

9:41

Salad & Vegetables

North Texas Salad With Nutmeg & Radish

30min 250Kcal

Add meal →

9:41

Nutrition

Avocado Dish 100g
Nutrition value
Protein 22g
Carbs 1.8g
Fat 19g

Add Meal →

9:41

My Meals

Aug 10 Aug 11 Aug 12 Aug 13

Breakfast Lunch Dinner

Salad with eggs 294 kcal -100g
12g Protein 22g Fats 42g Carbs

Avocado Dish 294 kcal -100g
12g Protein 32g Fats 12g Carbs

Pancakes 294 kcal -100g
12g Protein 22g Fats 42g Carbs

Slice of Pineapple 294 kcal -100g

Food Added!
You have successfully added a meal to your diet schedule
Great, thanks! ✓

X

Scanning...

9:41

Analysis

Search our food database... 8+

Jun 25, 2024

Hello, Eren 251kcal Hungry

Browse Category See All

Vegetable Meat Fruit

Morning Routine See All

Balanced Diet Runner's Diet
Runner's Diet Feel your run

Calorie Goal

2500 Kilo calories

Scanning...

9:41



Uplift.ai

Your personal AI fitness coach.

9:41



Welcome To **Uplift.ai**

Your personal fitness AI Assistant 🤖

Get Started →

Already have account? [Sign In](#)

9:41



Sign In To Ulpift

Let's personalize your fitness with AI

Email Address

elementary221b@gmail.co|

Password



Sign In →



Don't have an account? [Sign Up.](#)

[Forgot Password](#)

9:41



Sign Up For Free

Quickly make your account in 1 minute

Email Address

elementary221b@gmail.com

Password



Confirm Password

elementary221|



ERROR: Password Don't Match!

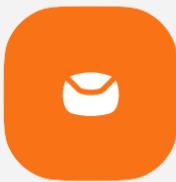
Sign Up →

Already have an account? [Sign In.](#)



Reset Password

Select what method you'd like to reset.



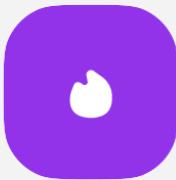
Send via Email

Seamlessly reset your password via email address.



Send via 2FA

Seamlessly reset your password via 2 Factors.



Send via Google Auth

Seamlessly reset your password via gAuth.



Reset Password →



Password Sent!

We've sent the password to
**221b@gmail.com. Resend if the
password is not received! 🔥

Re-Send Password 





Add New Meal

Manaul

AI Scan

Meal Name



Enter your meal name...

Meal Type

Breakfast

Dinner

Snack

Total Protein gram

10 20 30

Total Carbs gram

10 20 30

Total Protein gram

10 20 30

Continue →

9:41

9:41

9:41

9:41

9:41

9:41

9:41

9:41

9:41

Assessment

5 of 6

Assessment

1 of 6

Assessment

2 of 6

Assessment

3 of 6

Assessment

4 of 6

Assessment

6 of 6

AI Vocal Analysis

Your voice is connected to your health. Say the following for better assessment. 



If there's no pain, then there's always no gain.

Continue →

What's your Age?

17

18

19

20

21

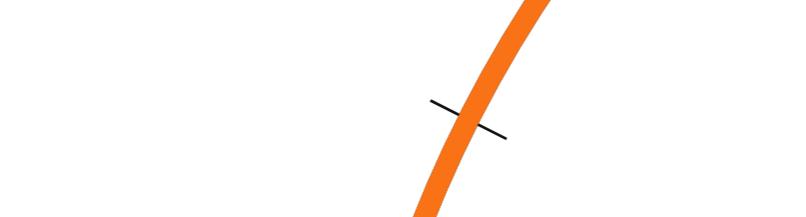
Continue →

What's your current weight right now?

Kg

Lbs

62 Kg



Continue →

How would you rate your fitness level?

Drag to adjust

♂ Male

♀ Female

3

Somewhat Athletic

Prefer to skip, thanks! 

Continue →

What is your gender?

♂ Male

♀ Female

Continue →

What's your fitness goal/target?

I wanna lose weight

I wanna try AI Coach

I wanna get bulks

I wanna gain endurance

Just trying out the app! 

