# User Guide

Background

Our free Preventative Healthy Habits Applications is improving lives by getting people more healthy and preventing diseases.
The application is communicating with our partner agencies as is Doctors, Health Care Facilities, and consultants, and together with them preparing individual fitness and food plans for each of our customers (you). Every unique user can see not only his progress but even what will change if he will follow selected programs.

Details

1: A set of AI-generated fitness and food plans unique for each user

- Our AI system is together with doctors, health faculties, and consultants preparing a unique set of food and fitness plan for each user
- This feature is accessible immediately after login on the main page
- Currently, users cannot edit or create their own sets of Food and Fitness plans, only use pre-generated plans, however, the feature is in development
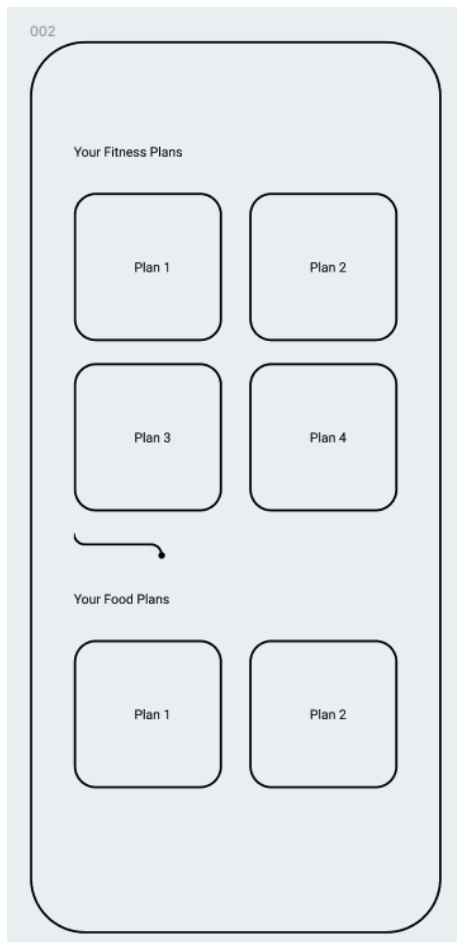
1 - A set of AI-generated fitness and food plans unique for each user

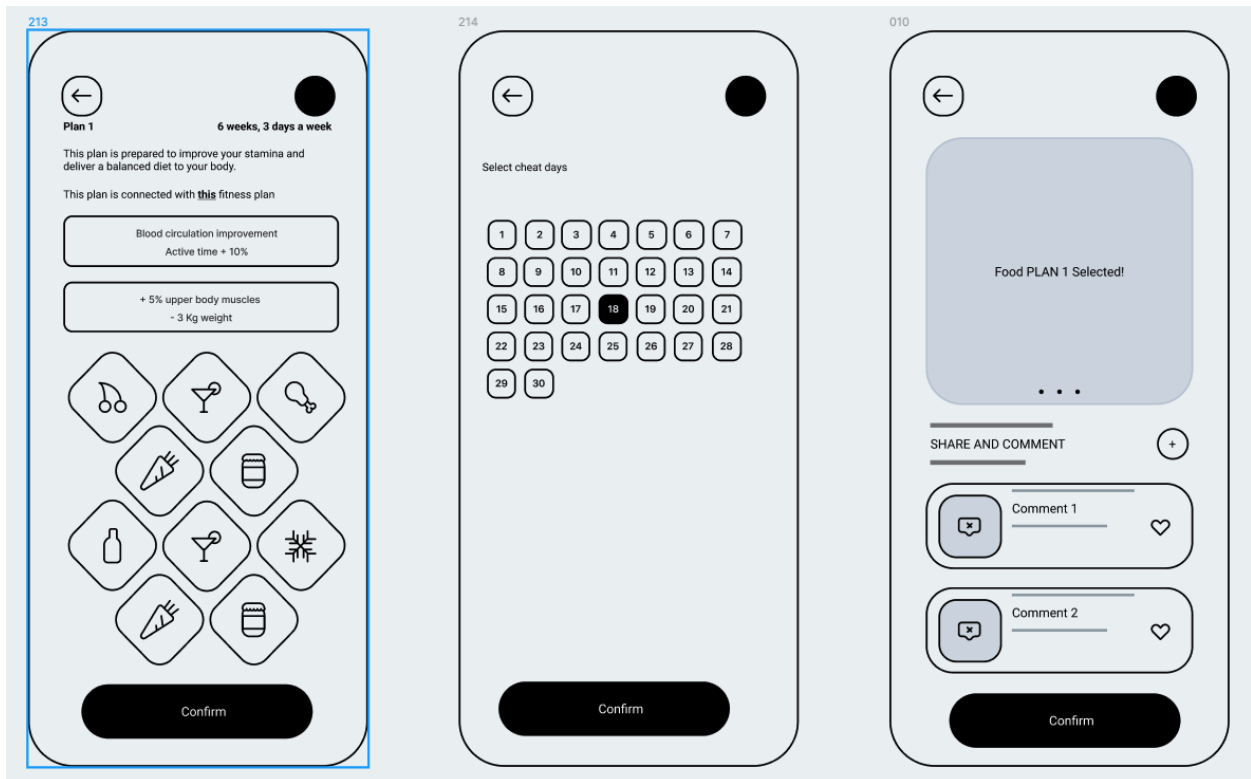## 2: A selection and scheduling of a specific fitness plan

