

Time To Get Proactive Towards Your Health And Wellness  
Management.....

**FIRST TIME IN INDIA & WORLDWIDE**

A Wellness & Health Management Guide & Companion

Just for **YOU**



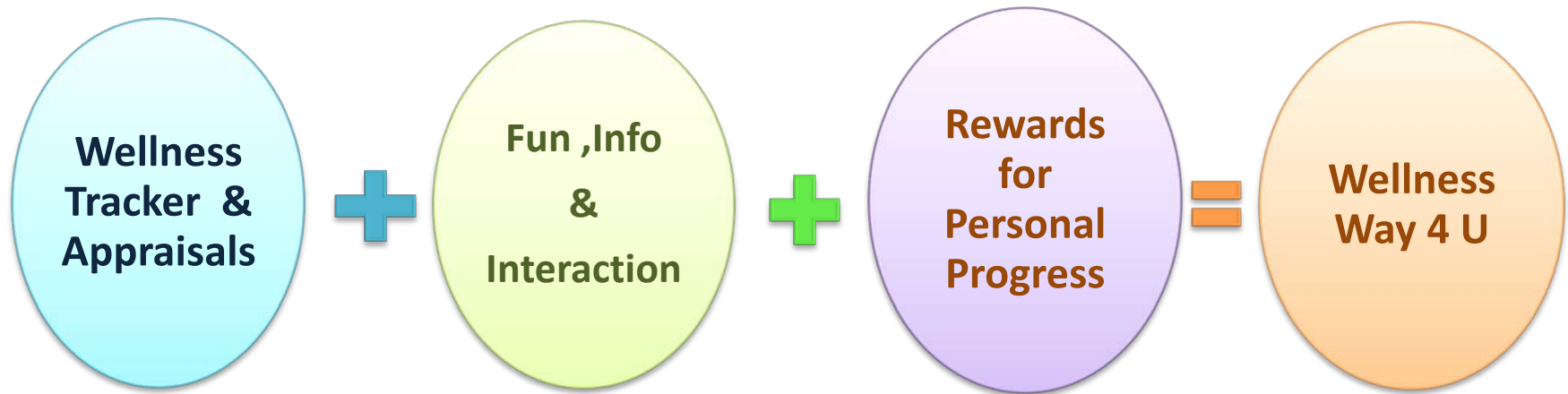
Here comes.....

