

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**



# **WELLNESS** has become increasingly important in an individual's life.

A few quotes by notable personalities on their vision of Health & Wellness

*"Health is a state of complete physical, mental and social Wellbeing & not merely absence of disease & infirmity"*

- World Health Organization

*"Health is not only to be well but to use well every power we have"*

-Florence Nightingale

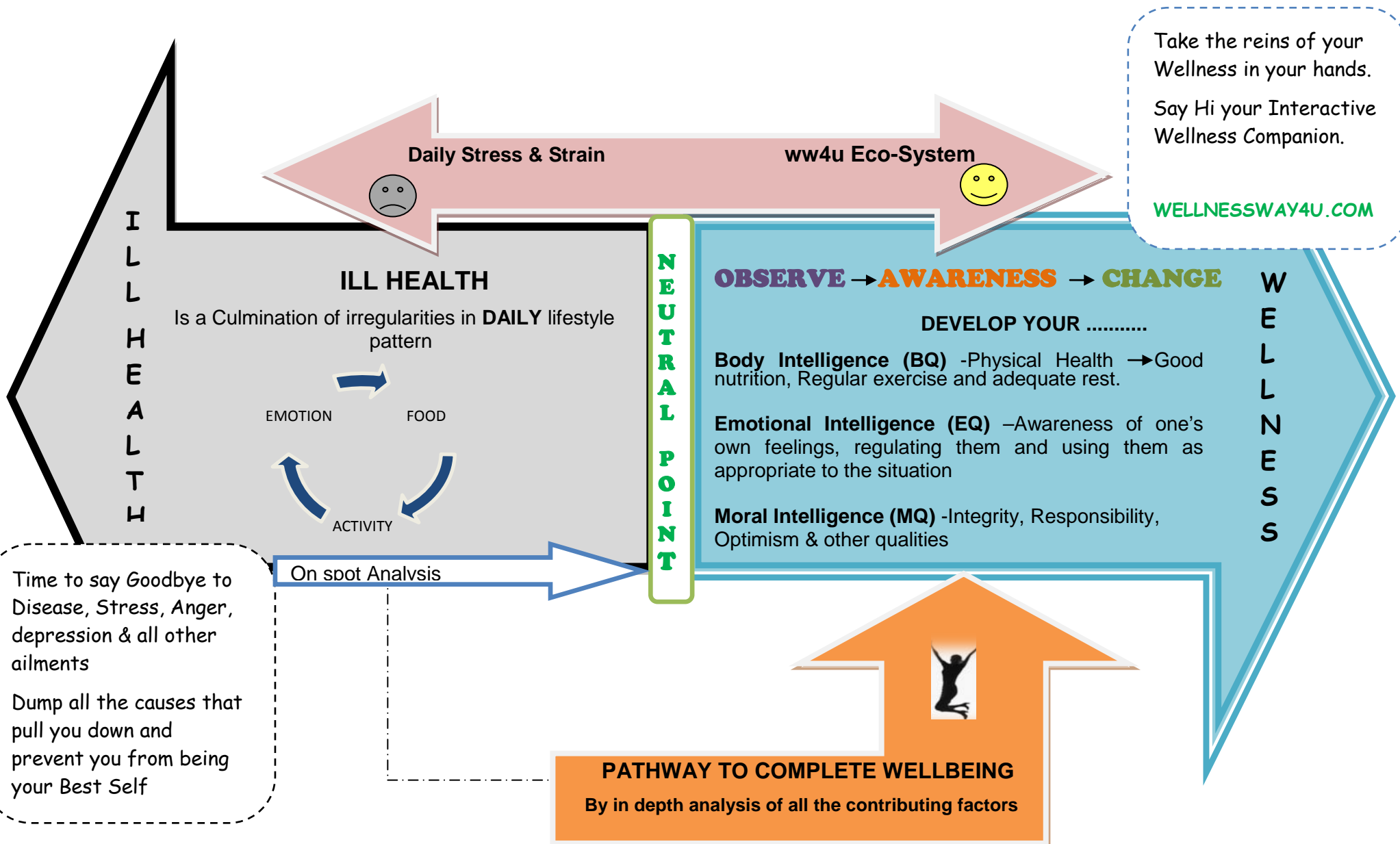
*"The Doctor of the future will give no medicine but will interest his patient in the care of human frame, in diet & in the cause and prevention of disease"*

