

Time To Get Proactive Towards the Development of your
EQ , MQ & BQ

FIRST TIME IN INDIA & WORLDWIDE

A Wellness & Health Management Guide

Just for **YOU**



Here comes.....

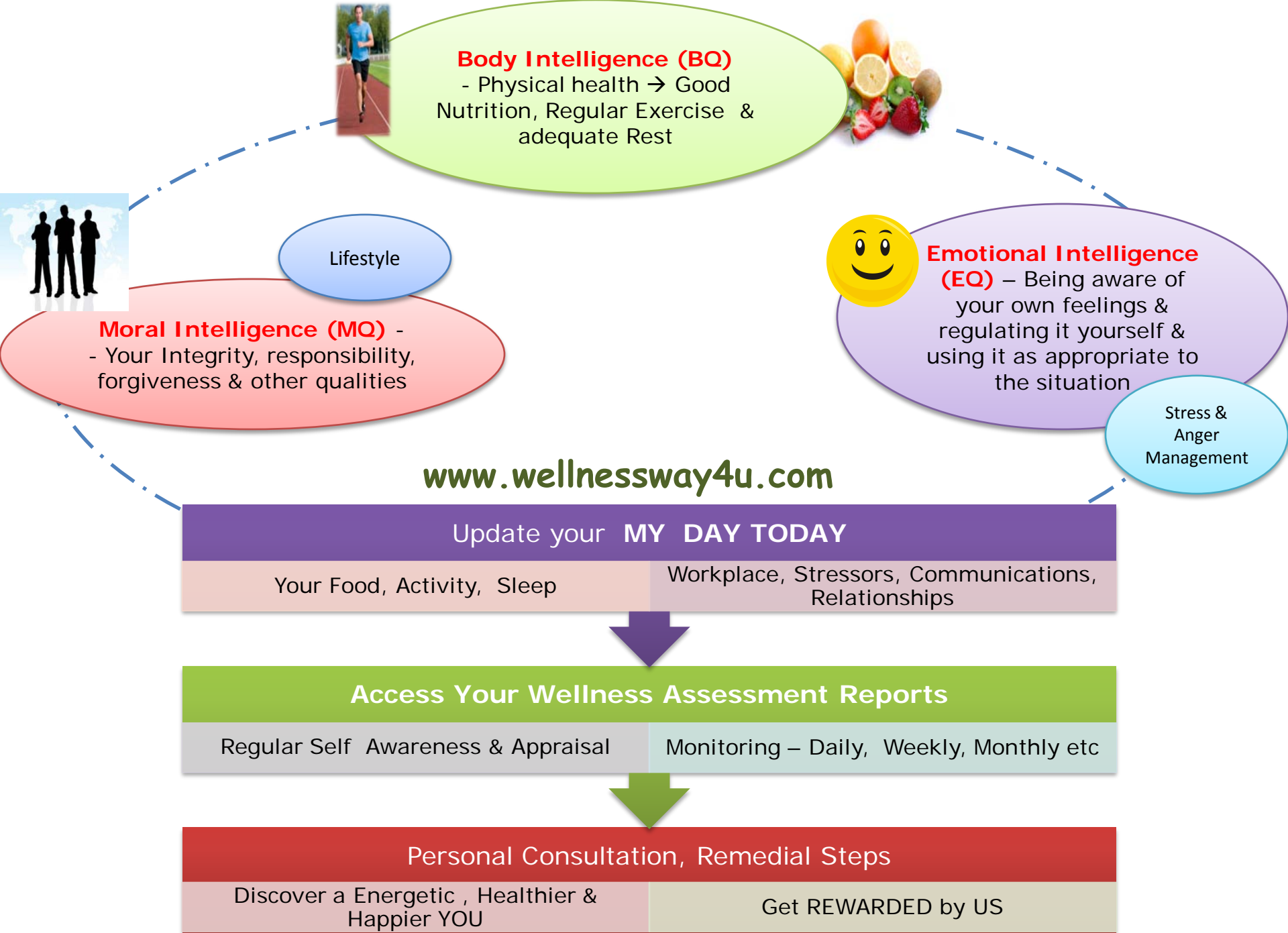
Welcome to Wellness Way 4 U



A Harbinger of Health,
Sharing, Joy and Happiness

Sharing, Joy and Happiness
A Harbinger of Health,

Life Ko De Naya Andaaz



UNIQUE ONE OF ITS KIND FEATURES

1.

