

REIGNITE HEALTH

V1 Platform User Guide

A screenshot-led walkthrough of the current member experience

Registration → Onboarding → Dashboard → My Plan → Nutrition → Progress → Workout → Profile → Settings

Current V1 snapshot. This guide uses the real screenshots supplied from the demo account. Additional screens can be added later without changing the overall structure.

How to use this guide

Every section pairs a real interface screenshot with a plain-language explanation of the visible controls and purpose. The goal is to help a first-time member understand where to go and what each area is for.

Covered in this edition

01 Registration & Login	02 Health Onboarding
03 Dashboard	04 My Plan
05 Nutrition	06 Progress
07 Food Explorer	08 Food Details & Comparison
09 Workout	10 Profile
11 Settings	12 Free Health Tools

Note: The guide describes what the supplied V1 screens show. It does not turn displayed wellness or nutrition information into medical advice.

01 Registration

Create a free member account and begin the personalized health journey.

Reignite Health

Your health journey starts here.

Create your account and tell us a little about yourself. We'll use your goals, lifestyle and preferences to build your starting Reignite plan.

- ✓ Personalized health profile
- ✓ Nutrition plan built around your goal
- ✓ Workout plan based on your schedule

GET STARTED

Create your account

No payment required. We'll build your plan after registration.

First name

Last name optional

Rahul

Tupparwar

Email address

rahul@tupparwar.com

Password

Confirm password

.....

.....|

Create account

Already have an account? [Sign in](#)

Screen 1 of 1

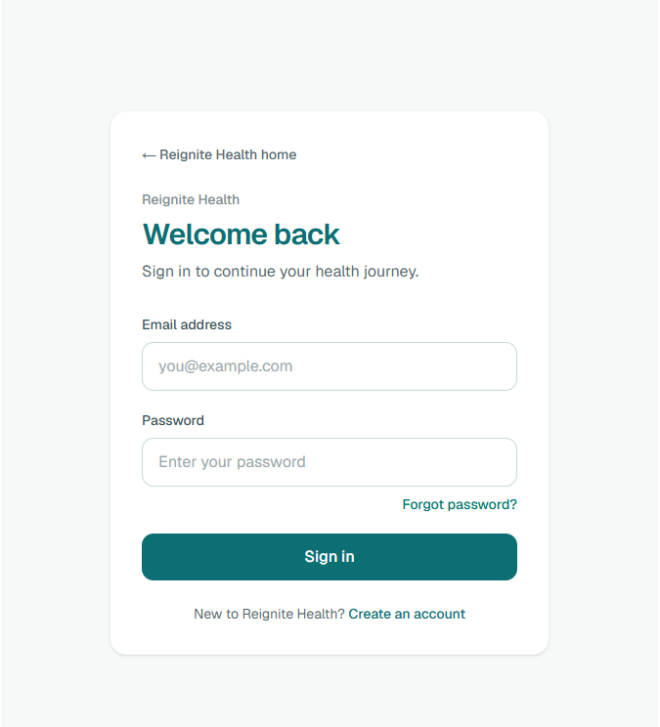
What this screen does

1. Enter first name, optional last name, email address, password and confirmation.
2. The left panel explains the expected journey: health profile, nutrition plan and workout plan.
3. Select **Create account** to submit the registration.
4. Existing members can select **Sign in**.

Tip: The left navigation remains the main way to move between member modules.