-Thomas Edison

*"We must turn to nature itself to the observations of the body in health and in disease to learn the truth"*

-Hippocrates

# THE WELLNESS PARADIGM



## WELLNESS WAY 4 U Ecosystem was born out of the endeavour to

- ★ Help Individuals build regular routine for living a healthier lifestyle through simple but continuous Lifestyle coaching methods
- ★ Create Awareness & focus on Preventive Healthcare, Personalised Health & Wellness Management, Emotional & Stress Management.
- ★ Harness the potentiality of ancient Healing & Wellness system & integrate it with Modern Wellness tools for a win-win combination for Human Wellness.
- ★ Provide Platform for **Quality Products & Services for Holistic Health, Rejuvenation as well as All-Round development of Individuals** at Lower Costs & easily accessible.
- ★ Provide Support Tools to complement the expertise of Health & Wellness Practitioners.



***Wellness Way 4 U*** endeavors to **Guide & Help Individuals**

✦ To Build a **CONSCIOUS LIFESTYLE** by balancing  
Your Routine

✦ To Enjoy **LIVING** every moment.

✦ ***LIFE Ko De NAYA ANDAAZ***

# *Welcome to Wellness Way 4 U*

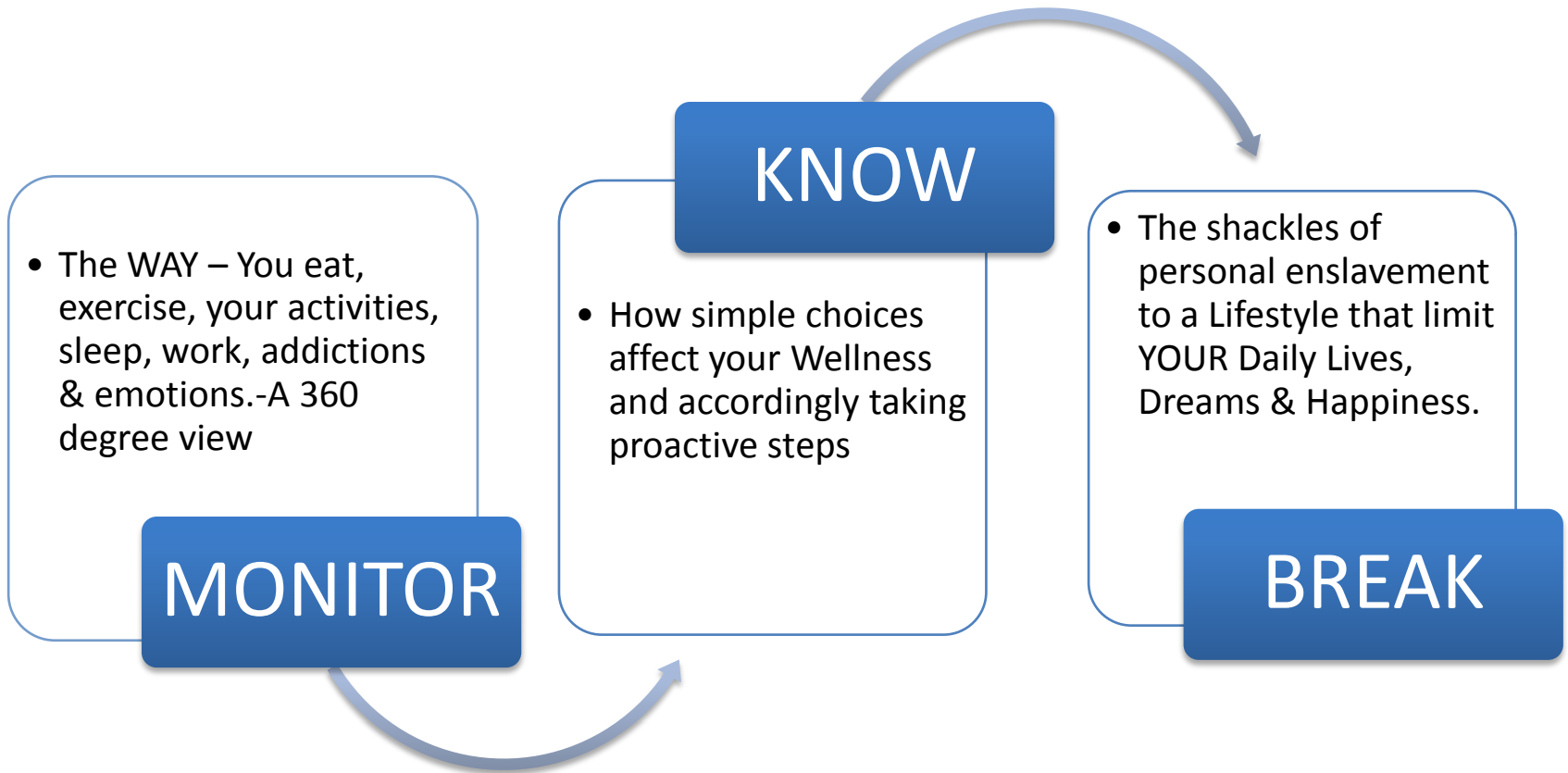


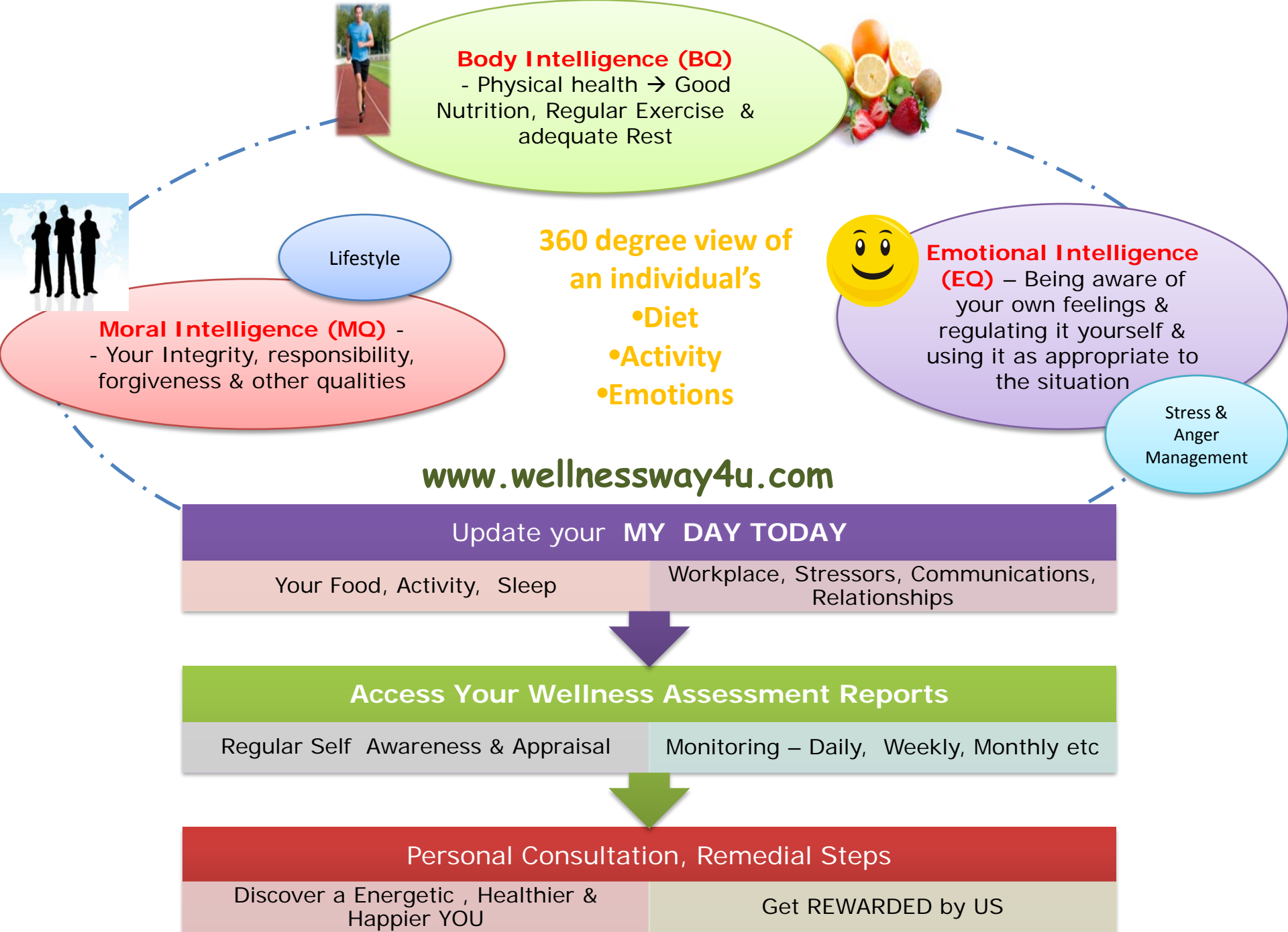
A Harbinger of Health,  
Sharing, Joy and Happiness

