

Final Unified Baseline Plan – Wellness & Fitness Platform

Core Vision

A user-centric, **easy-to-use** health and wellness platform with a voice-enabled **AI Health Assistant** that connects health seekers, experts (dietitians, fitness coaches), local food providers, and product vendors.

The AI Health Assistant evolves with usage, enabling **natural conversation**, **personalized insights**, and **seamless expert-user collaboration**.

1. Key User Roles

1. Health Seekers (Users)

- Use AI Health Assistant for nutrition, workouts, recipes, and lifestyle guidance.
- Connect with assigned or chosen experts (dietitians, fitness coaches).
- Order healthy meals from local food providers.
- Browse and purchase health-related products.

2. Experts (Dietitians / Fitness Coaches)

- Get assigned users automatically or through selection requests.
- Track client progress with AI-powered live stats.
- Provide diet/workout plans, content, and consultations.
- Earn based on appointments and additional paid requests.

3. Local Food Providers

- Offer healthy meals to health-conscious users.
- Manage menus, pricing, and delivery schedules.
- Get recommended by AI to relevant users based on their plans.

4. Admin

- Oversee all roles, content, products, and transactions.
 - Manage disputes, user bans, and feature access.
 - Sell health-related products (equipment, supplements, etc.). Accessible to all users (free & premium).
 - Can run promotions and special offers.
-

2. AI Health Assistant

- **Always-on, Interval, or On-Demand Listening** (user-configurable).
 - **Capabilities:**
 - Voice & text commands.
 - Meal photo analysis → calories, macros, nutritional breakdown.
 - Suggest recipes → local + international, with ingredient & grocery lists.
 - Recommend workouts & wellness activities based on goals and preferences.
 - Track hydration, mood, sleep, and progress.
 - Act as **bridge between expert & user**, summarizing user status for experts and conveying expert guidance to the user.
 - **Learning:** Improves personalization over time.
 - **Multi-modal:** Uses voice, text, and visual inputs (image recognition for meals, posture tracking for workouts).
-

3. Onboarding & Registration

- **Step 1:** Common screen for all — collect basic info (name, email, password, location, role).
 - **Step 2:** Role-specific details:
 - **User:** Health goals, preferences, medical constraints, dietary habits.
 - **Expert:** Bio, expertise, certifications, availability, rates.
 - **Food Provider:** Menu categories, location, delivery range.
 - **Product Vendor:** Product categories, inventory details.
 - **Post-registration:** Role-specific dashboards.
 - **Admin approval:** Required for experts, providers, and vendors.
-

4. Feature Sets by Role

4.1 Users

- **Free Services:**
 - AI Health Assistant (limited interactions per month).
 - Basic fitness & nutrition tracking.
 - Access to blogs, videos, and limited recipes.
 - 2 free appointments/month (1 with dietician, 1 with fitness expert).
- **Premium Services:**
 - Unlimited AI assistant interactions.
 - Unlimited expert consultations (up to plan limit).
 - Advanced analytics, personalized plans, and progress reports.
 - Priority scheduling with experts.

- Access to exclusive recipes, videos, and content.

4.2 Experts

- Dashboard with:
 - **Live Stats** (weight change, preferred diets, hydration, mood, next steps).
 - **Client Management:** Accept/reject requests, leave comments, update plans.
 - **Content Creation:** Write blogs, link YouTube videos.
 - **Scheduling:** Reschedule/cancel meetings.
 - **Monetization:** Earn per appointment + bonuses.
 - **Settings:** Availability, expertise tags, rates.

4.3 Local Food Providers

- Menu management.
- Order tracking.
- Integration with AI Health Assistant for food recommendations.
- Rating & reviews from users.

4.4 Product Vendors

- Product catalog management.
- Promotions and offers.
- Orders and inventory tracking.

5. Communication & Collaboration

- **In-app Messaging & Calls:**
 - Text messaging for all expert-client interactions.
 - Voice/video calls (max 20 min).
 - Call/appointment scheduling.
 - Paid extra appointments beyond free quota.
 - **Multi-Agent Collaboration:**
 - AI assists both user and expert.
 - Shared progress notes.
 - AI summarizes user status for expert review.
-

6. Monetization Model

- **Subscription Plans:**
 - Free: Limited AI, limited appointments, basic content.
 - Premium Monthly/Yearly: Unlimited AI, extended expert sessions, premium recipes/content.
- **Pay-per-use:**
 - Extra expert appointments.
 - Premium recipes or specialized workout plans.
 - Foreign expert selection.
- **Commission:**
 - On food orders.
 - On product sales.

- **Expert Limit Upgrade:** Experts pay to increase assigned user capacity.
-

7. Admin Dashboard

- Manage users, experts, providers, vendors.
 - Approve/verify new experts and vendors.
 - Oversee transactions and payouts.
 - Monitor content and disputes.
 - Access analytics and reports.
-

8. User Retention Strategies

- **Gamification:** Challenges, badges, streak tracking.
- **Community:** Groups, forums, events.
- **Content Freshness:** Weekly updated recipes, workouts, and wellness tips.
- **Personalization:** AI learns and adapts to individual habits and preferences.
- **Push Notifications:** Intelligent reminders for hydration, meals, workouts.