

Health & Wellness Report

Name: khaid

User ID: 11234

Date: 2025-07-22 20:58:51

Goal

goal_type: Weight-loss goal

Diet

No diet preferences available.

Meal Plan

Day 1: Day 1: Grilled chicken with brown rice and vegetables

Day 2: Day 2: Fish curry with quinoa

Day 3: Day 3: Egg and veggie sandwich

Day 4: Day 4: Chickpea salad with whole wheat pita

Day 5: Day 5: Lentil curry with rice

Day 6: Day 6: Baked tofu with stir-fried vegetables

Day 7: Day 7: Pasta with tomato sauce and chicken

Workout Plan

Day 1: Day 1: Full body stretching

Day 2: Day 2: Light cardio (15 mins)

Day 3: Day 3: Bodyweight strength (squats, pushups)

Day 4: Day 4: Rest day

Day 5: Day 5: Light yoga

Day 6: Day 6: Walking (30 mins)

Day 7: Day 7: Rest day

Injury Notes

No injury notes available.

Handoff Logs

No handoff logs available.

Progress Logs

No progress logs available.

Conversation Summary

User: I want to lose 4 kg in 1 month