Sharing, Joy and Happiness  
A Harbinger of Health,

*Life Ko De Naya Andaaz*

# OUR DIGITAL WELLNESS TRACKER & DAIRY ENABLES YOU TO-







# UNIQUE ONE OF ITS KIND FEATURES

1.

- MY WELLNESS TRACKER

2.

- DIGITAL EMOTIONAL & INFO TOOLS

3.

- CUSTOMISED ASSESSMENT REPORTS & CHARTS

# MY WELLNESS TRACKER



# MY DAY TODAY



## 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 & allergens 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

# 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





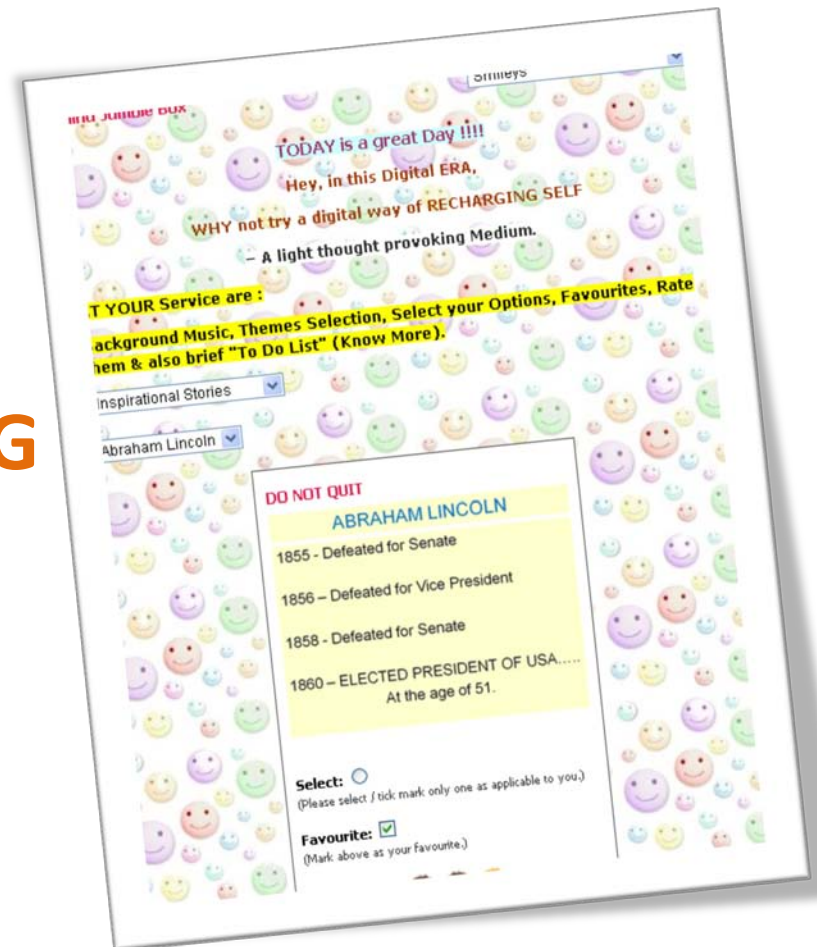
# MIND JUMBLE

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: \_\_\_\_\_



## FOOD CHART

Name : Sukanya

Age : 27

BMI : 17.6

No of days : 35

to : 23 Mar 2012

CWRI Regn No : CW100000002

Height : 165.1 cms

BMI Observations : Underweight / Low Risk

Total Meals Entry : 195

Weight : 48 Kgs

## Important:

Disclaimers..

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

Analysis of the user's dietary intake for the selected period based on 83 vital food constituents

SNo	Food Constituents	Recommended Dietary Allowance Per Day	Average Requirement Per Day	Upper Limit Per Day	Average Quantity consumed per day for the Period	Deficiency / Excess of Constituents Consumed on Average basis	Deficiency / Excess of Constituents Consumed on Recommended values	Observations	Recommend	Guideline	Benefits
1	Water	2.7	0	0	0.74285714285714	0.74285714285714	-1.9571428571429	Diet is OK. Slight modifications required to maintain the balance & healthy living	Test Recommend	Test Guide line	Test Benefits
2	Calories	0	0	0	1403.8	1403.8	1403.8	EXCESS. Intake of related Foods has to be reduced & appropriate therapy planned to get to the normal balance.			