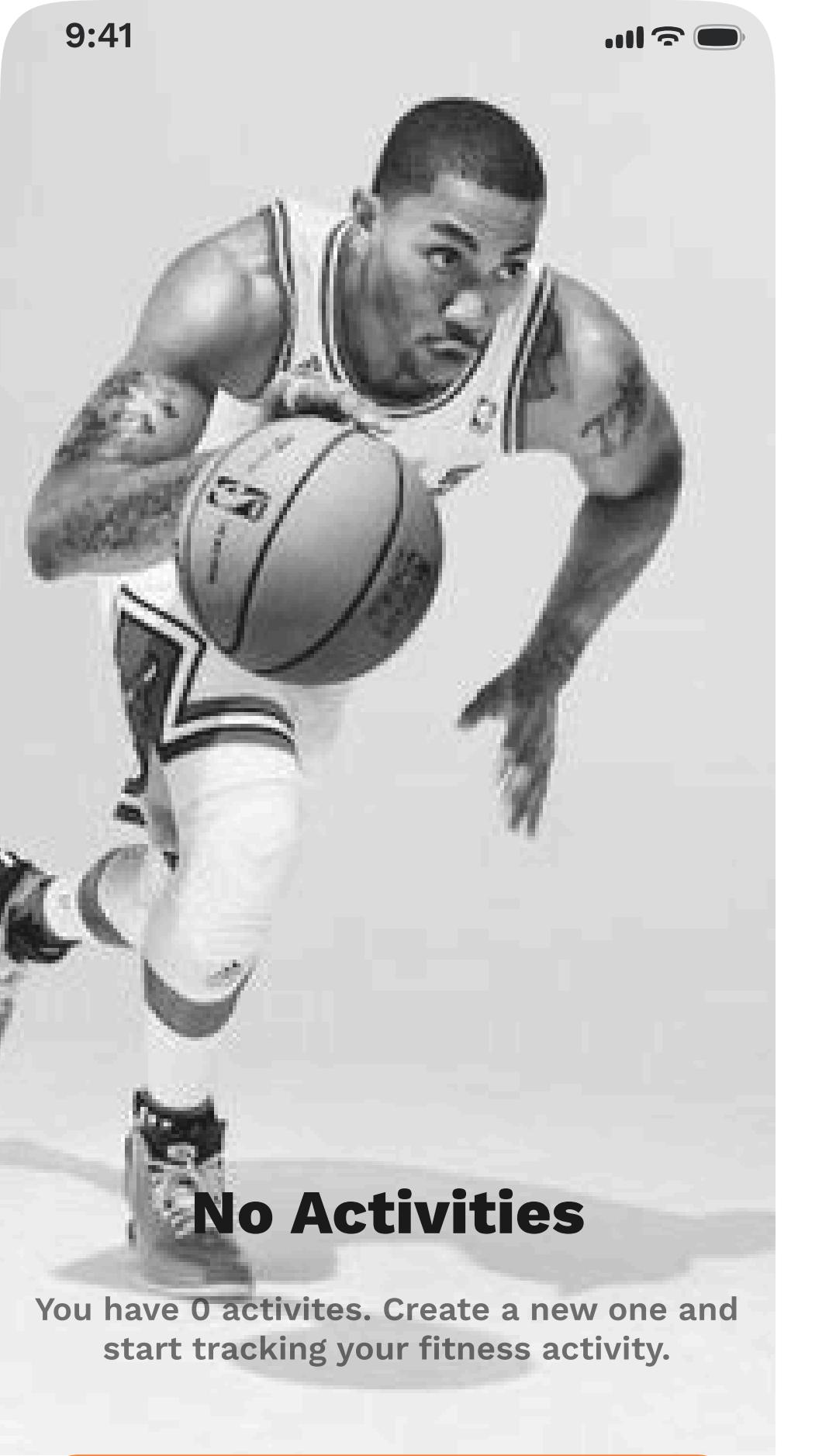
Continue →



Activity Status

- Running
- Jogging
- Biking
- Weightlifting