# *Welcome to Wellness Way 4 U*

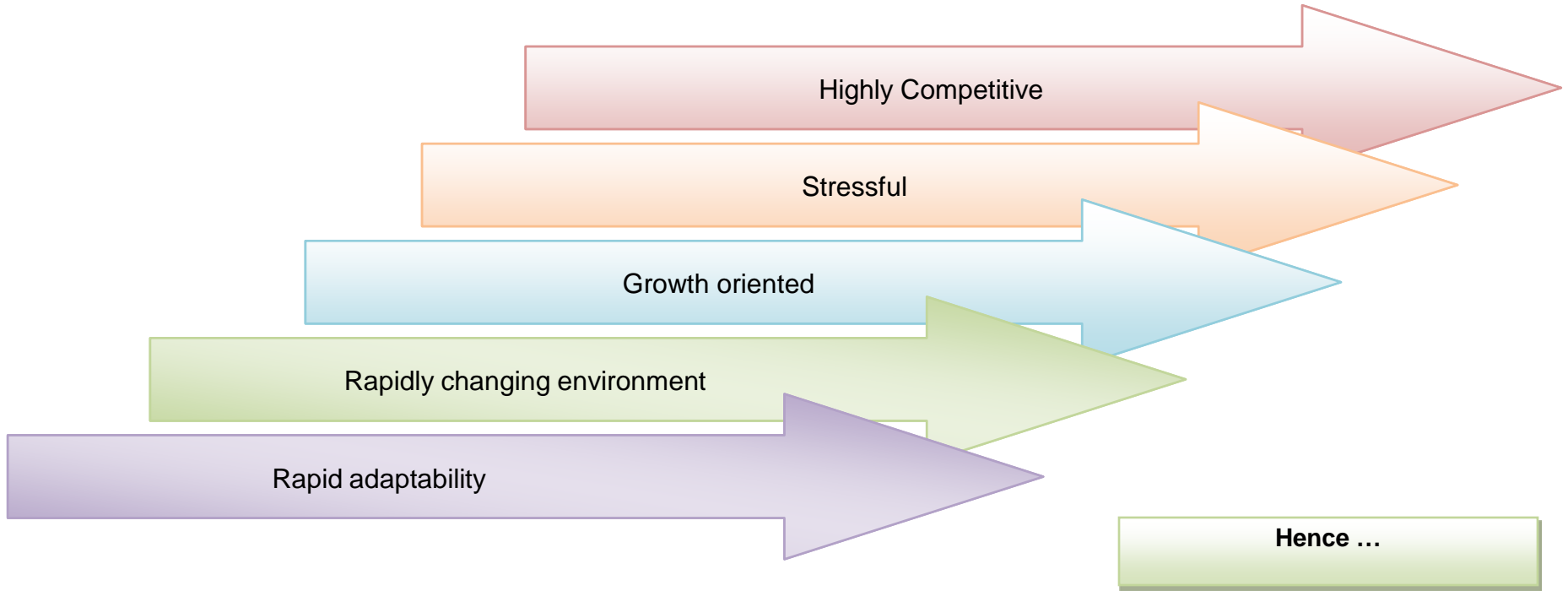


*A Harbinger of Health,  
Sharing, Joy and Happiness*

*LIFE Ko De Naya Andaaz*



## The Times that we live in.....



Individuals are imposed with **TIME** constraints to pursue a dedicated program for their Wellness

The Critical NEED is to make Wellness Program an integral part of daily routine in a viable manner by taking quality Wellness to one's doorstep...literally!!



Your Wellness can be effectively managed by striking a healthy balance between the above factors.