3	TOTAL FAT	0	0	20 - 35	49.912857142857	49.912857142857	49.912857142857	EXCESS. Intake of related Foods has to be reduced & appropriate therapy planned to get to the normal balance.			
4	Saturated	0	0	0	7.7828571428571	7.7828571428571	7.7828571428571	EXCESS. Intake of related Foods has to be reduced & appropriate therapy planned to get to the normal balance.			

## Each Meal Per Day Chart

## EACH MEAL PER DAY CHART

For the Day : 12-Jan-12

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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Breakfast										Total
Food No.	1									
Meal Time	9:45 AM									
Food Description	Sabudana Kichdi									
Measure of edible portion Serving Size	Half Recipe									
ML										
Weight(g)										
Water(%)										
Calories	1226									1226
Total fat(g)	65.4									65.4
Saturated(g)	26.6									26.6

Analysis of the user's dietary intake Meal-wise(breakfast ,lunch etc) based on 83 vital food constituents .



# MEAL TIME CHART

## Meal Time Chart

For the period from : 12 Jan 2012

to : 20 Mar 2012

Name : Sukanya

CWRI Regn No : CW100000002

Age : 27

Height : 165.1 cms

Weight : 48 Kgs

BMI : 17.6

BMI Observations : Underweight / Low Risk

No of days : 25

Total Meals Entry : 130

### Important:

Disclaimers..

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

SNo	Date/ Days	Breakfast	Brunch	Lunch	Snacks	Dinner
1	12 Jan 2012 (Thursday)	09:45 AM	NA	13:45 PM	NA	21:00 PM
2	13 Jan 2012 (Friday)	08:45 AM	NA	NA	NA	NA
3	15 Jan 2012 (Sunday)	09:15 AM	NA	13:30 PM	17:15 PM	20:45 PM
4	16 Jan 2012 (Monday)	09:45 AM	11:30 AM			