- Yoga





Add New Activity →

9:41

Add New Activity

Please select activity type

Jogging

Jogging

Jogging

Jogging

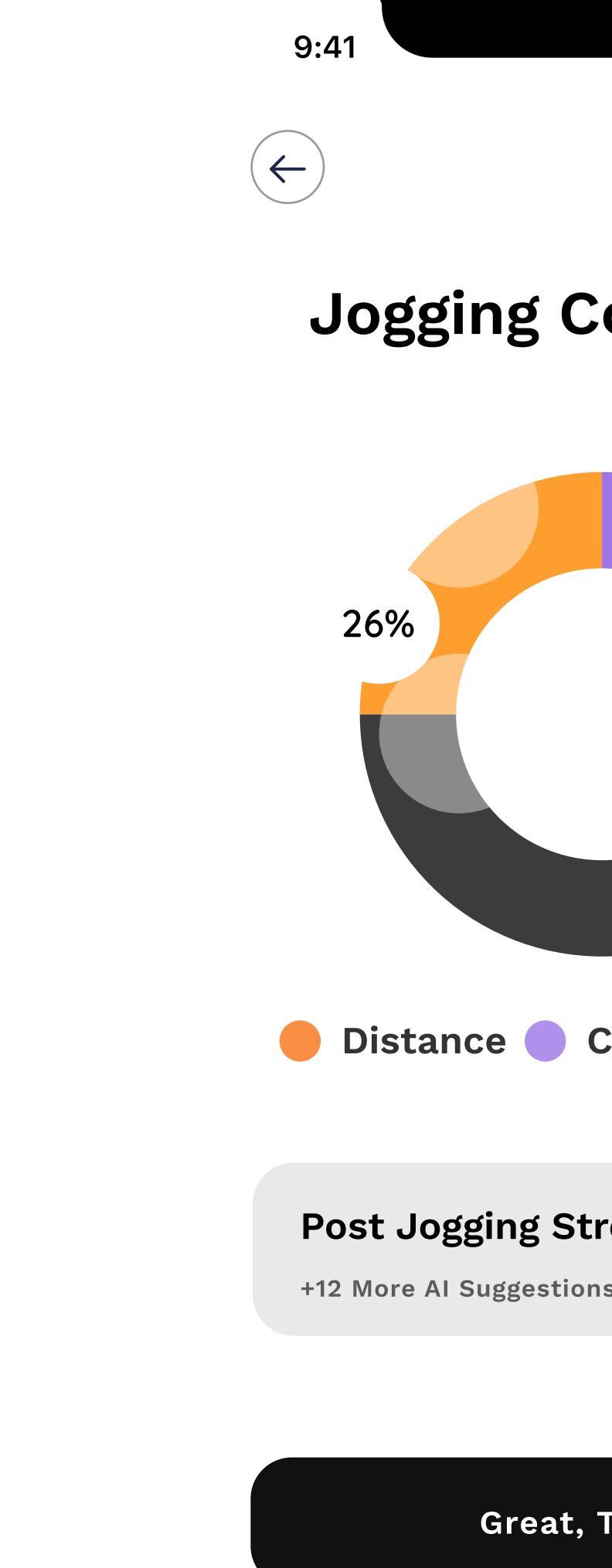
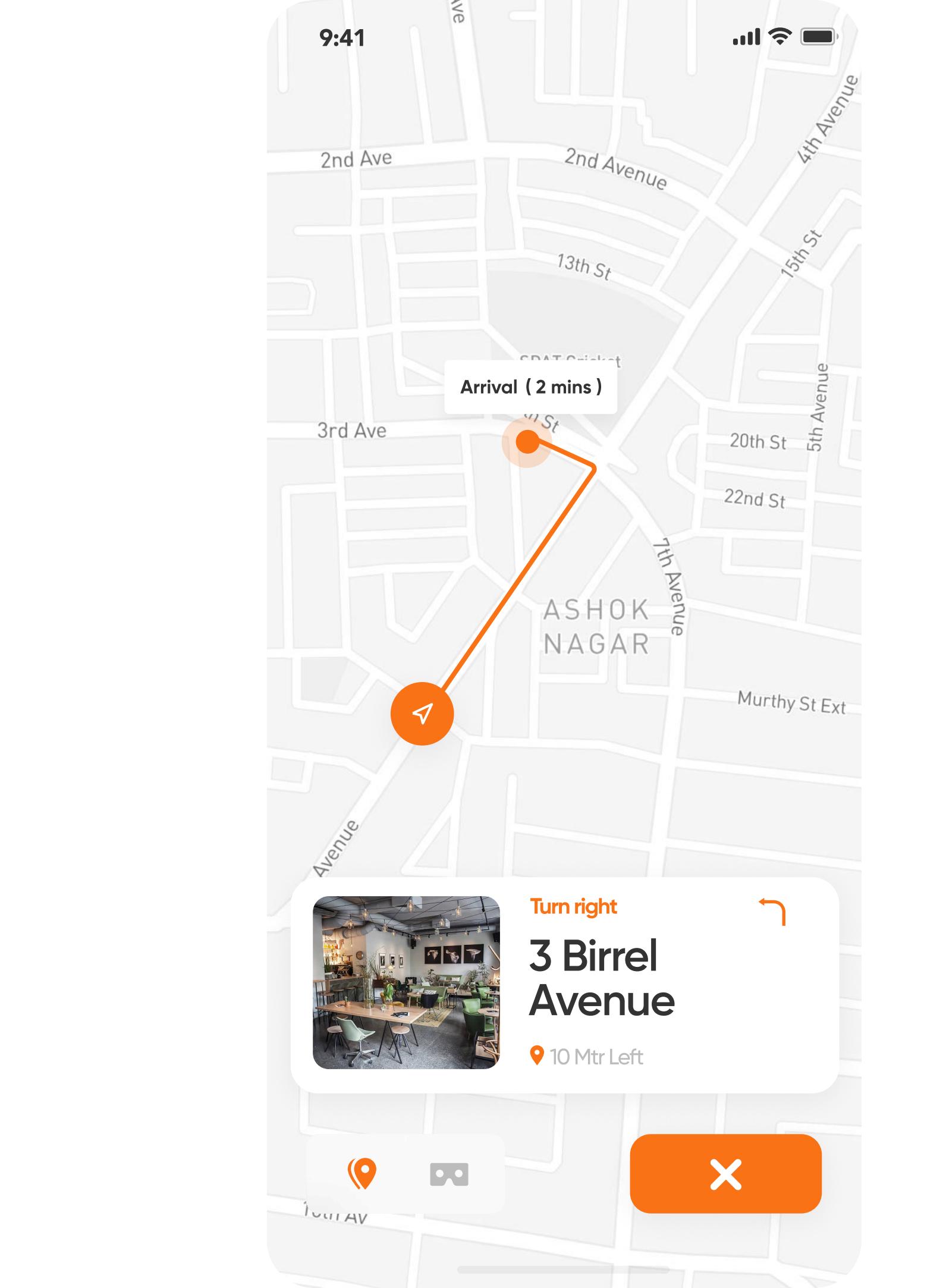
Jogging