- MY WELLNESS TRACKER

2.

- DIGITAL EMOTIONAL & INFO TOOLS

3.

- CUSTOMISED ASSESSMENT REPORTS & CHARTS

MY WELLNESS TRACKER



MY FOOD TODAY

- Understand the resultant effects of your diet on your health. Daily inputs generate Great Utility reports
- For all the diet conscious ones, An excellent medium to help monitor your sincerity towards your diet plan.
- Have a record of your favorites, likes, dislikes & allergics to convince your mom /better half for more of your favorites



MY ACTIVITY TODAY

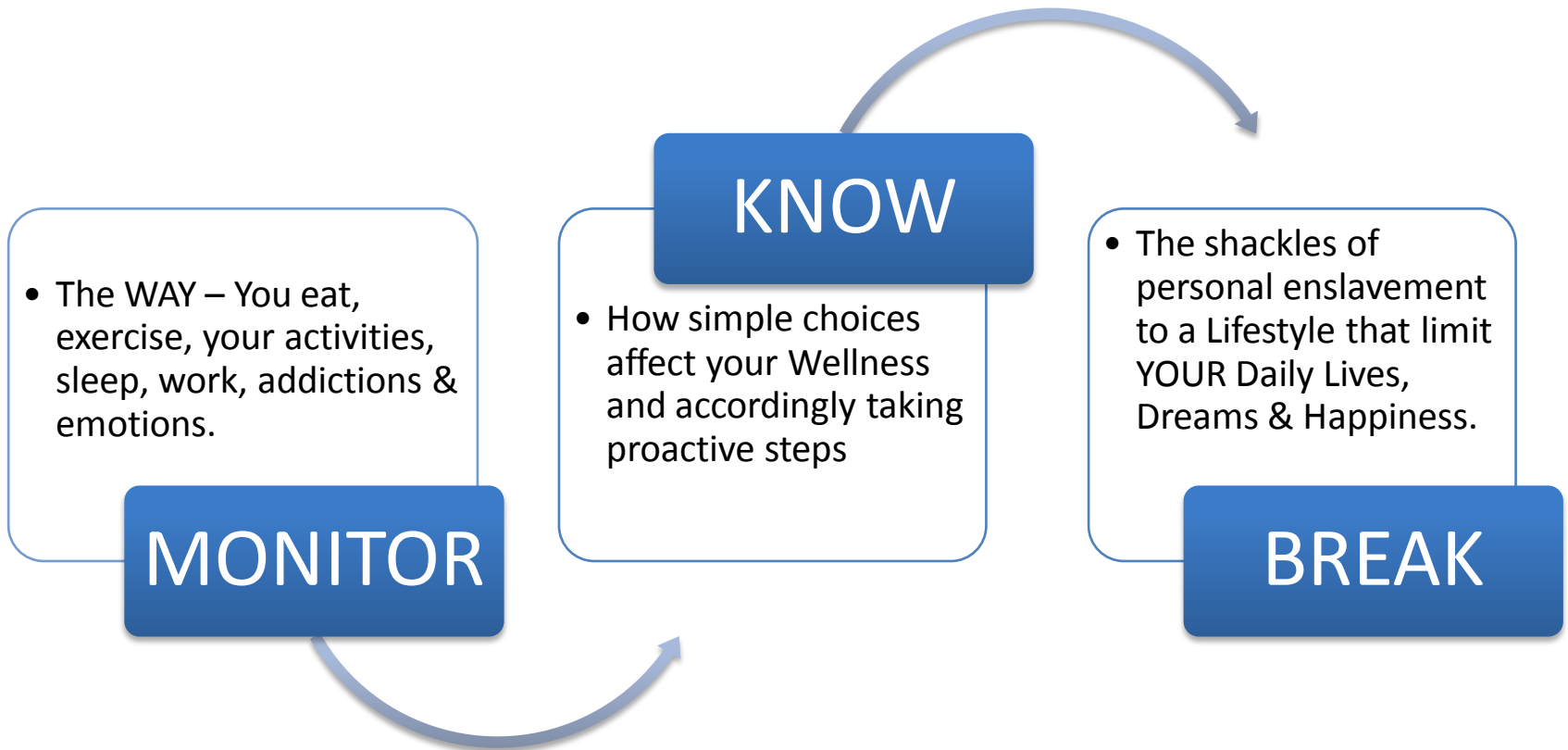
- Track your activities as well as the time allotted for each. Helpful to manage your time and activities better. To workout your schedules
- A great tool for gym goers to record their daily workout.