# 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.

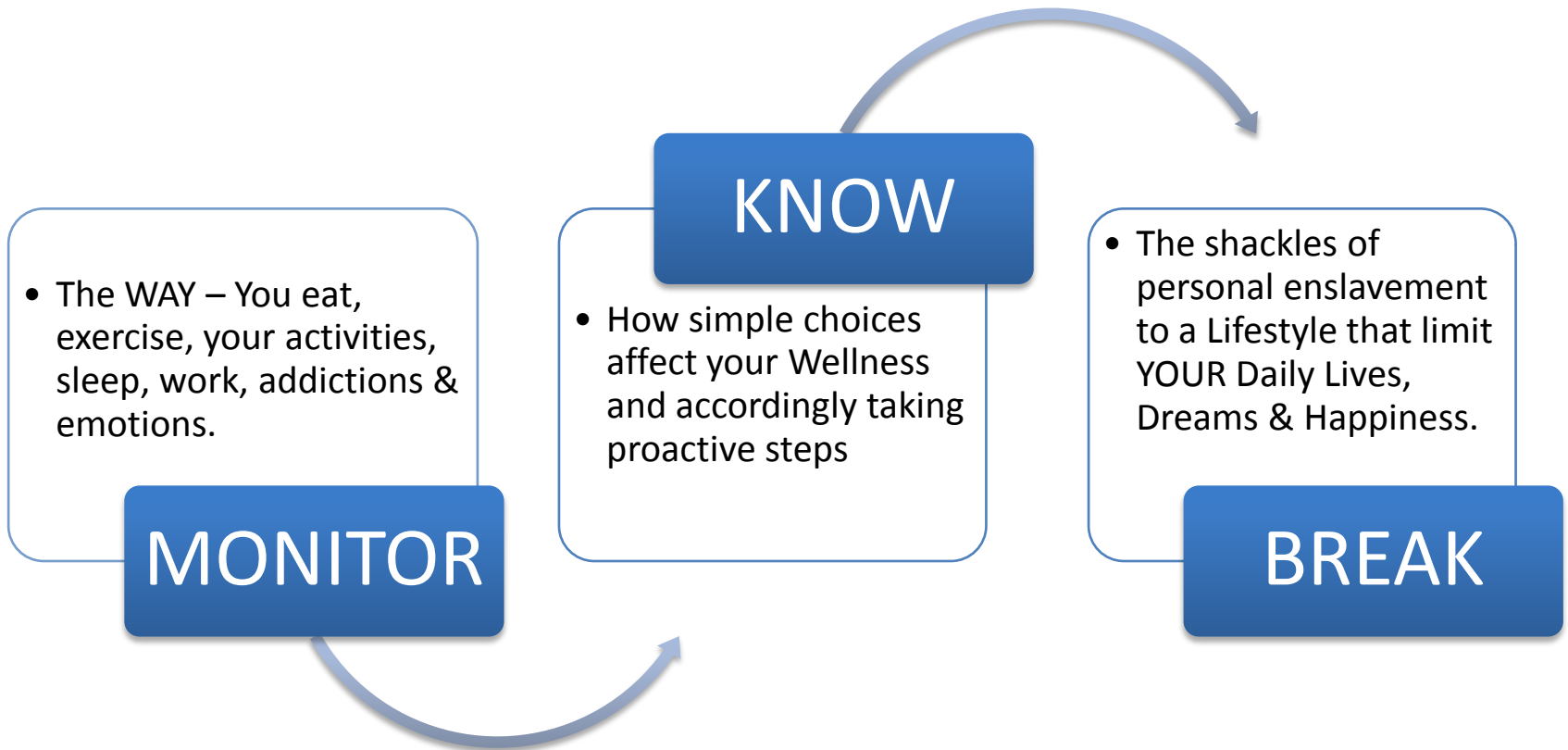


## MY EMOTIONS TODAY

- 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





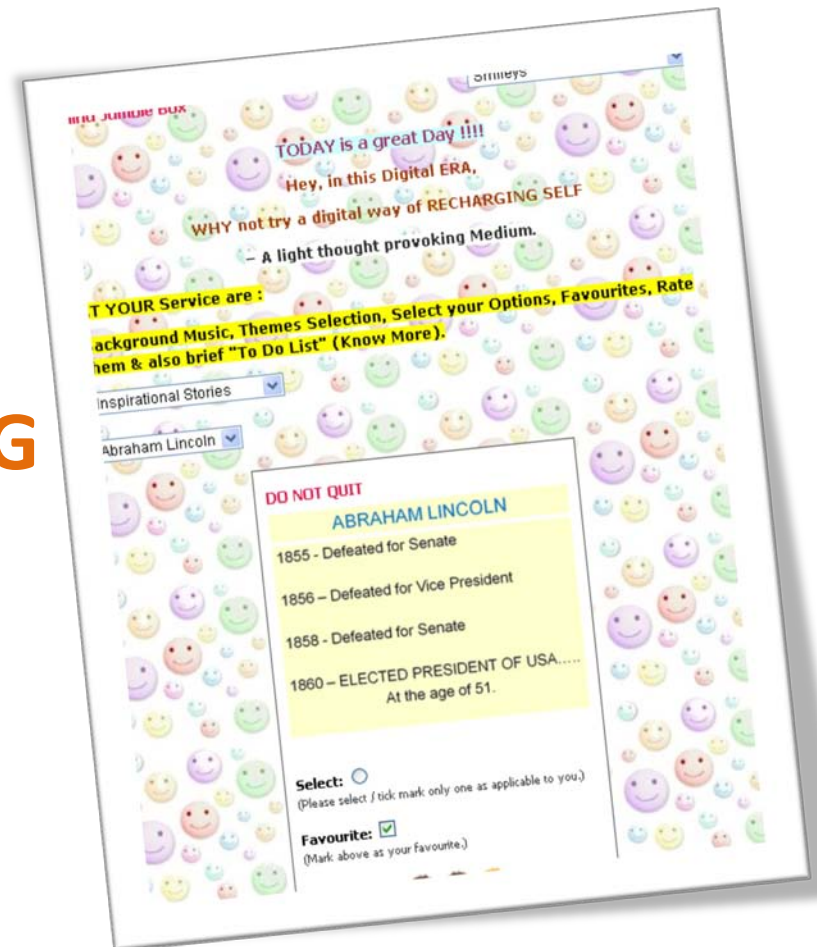
# MIND JUMBLE

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.

WELLNESS ASSESSMENT & CHARTS					
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 REPORT

## 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		
	<b>Total</b>			13	0	155	0	0

## My Activity Calories Report

## ACTIVITY CALORIES 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 **Total Meals Entry** : 14

### Important:


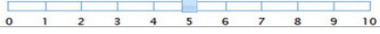
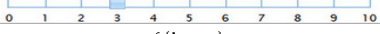
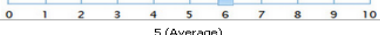
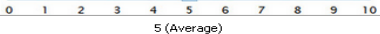
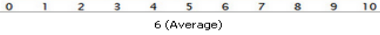
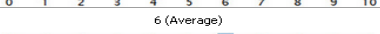
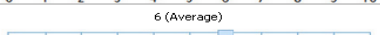
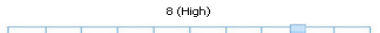

Disclaimers..

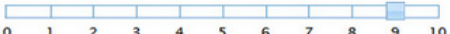
Just a guide, not an exact scientific research, depends on many factors, as well as accuracy of your Input DATA.

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
	<b>Total</b>	13	129	155	297	3300	3768

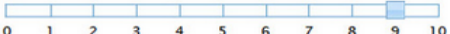
Emotion-wise & Date-wise Reports to facilitate comparisons.