- This feature is accessible from the main plan page, after selecting a specific fitness plan
- This flow allows users to discover specific plan details and intuitively schedule when to follow - in this case when to have the workout
- Currently, users cannot edit or create any details of Fitness plans, except for the schedule, but the feature is in development
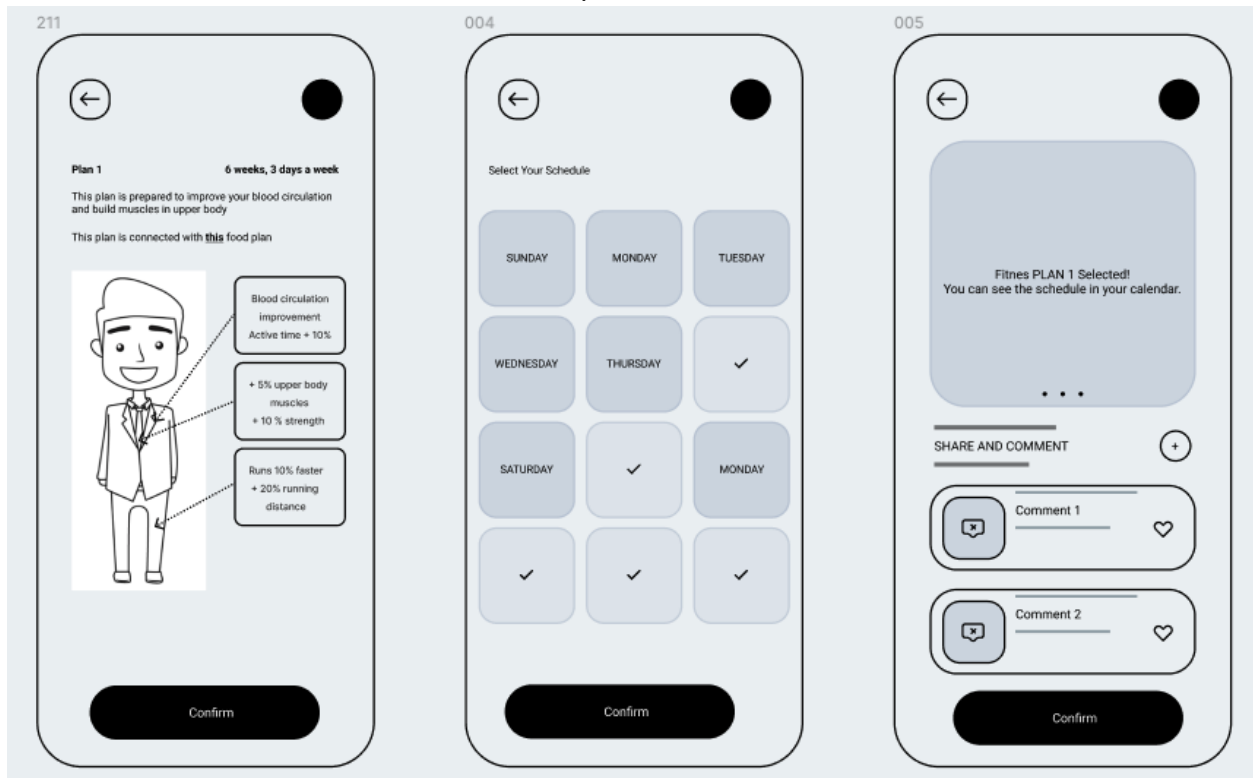
2 - A selection and scheduling of a specific fitness plan

3: A selection and scheduling of a specific food plan

- This feature is accessible from the main plan page, after selecting a specific food plan
- This flow allows users to discover specific plan details and intuitively schedule when to follow - in this case when to follow a specific food regime
- Currently, users cannot edit or create any details of Food plans, except for the schedule, but the feature is in development

A selection and scheduling of a specific food plan