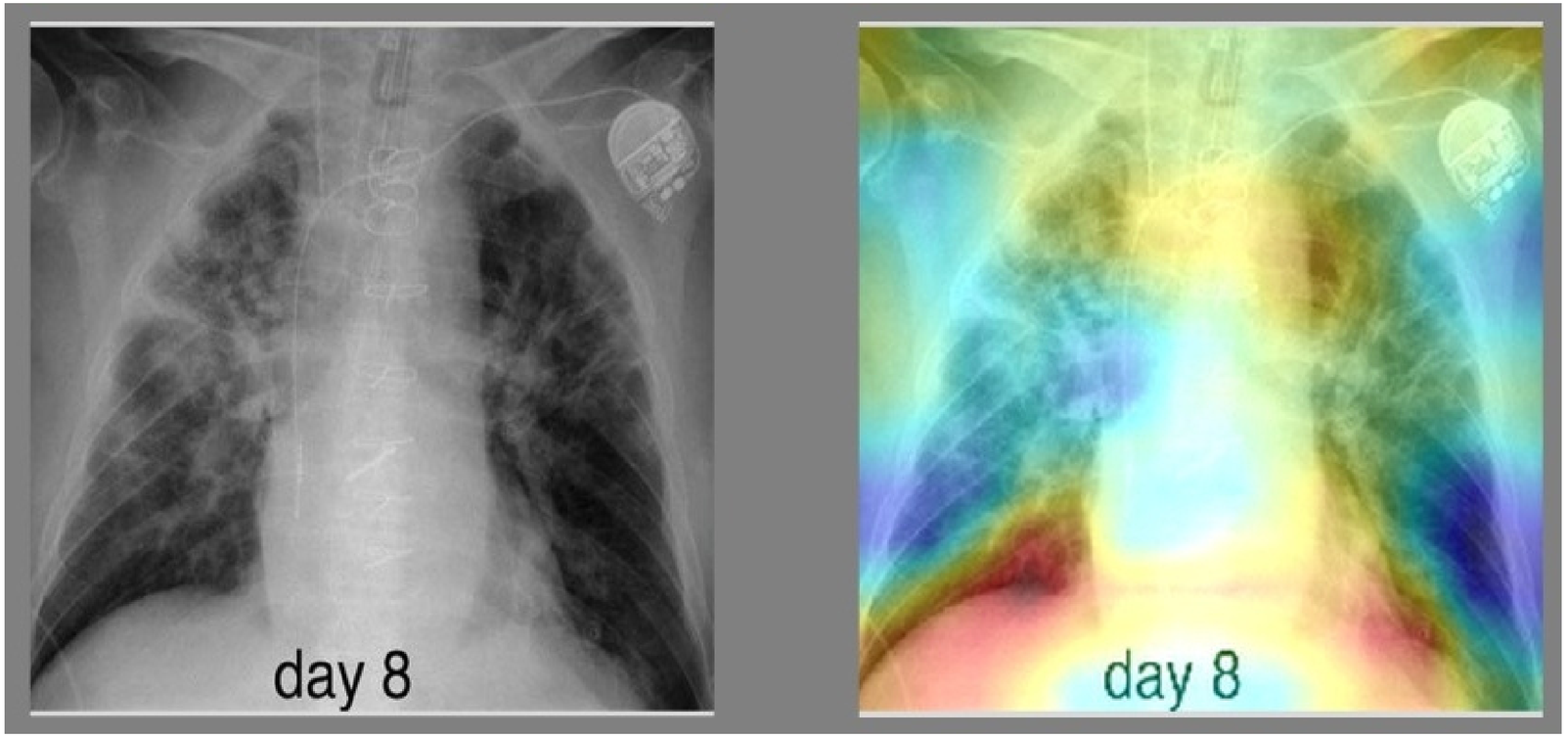

12:30
WeHealth Questions
1. Body frame
Body type is what defines your physical appearance.
What was your body type in your teens?
Thin, lean
Medium
Heavy, chubby, broad
Previous