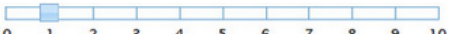
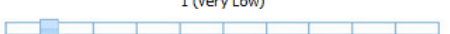
EMOTIONS REPORT-STATEMENTWISE

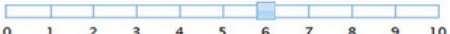
Work & Environment		
Situation	I make an effort to work co-operatively, not competitively.	
Date	Scale	Responses
14 Dec 2011( Wednesday)	5 (Average) 	
19 Dec 2011( Monday)	5 (Average) 	
26 Dec 2011( Monday)	3 (Low) 	
02 Jan 2012( Monday)	6 (Average) 	
04 Jan 2012( Wednesday)	5 (Average) 	
05 Jan 2012( 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) 	




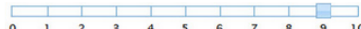
Food				
Date	19 Apr 2012( Thursday)			
Time	Item	Quantity	My Desire	Item Remarks
07:15 AM	Ghee Dosa	1 (One )	Like 	
07:15 AM	Tea	1 (One Cup (Eight Fl Oz) )		
10:30 AM	Carrot Juice	1 (One Cup )	Favourite 	
13:30 PM	Rice	1 (One cup cooked Rice )		
13:30 PM	Fish Cutlet	1 (Two )		
15:30 PM	Chocolate Chips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

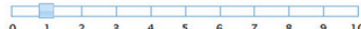
Date	20 Apr 2012( Friday)			
Time	Item	Quantity	My Desire	Item Remarks
07:30 AM	Veggie Burger	1 ( )		sometimes i eat sometimes I dont
07:30 AM	Tea	1 (One Cup (Eight Fl Oz) )		
10:30 AM	Finger Chips	1 (Ten Pieces )	Favourite 	
13:30 PM	Brinjal (baingan)	1 (One medium Ka		
13:30 PM	Jeera Rice	1 (One-fourth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

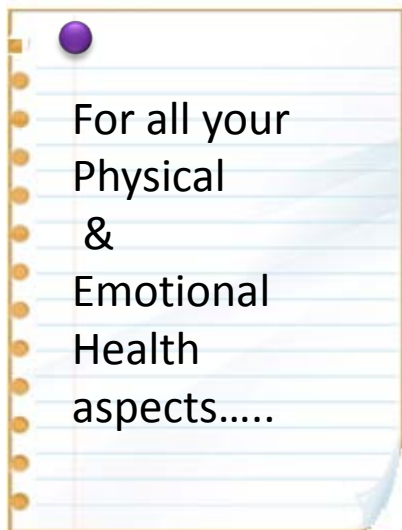
#### General Stressors

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) 	

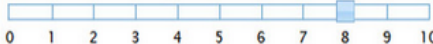
Date	02 Apr 2012( Monday)			
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Situation	Scale	Responses
I went to bed at a reasonable hour and woke up feeling rested and refreshed	3 (Low) 	

#### My Communication

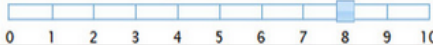
Date	01 Apr 2012( Sunday)			
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Situation	Scale	Responses
Today, I listened to others patiently when they were saying something.	7 (High) 	

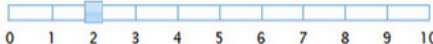
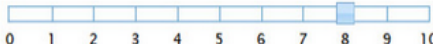
Date	02 Apr 2012( Monday)	
Situation	Scale	Responses
Today, I expressed my emotions /conveyed my thoughts in proper ways, without hesitation or pre- judging others.	<p>8 (High)</p> 	

#### 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:**

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**Benefits I noticed from the changes:**

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## 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:

Disclaimers..

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

### 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:

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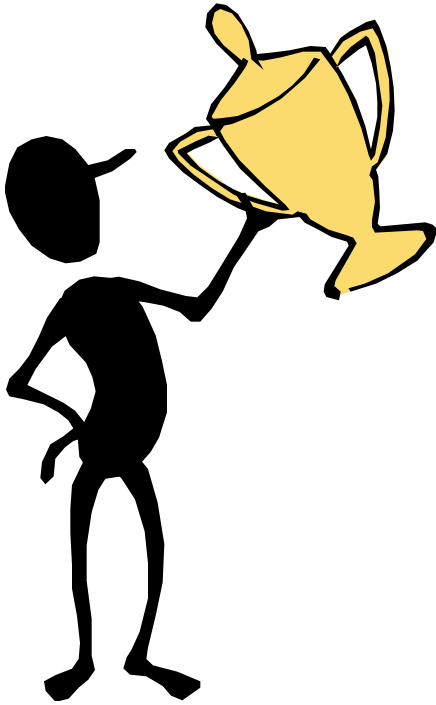
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### Stressbuster Intensity Report



[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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**email : [support-caravan@wellnessway4u.com](mailto:support-caravan@wellnessway4u.com)**