MY EMOTIONS TODAY

- **My Workplace**
- **General stressors**
- **Sleep**
- **My Communication/Interaction**
- **My Relation/Socializing**
- **My Major Life events**
- **Addictions**

UPDATING YOUR TRACKER DAILY WILL HELP YOU



LIGHT EMOTIONAL TOOLS

ANGER VENT BOX



A 3 step digital role play of

Expression

Reaction

Relaxation

to get the anger out & make one feel light!! .



STRESS BUSTER BOX

A 3 step digital role play of

Expression

Reaction

Relaxation

to kick the stress blues out & bring the million dollar smile back





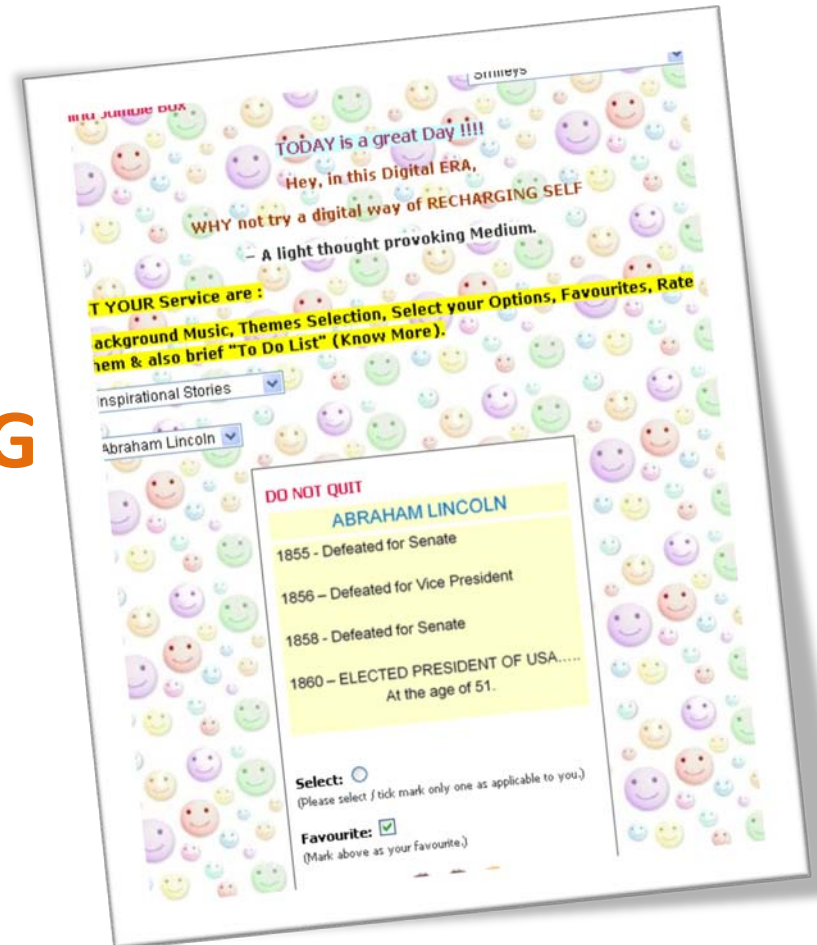
MIND JUMBLE

An interactive thought provoking digital medium to throw light on various important aspects of life. A great online learning & information exchange tool.

INNOVATIVE

INFORMATIVE

INSPIRING



All these Accompanied with

☞ Cool ,Spunky Background Music, Sound & Themes

☞ Rating system, marking favourites, voice your opinion



☞ 'Know More' short and succinct PDFs
on related topics which can also be stored in one's
Digital Personal Library



And more.....

WELLNESS ASSESSMENT REPORTS & CHARTS

EFFORTLESSLY have your entire dietary, activity & emotional indexes at the end of every month in your hand for further assessment, program designing & improvisation.