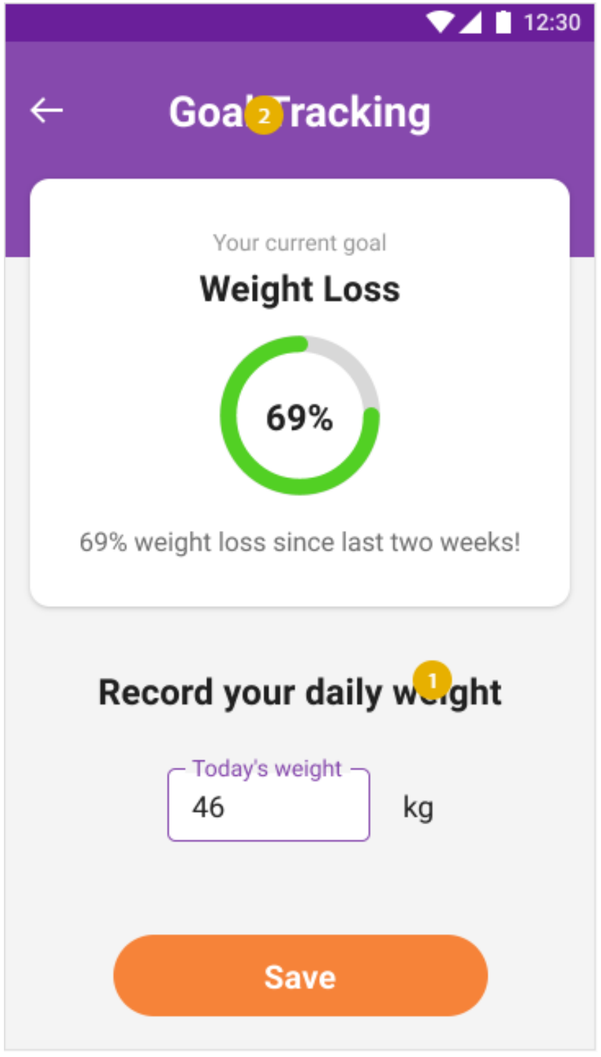
TURYAA
Your Inner Metrics

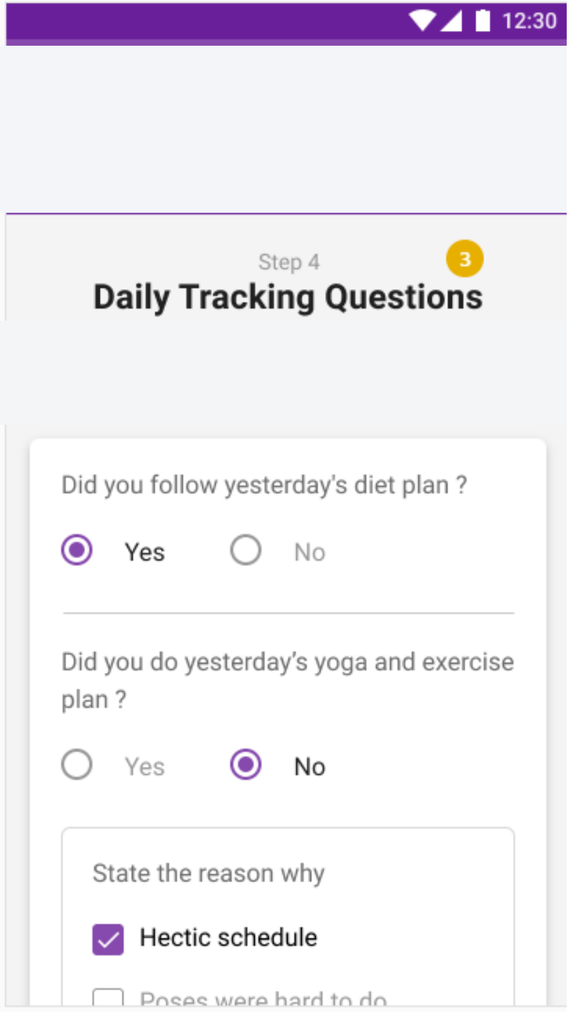


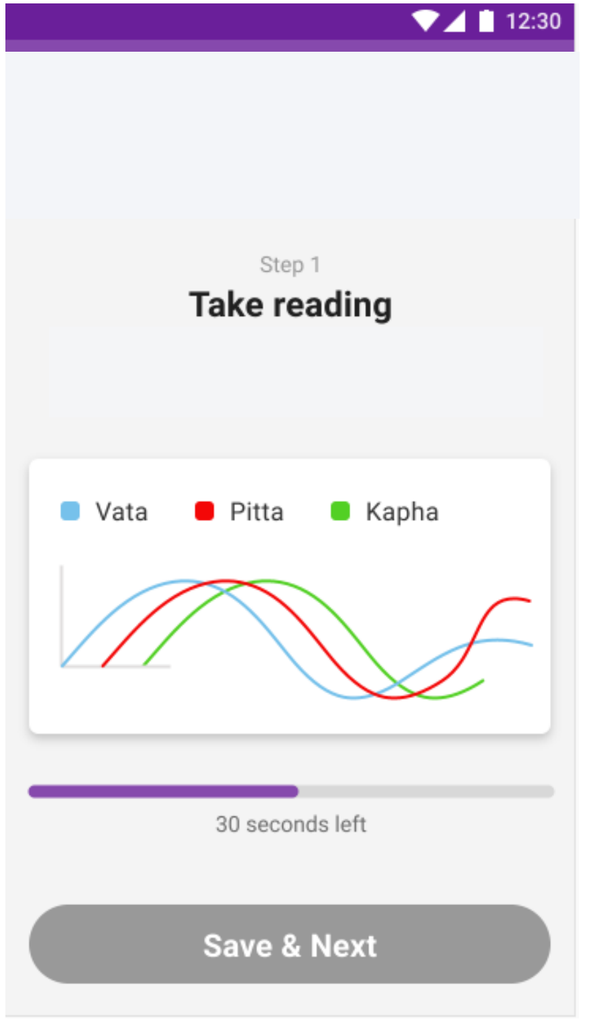


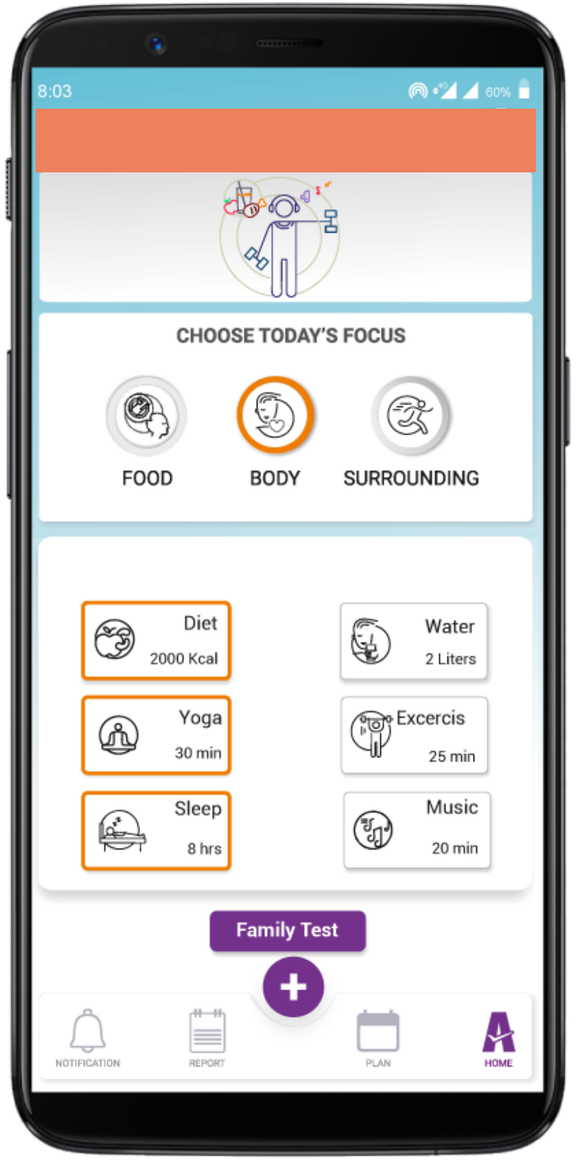



day 8
day 8

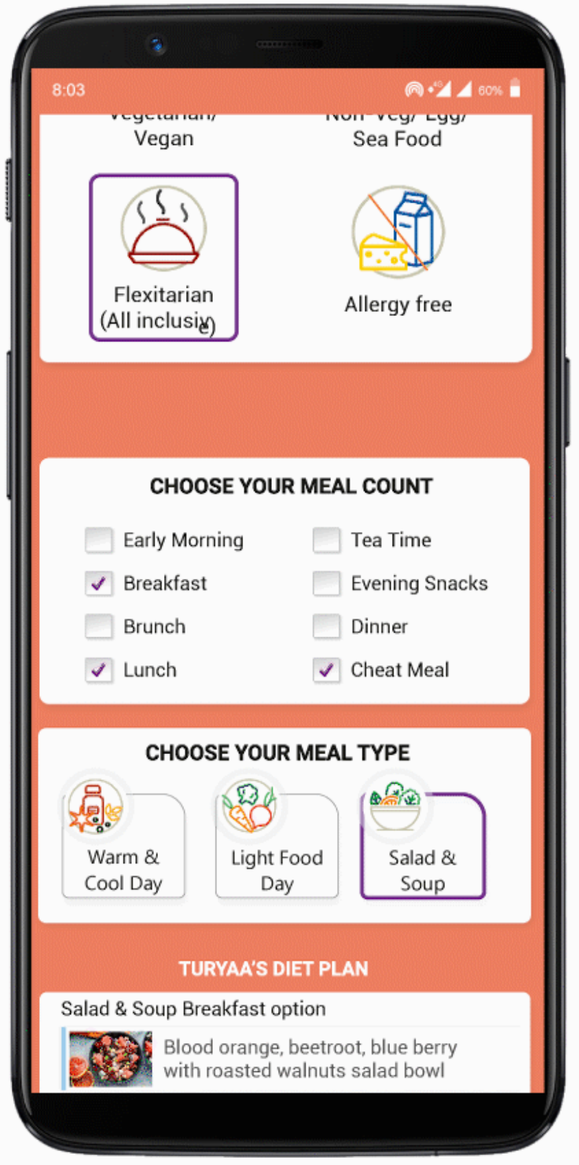

12:30
Goal Tracking
2
Your current goal
Weight Loss
69%
69% weight loss since last two weeks!
Record your daily weight
1
Today's weight
46
kg
Save


12:30
Step 4
Daily Tracking Questions
3
Did you follow yesterday's diet plan ?
Yes
No
Did you do yesterday's yoga and exercise plan ?
