

# WeHealth

Prepared by  
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12:30

# Login

1

Please enter the registered mobile number to login.

+91 ▾

Mobile Number\*

Get OTP

Don't have an account? [Register Now](#)

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# Verification Code

Please enter the OTP we sent to the number + 91234567890

Didn't get the OTP code? [Resend](#)

Verify

[Change number](#)

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# Register

Full Name\*

Email\*

Device Serial Number\*

+91 ▾

Mobile Number\*

Get OTP

Already have an account? [Login](#)

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Address

Country\*

State\*

City\*

Pincode\*

Details

1

Next

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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

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Upload photo of your face

SKIP

12:30

Pooja

Sun 1

Mon 2

Tue 3

Wed 4

Thu 5

Fri 6

Sat 7

Today's Quotients

30%

Well being  
(Imbalance)

50%

Digestion  
(Weak)

75%

Stress  
(Medium)

TAKE READING

Goal: **Weight Loss**  
**60% Achieved**

Today's Recommendations

All the diet, exercise, yoga, water intake, music, sleep recommendation are given based on your today's

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Select your goal

Caution: Once you select a goal you can't change it for the provided timeline.

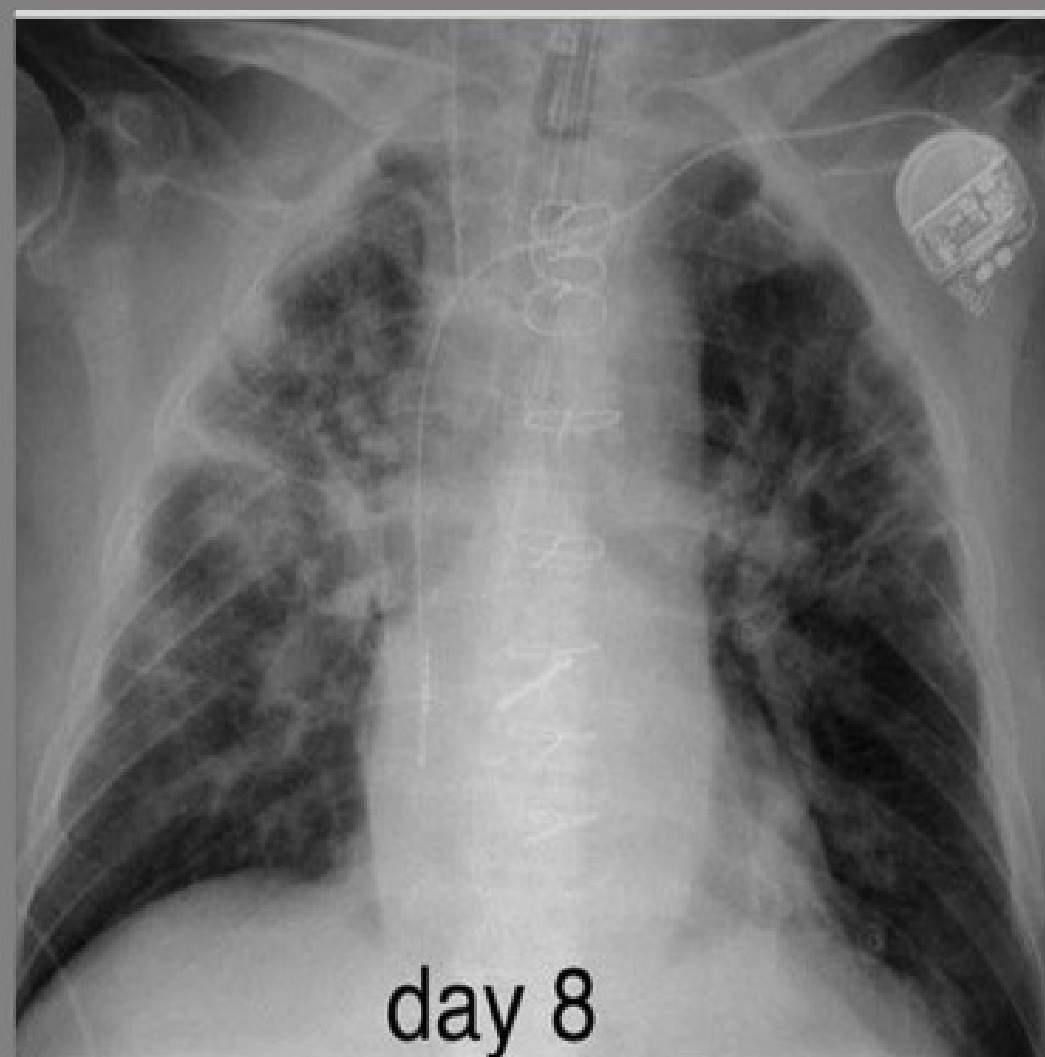
Metabolic Wellbeing

Your metabolism is as unique as a fingerprint and is affected by factors such as age, body composition, hormone function, physical activity levels and diet.

☒ **Weight Loss** Recommended

Even a modest weight loss of 5 to 10 percent of your total body weight is likely to produce health benefits, such as improvements in blood pressure, blood cholesterol, and blood sugars.

☐ **Indigestion**



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← 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

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Step 4 3

Daily Tracking Questions

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

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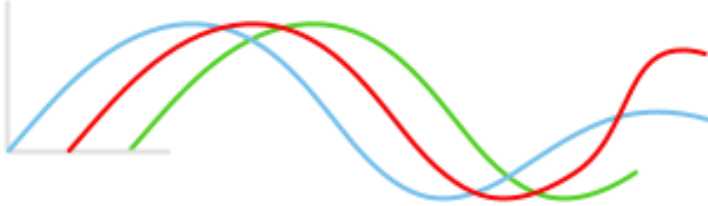
Step 1

Take reading

Vata

Pitta

Kapha



30 seconds left

Save & Next