SR. NO	REPORTS	1	2	3	4
1	FOOD CHART				
2	MEAL TIME CHART				
3	MY ACTIVITY CALORIES CHART				
4	MY ACTIVITY ANALYSIS CHART				
5	EMOTIONS-DATEWISE REPORT				
6	EMOTIONS-STATEMENT WISE REPORT				
7	DIGITAL PERSONAL WELLNESS DIARY				
8	MONTHLY WELLNESS TRACKER				
9	ANGER/VEG INTENSITY REPORT				
10	STRESS INTENSITY REPORT				

Attendance No of days entered :
No of days missed :

User: Total:

ACTIVITY ANALYSIS CHART

Activity Analysis Chart

For the period from : 01 Apr 2012 **to** : 02 Apr 2012
Name : Hithakshi Anand **CWRI Regn No** : CW100000007
Age : 32 **Height** : 160 cms **Weight** : 43 Kgs
BMI : 16.8 **BMI Observations** : Underweight / Low Risk
No of days : 2 **Total Activities Entry** : 3

Important:

Disclaimers..

Just a guide, not an exact scientific research, depends on many factors, as well as accuracy of your Input DATA.

Date : 01 Apr 2012(Sunday)

SNo	Activity	Time	Duration	Sedentary Activity(SA)	Light Activity(LA)	Moderate Activity(MA)	Heavy Activity(HA)	Super Active(SUA)
1	Brush teeth	05:30 AM	15 Mins	13				
2	Housework, moderate	05:45 AM	60 Mins			155		
	Total			13	0	155	0	0

My Activity Calories Report

ACTIVITY CALORIES REPORT

For the period from : 01 Apr 2012 **to** : 02 Apr 2012
Name : Hithakshi Anand **CWRI Regn No** : CW100000007
Age : 32 **Height** : 160 cms **Weight** : 43 Kgs
BMI : 16.8 **BMI Observations** : Underweight / Low Risk
No of days : 2 **Total Activities Entry** : 3 **Total Meals Entry** : 14

Important:


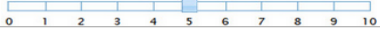
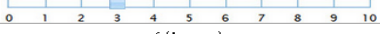
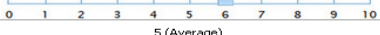
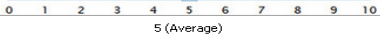
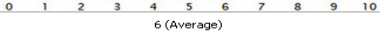
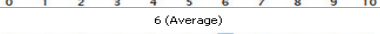
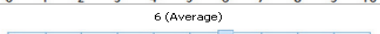
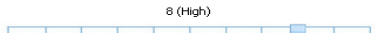

Disclaimers..

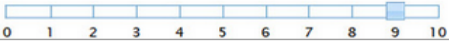
Just a guide, not an exact scientific research, depends on many factors, as well as accuracy of your Input DATA.

SNo		Brush teeth	child care: sitting/ kneeling - dressing, bathing, grooming, feeding, occasional lifting of child- light effort, general	Housework, moderate	Total Calories Burnt	Total Calories Intake	Estimated Calorie Required
1	01 Apr 2012 (Sunday)	13		155	168	2268	1884
2	02 Apr 2012 (Monday)		129		129	1032	1884
	Total	13	129	155	297	3300	3768

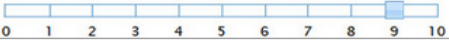
Emotion-wise & Date-wise Reports to facilitate comparisons.

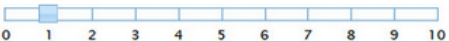
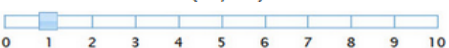
EMOTIONS REPORT-STATEMENTWISE

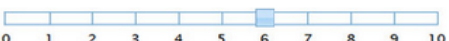
Work & Environment		
Situation	I make an effort to work co-operatively, not competitively.	
Date	Scale	Responses
14 Dec 2011(Wednesday)	5 (Average) 	
19 Dec 2011(Monday)	5 (Average) 	
26 Dec 2011(Monday)	3 (Low) 	
02 Jan 2012(Monday)	6 (Average) 	
04 Jan 2012(Wednesday)	5 (Average) 	
05 Jan 2012(Thursday)	5 (Average) 	
07 Jan 2012(Saturday)	6 (Average) 	
23 Feb 2012(Thursday)	6 (Average) 	
13 Mar 2012(Tuesday)	6 (Average) 	
02 Apr 2012(Monday)	8 (High) 	