Yes
No
State the reason why
Hectic schedule
Poses were hard to do


12:30
Step 1
Take reading
Vata
Pitta
Kapha
30 seconds left
Save & Next


8:03
60%
CHOOSE TODAY'S FOCUS
FOOD
BODY
SURROUNDING
Diet
2000 Kcal
Water
2 Liters
Yoga
30 min
Excercis
25 min
Sleep
8 hrs
Music
20 min
Family Test
NOTIFICATION
REPORT
PLAN
HOME

8:03
60%
Hello Racheal
Today
Week
Month
72
Wellbeing Quotient
50
Digestion Quotient
80
Stress Quotient
Hey, how was your yesterday?
Hectic
BEST SUITS YOU
Steamed salad
Lemongrass-mint infused water
Bhujangasana
Leg uplifts in lying positions
CAN TRY
Tossed salad in olive oil
Turmeric infused warm water
Gomukhasana
Peddling in lying positions
NOTIFICATION
REPORT
PLAN
HOME


8:03
60%
Vegan
Sea Food
Flexitarian (All inclusive)
Allergy free
CHOOSE YOUR MEAL COUNT
Early Morning
Tea Time
Breakfast
Evening Snacks
Brunch
Dinner
Lunch
Cheat Meal
CHOOSE YOUR MEAL TYPE
Warm & Cool Day
Light Food Day
Salad & Soup
TURYAA'S DIET PLAN
Salad & Soup Breakfast option
Blood orange, beetroot, blue berry with roasted walnuts salad bowl