Jogging

Jogging

Jogging

Continue



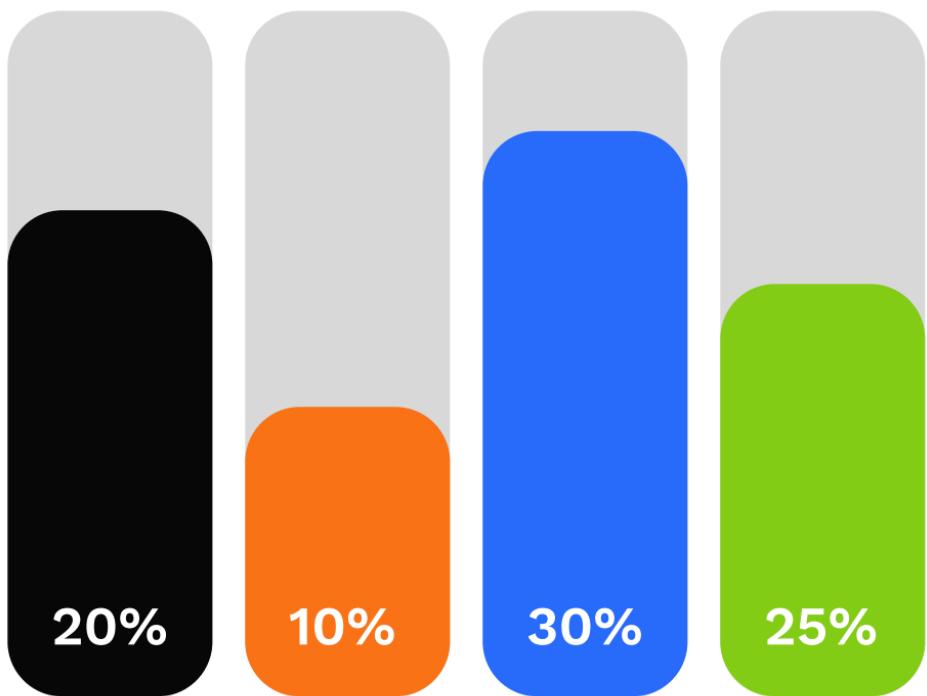
9:41



Calorie Stats

318kcal

Jan



-
- **Fat** 201g
 - **Protein** 201g
 - **Carbs** 201g
 - **Macro** 201g

9:41



Calorie Intake

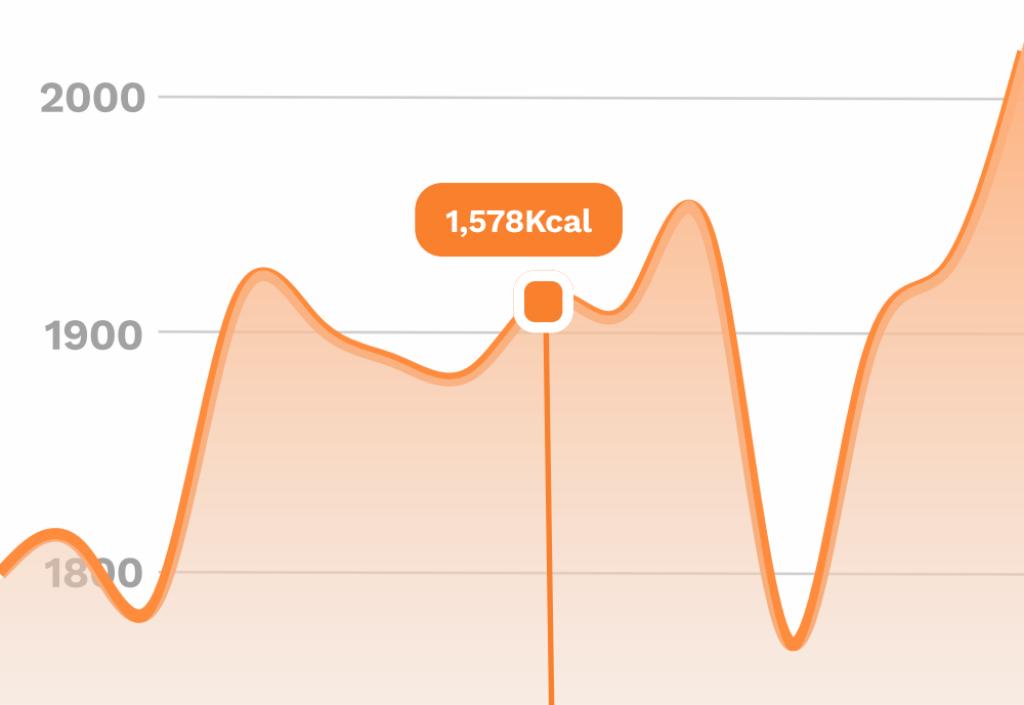


🔥 **1,745Kcal**

Eat 158 calorie left.



January 2024



125g

Carbs



15g

Protein

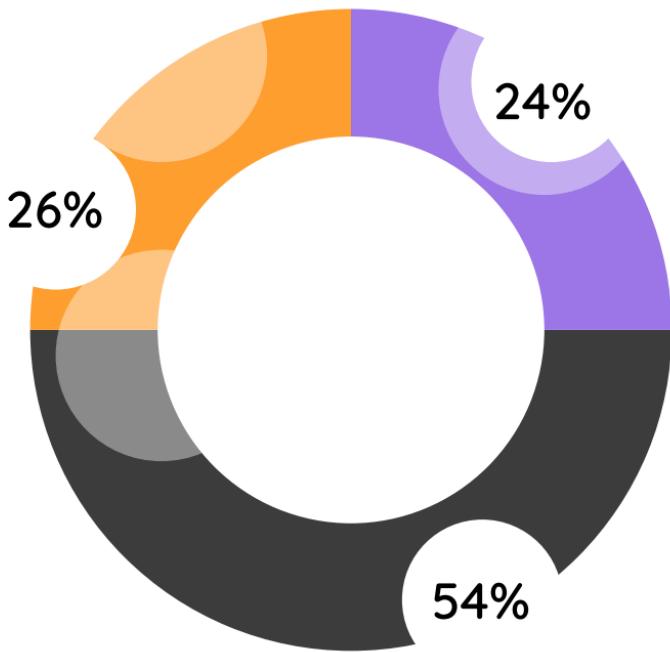


5g

Fats



Uplift Score



88

You are a healthy individual

● Strength ● Agility ● Endurance



Jun 25, 2024

Hello, Eren

251kcal

Hungry



Search our food database...



