



Wellness Hub – AI Daily Planner Comparison

Scenario Analysis with
Triggered Rules and
Insights

SCENARIO 1 –Health Data



sleep_hours: 7



stress_level: 6



steps: 3200



energy_level: 4



mood: anxious



weather: clear



digestive_issue:
True

SCENARIO 1 -Triggered Plan



✓ Gentle yoga to restore energy



stress_level: 8



✓ Warm herbal tea with ashwagandha



✓ Avoid cold food, prefer khichdi or boiled veggies



✓ Light walk outside to increase steps



✓ Reflective journaling after walk



✓ 15 min grounding meditation



✓ Listen to calming bhajan before bed

SCENARIO 2 –Health Data



sleep_hours:
5.5



stress_level: 6



steps: 3200



steps: 320



energy_level: 2



mood: anxious



digestive_issue:
True

SCENARIO 2 -Triggered Plan



✓ Gentle yoga to restore energy



✓ 10 min breathwork to reduce anxiety



✓ Warm herbal tea with ashwagandha



✓ Light satvik breakfast with warm water



✓ Short nap or meditation break



✓ Reflective journaling after walk



✓ 15 min grounding meditation



✓ Listen to calming bhajan before bed

Key Differences

- Low Sleep (<6 hrs):
- SCENARIO 1: ❌
- SCENARIO 2: ✅

- High Stress (>7):
- SCENARIO 1: ❌
- SCENARIO 2: ✅

- Very Low Steps (<1000):
- SCENARIO 1: ❌
- SCENARIO 2: ✅

- Low Energy (<3):
- SCENARIO 1: ❌
- SCENARIO 2: ✅

- Added Breathwork:
- SCENARIO 1: ❌
- SCENARIO 2: ✅

- Added Ashwagandha Tea:
- SCENARIO 1: ❌
- SCENARIO 2: ✅