Date	Scale	Responses
02 Apr 2012(Monday)	9 (Very High) 	

EMOTIONS REPORT-DATEWISE

Situation	Scale	Responses
I make an effort to work co-operatively, not competitively.	9 (Very High) 	

General Stressors		
Date	02 Apr 2012(Monday)	
Situation	Scale	Responses
Today, I experienced physical symptoms when stressed.	1 (Very Low) 	
Today, I did take work home for weekends/on holidays.	1 (Very Low) 	

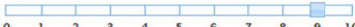
Sleep		
Date	01 Apr 2012(Sunday)	
Situation	Scale	Responses
I went to bed at a reasonable hour and woke up feeling rested and refreshed	6 (Average) 	

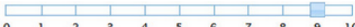
Food				
Date	19 Apr 2012(Thursday)			
Time	Item	Quantity	My Desire	Item Remarks
07:15 AM	Ghee Dosa	1 (One)	Like 	
07:15 AM	Tea	1 (One Cup (Eight Fl Oz))		
10:30 AM	Carrot Juice	1 (One Cup)	Favourite 	
13:30 PM	Rice	1 (One cup cooked Rice)		
13:30 PM	Fish Cutlet	1 (Two)		
15:30 PM	Chocolate Chips	1 (Thirty piece)	Like 	
22:30 PM	Prawn pulao	1 (One Plate)	Like 	Its yummy


Date	20 Apr 2012(Friday)			
Time	Item	Quantity	My Desire	Item Remarks
07:30 AM	Veggie Burger	1 ()		sometimes i eat sometimes I dont
07:30 AM	Tea	1 (One Cup (Eight Fl Oz))		
10:30 AM	Finger Chips	1 (Ten Pieces)	Favourite 	
13:30 PM	Brinjal (baingan)	1 (One medium Ka		
13:30 PM	Jeera Rice	1 (One-fourth Cup ur		

DIGITAL PERSONAL WELLNESS DIARY

Date	02 Apr 2012(Monday)			
Time	Activity	Duration	Proper guidance	Precaution
05:30 AM	Wake Up			
05:30 AM	child care: sitting/kneeling - dressing, bathing, grooming, feeding, occasional lifting of child-light effort, general	75 Mins	Yes	

Work & Environment		
Date	01 Apr 2012(Sunday)	
Situation	Scale	Responses
I make an effort to work co-operatively, not competitively.	9 (Very High) 	

Date	02 Apr 2012(Monday)	
Situation	Scale	Responses
I make an effort to work co-operatively, not competitively.	9 (Very High) 	

General Stressors		
Date	02 Apr 2012(Monday)	
Situation	Scale	Responses
Today, I experienced physical symptoms when stressed.	1 (Very Low) 	

Date	02 Apr 2012(Monday)			
Time	Activity	Duration	Proper guidance	Precaution
05:30 AM	Wake Up			
05:30 AM	child care: sitting/kneeling - dressing, bathing, grooming, feeding, occasional lifting of child-light effort, general	75 Mins	Yes	

Work & Environment

Date	01 Apr 2012(Sunday)
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Situation	Scale	Responses
I make an effort to work co-operatively, not competitively.	9 (Very High) 	

Date	02 Apr 2012(Monday)
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Situation	Scale	Responses
I make an effort to work co-operatively, not competitively.	9 (Very High) 	

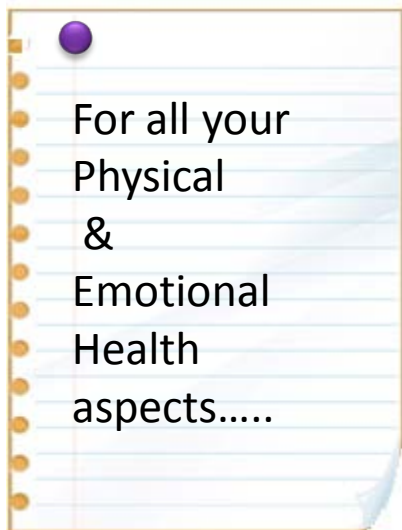
General Stressors

Date	02 Apr 2012(Monday)
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Situation	Scale	
Today, I experienced physical symptoms when stressed.	1 (Very Low) 	



