

# Meal Planner & Wellness Hub

## Quick Start Guide

### Getting Started

#### 1 Accept Your Invitation

Click the **Accept Invitation** button in your email. The link expires in 7 days.

#### 2 Sign In with Google

Use your Google account to sign in securely. No new password to remember!

#### 3 Explore the App Switchboard

Your central hub to access all features. Tap any app tile to get started.

### Your Apps



#### Meal Planner

Create personalized weekly meal plans based on your dietary preferences and local grocery prices.



#### Nutrition

Track calories and macros with AI-powered analysis of your meal plans.



#### AI Coach

Chat with your personal AI health coach. Set goals and track daily habits.



#### Fitness

Get personalized workout plans based on your fitness level and goals.



## Progress

Track streaks, earn badges, and refer friends for rewards.



## Health Sync

Connect Apple Health, Fitbit, or Google Fit to import your health data.

## Meal Planner: Your First Week

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### 1 Enter Your ZIP Code

We'll find grocery stores near you for price comparisons.

### 2 Select Your Stores

Choose your primary store and optionally a comparison store.

### 3 Answer 6 Quick Questions

Tell us about your meal days, cuisines, dietary needs, and household size.

### 4 Get Your Personalized Plan

Swipe through your weekly meals. Tap any meal for the full recipe!

**Pro Tip:** Use the heart icon to favorite meals you love. They'll appear more often in future plans!

## Fitness: Getting Your Workout Plan

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Complete a quick 7-step interview about your fitness level, goals, and preferences to receive a personalized workout plan.

### We'll Ask About:

- Current fitness level
- Your goals (strength, cardio, etc.)
- Any physical limitations
- Preferred workout location
- Days per week available
- Session duration
- Equipment access

### You'll Get:

- Personalized workout schedule
- Exercise-by-exercise guidance
- Progress tracking
- Exercise substitutions
- Workout history
- Completion streaks

## AI Health Coach: Your Personal Guide

Your AI coach has access to your meal plans and nutrition data to give personalized advice.

### Chat Features:

- Ask nutrition questions
- Get meal suggestions
- Discuss health goals
- Review your progress

### Track Your Journey:

- Set custom health goals
- Track daily habits
- Monitor your health score
- Follow coaching programs

## Quick Tips for Success

|261 Generate a new meal plan at the start of each week

|261 Check off completed workouts to build your streak

|261 Use the AI coach when you have health questions

|261 Track at least 3 daily habits for best results

|261 Review your nutrition summary weekly

|261 Share your referral code to earn rewards

### Need Help?

Look for the ? icon in any app, or email us at [support@asrdigitalservices.com](mailto:support@asrdigitalservices.com)

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Welcome to your health journey!