

Track Your Health – Log vital health metrics like weight, BP, sugar, and sleep.

AI-Powered Insights – Get real-time analysis of your health trends.

Personalized Recommendations – Receive tailored diet, exercise, and wellness tips.

Reports & History – Access and download detailed health reports anytime.

Secure & Private – Your data is safe with encrypted storage and privacy protection.

START

Health-AI

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Email: contact@healthai.com
Phone: +91 9999999999

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E-Mail :

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SIGN-UP

SERVICES

1. Personalized Workout Plans

→ Get custom workout routines tailored to your fitness level, goals, and preferences. Whether you're aiming for weight loss, muscle gain, or general fitness, our AI Health Coach will design a program just for you.

2. Nutrition Guidance

→ Receive personalized meal plans and nutritional advice based on your health goals, dietary preferences, and restrictions. Our AI provides smart suggestions to help you make better food choices.

3. Progress Tracking

→ Track your progress over time with advanced metrics like workout performance, calories burned, and improvements in strength and endurance. The AI coach will offer insights and motivation based on your data.

4. Expert Tips & Motivation

→ Receive daily motivation, expert tips, and actionable advice to keep you focused and on track with your fitness journey.

About Us

At AI-Driven Health Journal, we are dedicated to revolutionizing personal healthcare through technology. Our platform uses advanced AI to track, analyze, and provide personalized insights into your health.

Our Mission

To empower individuals with data-driven health monitoring, helping them make informed decisions for a healthier life.

WEEK-1

- Day 1: Full body bodyweight strength (squats, push-ups)
- Day 2: Cardio (20-30 minutes)
- Day 3: Rest/Active recovery
- Day 4: Lower body strength (lunges, step-ups)
- Day 5: Upper body strength (push-ups, tricep dips)
- Day 6: Cardio (20-30 minutes interval training)
- Day 7: Rest/Active recovery

WEEK-2

- Day 1: Full body (dumbbells, squats, chest press)
- Day 2: Cardio (30 minutes)
- Day 3: Rest/Active recovery
- Day 4: Lower body (lunges, Bulgarian split squats)
- Day 5: Upper body (shoulder press, dumbbell rows)
- Day 6: Cardio (30-40 minutes interval)
- Day 7: Rest/Active recovery

WEEK-3

- Day 1: Full body (dumbbells, squats, push-ups)
- Day 2: Cardio (30-40 minutes)
- Day 3: Rest/Active recovery
- Day 4: Lower body (step-ups, glute bridge)
- Day 5: Upper body (dumbbell press, tricep dips)
- Day 6: Cardio (40 minutes interval)
- Day 7: Rest/Active recovery

WEEK-4

- Day 1: Full body (high volume, dumbbells, push-ups)
- Day 2: Cardio (40 minutes)
- Day 3: Rest/Active recovery
- Day 4: Lower body (lunges, Bulgarian split squats)
- Day 5: Upper body (dumbbell rows, chest press)
- Day 6: Cardio (40-50 minutes interval)
- Day 7: Rest/Active recovery



Alex Smith

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0 of 2500
Calories Remaining

WATER

0 ml
/2500 ml

STEPS

0 Fouts
/5000

PROTEIN

0 g
/100 g

CARB

0g
/349g

BLOG

Achieve Your Fitness Goals with a Custom Workout Plan

A custom workout plan is your personalized blueprint to fitness success.

Unlike generic routines, it's tailored to match your unique goals, fitness level, and lifestyle. Whether you aim to build muscle, lose weight, or improve endurance, a well-structured plan ensures every workout counts. With expert guidance, proper techniques, and progressive improvements. Plus, a custom plan adapts as you grow stronger, keeping you motivated and challenged.

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Alex Trump

Experience : 18+ years
Age : 45 years
Train : Male/Female
Known for : Injury
Prevention



Alexa Trump

Experience : 8+ years
Age : 35 years
Train : Male/Female
Known for : Injury
Prevention