Browse Category

[See All](#)

Hydration

Score

Calorie

Workouts

[See All](#)

25min

412kcal

Upper Strength 2

8 Series Workout

Diet & Nutrition

[See All](#)

25g

Protein

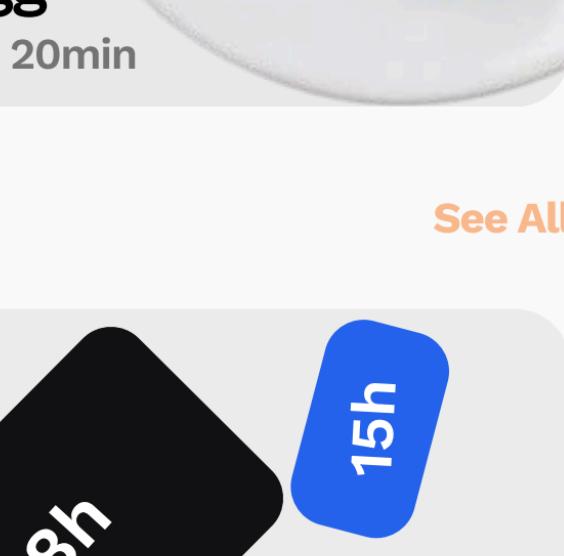
16g

Fats

Salad & Egg

548kcal

20min



Activities

[See All](#)

1h

68h

15h

7h

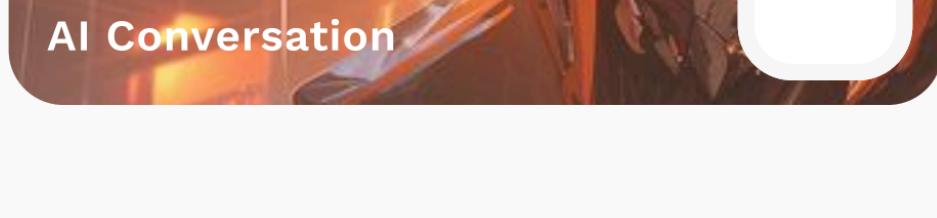
87h

Virtual AI Coach

[See All](#)

1,879+

AI Conversation





Heart Rate

112 bpm

Currently doing: Basketball



Pressure

112 mmHg

Oxygen

112 Sp02

9:41



Hydration

500ml

You need 1500ml for today.

Goal

2000ml

Current
500ml



Search

Fitness AI Assis|



Workout



Meals



Community



Loading...