Situation	Scale	
Today, I did take work home for weekends/on holidays.	1 (Very Low) 	



Sleep

Date	01 Apr 2012(Sunday)
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Situation	Scale	Responses
I went to bed at a reasonable hour and woke up feeling rested and refreshed	6 (Average) 	

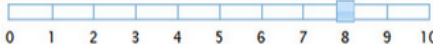
Date	02 Apr 2012(Monday)
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Situation	Scale	Responses
I went to bed at a reasonable hour and woke up feeling rested and refreshed	3 (Low) 	

My Communication

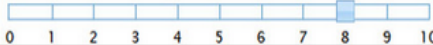
Date	01 Apr 2012(Sunday)
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Situation	Scale	Responses
Today, I listened to others patiently when they were saying something.	7 (High) 	

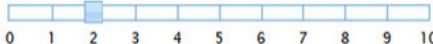
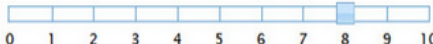
Date	02 Apr 2012(Monday)	
Situation	Scale	Responses
Today, I expressed my emotions /conveyed my thoughts in proper ways, without hesitation or pre- judging others.	<p>8 (High)</p> 	

My Relations

Date	01 Apr 2012(Sunday)	
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Situation	Scale	Responses
Today, I realized that my perceptions of the things around me depend on my thoughts & attitude.	<p>8 (High)</p> 	

Date	02 Apr 2012(Monday)	
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Situation	Scale	Responses
Today, I was able to get 6-8 hours of high quality sleep per night	<p>2 (Very Low)</p> 	
Today, I was able to share Tasks & Responsibilities	<p>8 (High)</p> 	



Major Life Events		
Date	02 Apr 2012(Monday)	
Situation	Scale	Responses
Today , I did experience positive events.	5 (Average)	

Date	08 Apr 2012(Sunday)	
Situation	Scale	Responses
Today , I did experience positive events.	8 (High)	

Users Note:

Things i would like to change:

Benefits I noticed from the changes:

ANGER VENT INTENSITY REPORT

Start Date: 19 April 2012 **End Date:** 20 April 2012 [View Report](#)

For the period from : 19 Apr 2012 **to** : 20 Apr 2012

Name : Sukanya **CWRI Regn No** : CW100000002

Age : 27 **Height** : 165.1 cms **Weight** : 48 Kgs

BMI : 17.6 **BMI Observations** : Underweight / Low Risk

Important:

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Angervent Intensity Report



[Save to Pdf](#)

Start Date: 19 April 2012 **End Date:** 20 April 2012 [View Report](#)

For the period from : 19 Apr 2012 **to** : 20 Apr 2012

Name : Sukanya **CWRI Regn No** : CW100000002

Age : 27 **Height** : 165.1 cms **Weight** : 48 Kgs

BMI : 17.6 **BMI Observations** : Underweight / Low Risk

Important:

Disclaimers..

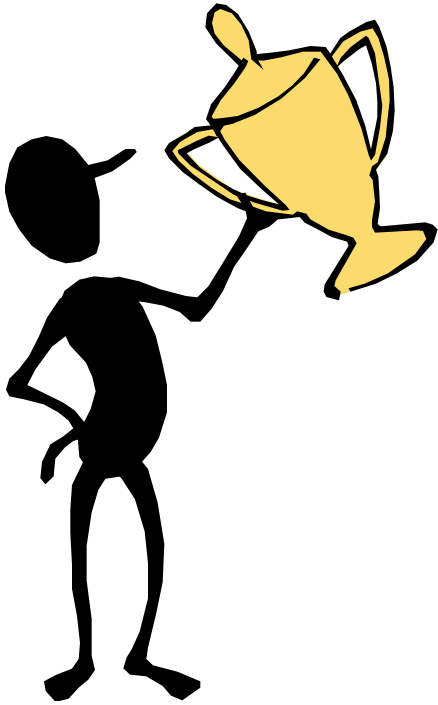
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Stressbuster Intensity Report



[Save to Pdf](#)

STRESS BUSTER INTENSITY REPORT



And the icing on the cake is that get **REWARDED** for your personal Wellness Initiative.

Avail our wide range of niche rewards at various levels of your Wellness Journey.....

THANK YOU



Chaitanya Wellness Research Institute

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