## ACTIVITY CALORIES PIE- CHART

For the period from : 03 Jan 2012

to : 05 Jan 2012

Name : Sukanya

CWRI Regn No : CW100000002

Age : 27

Height : 165.1 cms

Weight : 48 Kgs

BMI : 17.6

BMI Observations : Underweight / Low Risk

No of days : 3

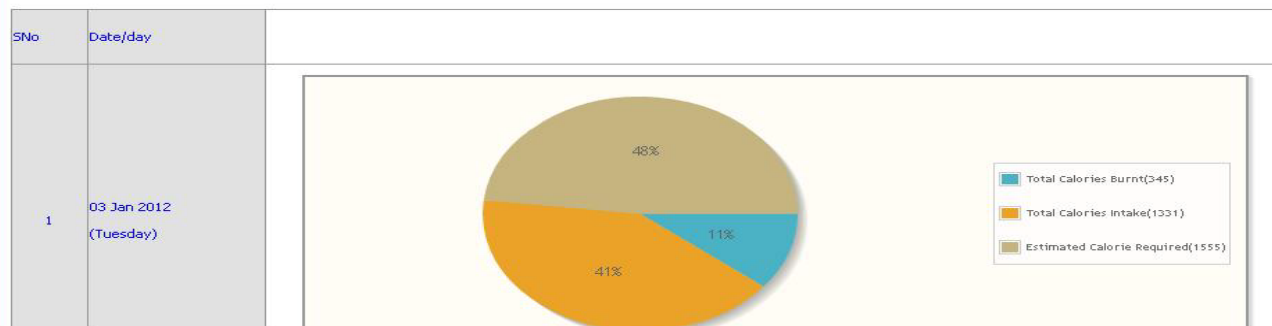
Total Activity Entry : 15

Total Meals Entry : 21

### Important:

Disclaimers..

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



# 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..

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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 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:


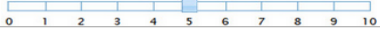
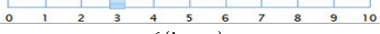
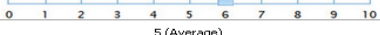
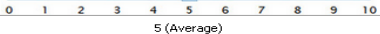
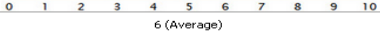
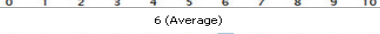
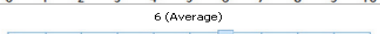
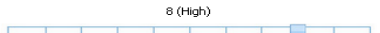

Disclaimers..

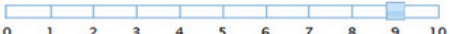
Just a guide, not an exact scientific research, depends on many factors, as well as accuracy of your Input DATA.

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

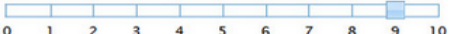
Emotion-wise & Date-wise Reports to facilitate comparisons.

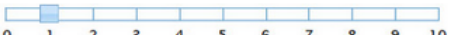
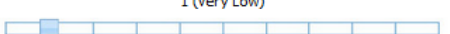
EMOTIONS REPORT-STATEMENTWISE


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) 	

☒ My Work Place Report

☐ My Communication Report

☐ Addictions Report

☐ General Stressors Report

☐ My Relations Report

☐ Sleep Report

☐ Major Life Events

## EMOTIONS BAR CHART

For the period from : 01 Jan 2012

Name : Sukanya

Age : 27

BMI : 17.6

to : 05 Jan 2012

CWRI Regn No : CWI100000002

Height : 165.1 cms

BMI Observations : Underweight / Low Risk

Weight : 48 Kgs

### Important:

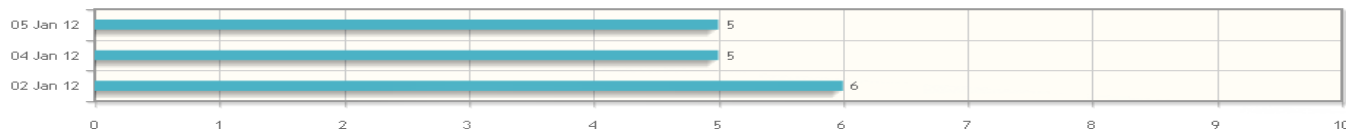
Disclaimers..

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

### Work & Environment

Situation

I make an effort to work co-operatively, not competitively.



## MONTHLY WELLNESS TRACKER REPORT

It is a **MONTHLY REPORT** that is generated based on the tracker inputs that the user makes throughout the month.

It gives the user a 360 degree view of his month's

- Diet
- Activity
- Emotion Patterns

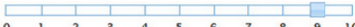
In a glimpse to enable the user get key insights & manage his wellness better.