Search

Fitness AI Assis|



Fitness

My Fitness Schedule

Fitness Ai Assistant

Visual AI Coach

AR/VR Fitness Videos

Fitness App

q w e r t y u i o p

a s d f g h j k l



z

x

c

v

b

n

m



123

space

return



Search

Fitness AI Assis|



Workout



Meals



Community



Not Found

Whoops Coach U can't fin this page :(



Search

Fitness AI Assis|



Workout



Meals



Community



Virtual AI Coach

98% Match



Activity Tracker

8+



Coach Farness

67% Match



AI Fitness Assisstant



82% Match



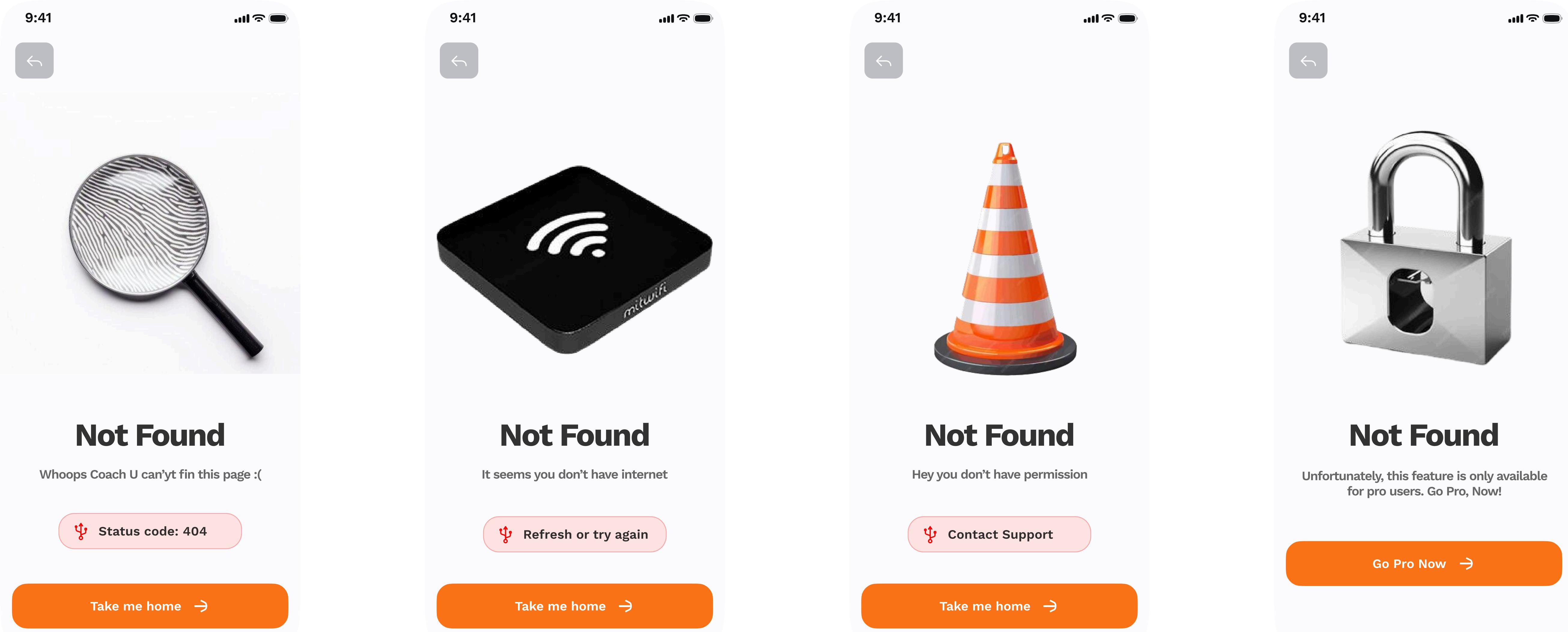
Workout Course

55% Match



AI Workout

48% Match



9:41

9:41

9:41

9:41

9:41

9:41



Not Found

Whoops Coach U can't fin this page :(

USB Status code: 404

Take me home →



Not Found

It seems you don't have internet

USB Refresh or try again

Take me home →



Not Found

Hey you don't have permission

USB Contact Support

Take me home →



Not Found

Unfortunately, this feature is only available for pro users. Go Pro, Now!

Go Pro Now →



Account Settings

General



Notification



Personal Information



Coach Contact



Dark Mode



Linked Devices



Security & Privacy



Main Security





Notifications

Today

Past

Earlier Today



Unread AI Chatbot Messages

8 new messages from Uplift.ai



Score Increased

8+

Uplift Score is 87



Drink More Water

You need to drink 1500ml left.



Workout Complete



Upper Body Set Completed



Nutrition Upgrade

Take 87g of protein!



Fitness Data Ready!