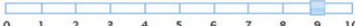
Food				
Date	19 Apr 2012( Thursday)			
Time	Item	Quantity	My Desire	Item Remarks
07:15 AM	Ghee Dosa	1 (One )	Like 	
07:15 AM	Tea	1 (One Cup (Eight Fl Oz) )		
10:30 AM	Carrot Juice	1 (One Cup )	Favourite 	
13:30 PM	Rice	1 (One cup cooked Rice )		
13:30 PM	Fish Cutlet	1 (Two )		
15:30 PM	Chocolate Chips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

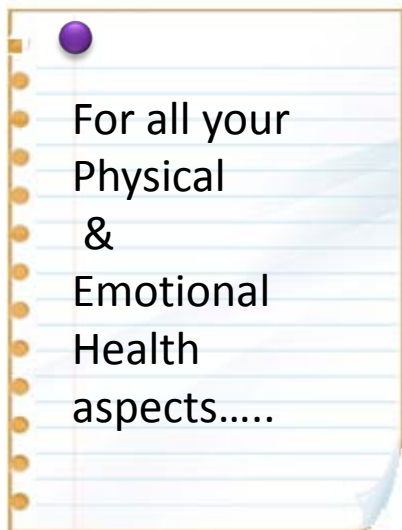
#### General Stressors

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) 	

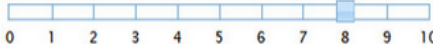
Date	02 Apr 2012( Monday)
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Situation	Scale	Responses
I went to bed at a reasonable hour and woke up feeling rested and refreshed	3 (Low) 	

#### My Communication

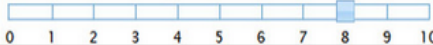
Date	01 Apr 2012( Sunday)
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Situation	Scale	Responses
Today, I listened to others patiently when they were saying something.	7 (High) 	

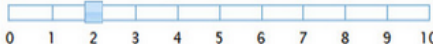
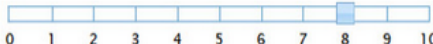
Date	02 Apr 2012( Monday)	
Situation	Scale	Responses
Today, I expressed my emotions /conveyed my thoughts in proper ways, without hesitation or pre- judging others.	<p>8 (High)</p> 	

#### 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

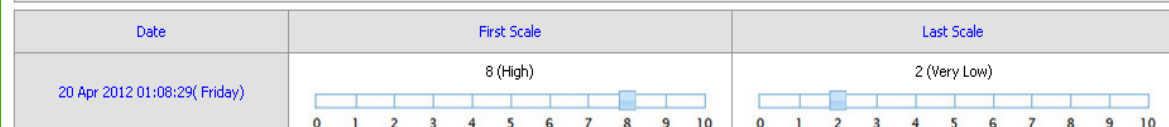
**BMI** : 17.6 **BMI Observations** : Underweight / Low Risk

### 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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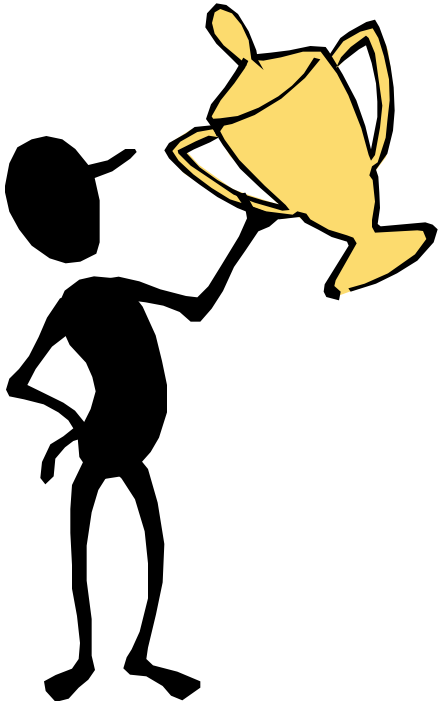
### Stressbuster Intensity Report



[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**

**Tel : 022-64518341, 08108219986**

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