Here's fitness data for November



Makise Kurisu

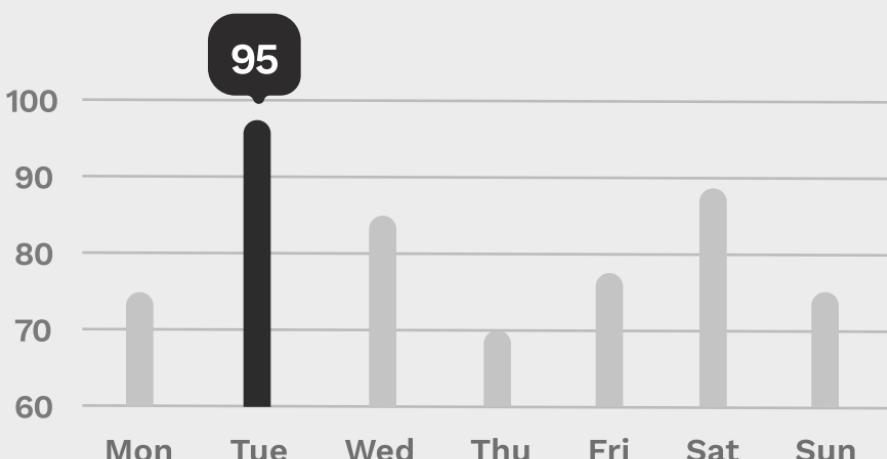
Tokyo, Japan

Basic Member



Uplift Score

Weekly



17yr

Current Age



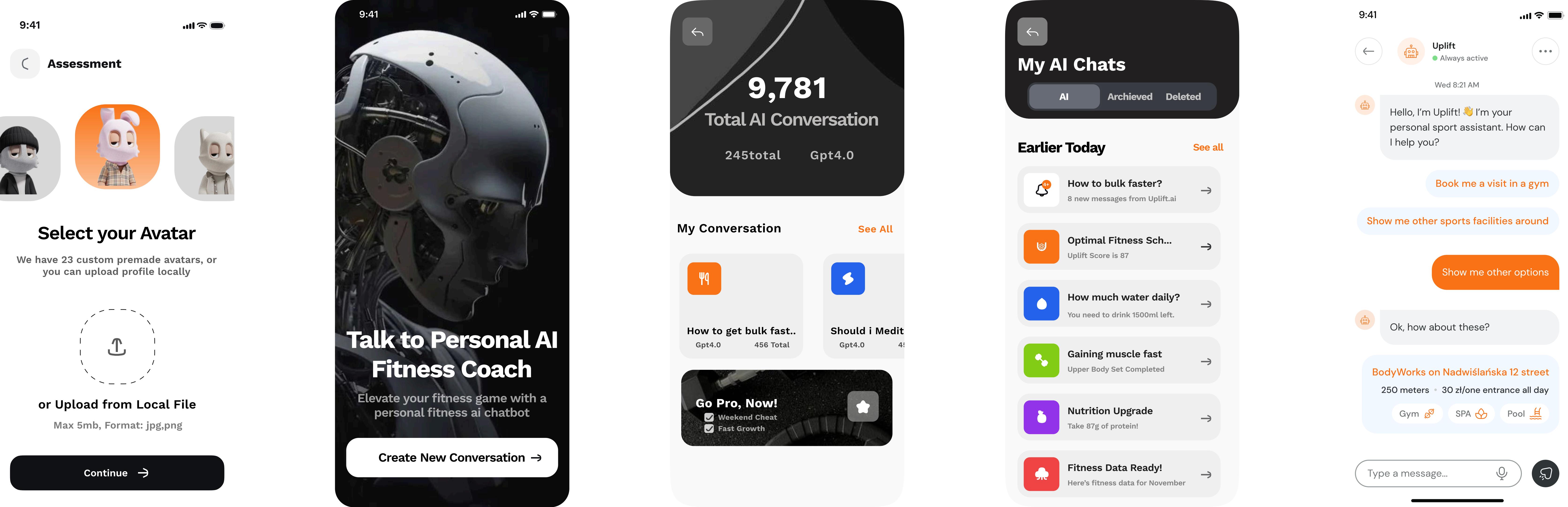
68kg

Weight

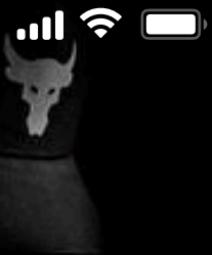


978kalc

Daily Intake



9:41



Back Workout Complete

You burned 218kcal

128

158

130

Min

Kcal

BPM

Complete →



Personalized Workout & Training

Workout categories will help you gain strength, get in better shape and embrace a healthy lifestyle



Browse Workouts →



Strength

25 Total

Build your muscles bigger and stronger with this exercise. Train everyday to get bulk

All Workouts

[See All](#)



Back Workout

10 Total

30x reps Each



Back Workout

10 Total

30x reps Each



Back Workout

10 Total

30x reps Each

9:41



25 Total

Back Workout

With Azunyan U. WU

58min

Time

254kcal

Calorie

3*4

Sets

Details

Start