02 Login

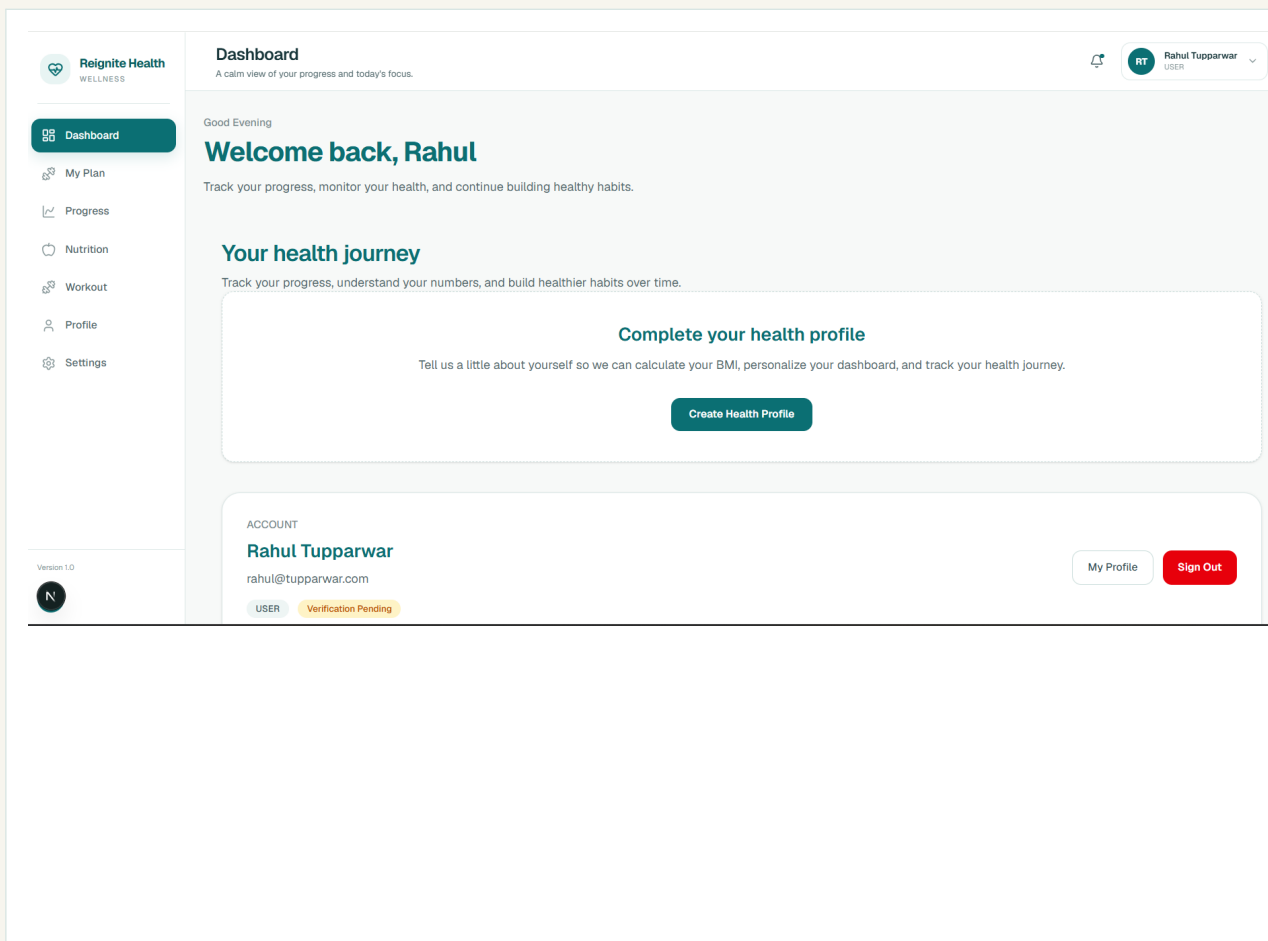
Return to an existing account and continue the health journey.

	Screen 1 of 1 What this screen does 1. Reignite Health home returns to the public platform home. 2. Enter the account email and password. 3. Forgot password? starts password recovery. 4. Create an account returns a new member to registration. Tip: The left navigation remains the main way to move between member modules.
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03 Health Onboarding

A seven-step assessment collects the inputs used to personalize the member experience.

The supplied screenshots cover the full assessment sequence. Each screen below is documented in order.



Screen 1 of 9

What this screen does

- 1. About You:** age and gender.
- 2. Body Metrics:** height and starting weight; the screen explains that BMI is calculated after profile completion.
- 3. Lifestyle:** choose an activity level from sedentary to very active.
- 4. Your Goal:** choose the main goal and optionally enter a target weight.
- 5. Training Schedule:** choose training frequency and preferred weekdays.
- 6. Training setup:** select experience, equipment and workout duration.
- 7. Nutrition Preferences:** food preference, meals per day and optional dietary restrictions.
- 8. Progress controls:** the step number, percentage, Back and Continue buttons make the assessment easy to follow.

Tip: The left navigation remains the main way to move between member modules.

Reignite Health

Build your health profile

Tell us a little about yourself so we can personalize your experience.

Step 1 of 7

14%

ABOUT YOU

Let's get to know you

These details help personalize your health experience.

Age

35

Gender

Male

Female

Other

Back

Continue

Screen 2 of 9

What this screen does

- 1. About You:** age and gender.
- 2. Body Metrics:** height and starting weight; the screen explains that BMI is calculated after profile completion.
- 3. Lifestyle:** choose an activity level from sedentary to very active.
- 4. Your Goal:** choose the main goal and optionally enter a target weight.
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Reignite Health

Build your health profile

Tell us a little about yourself so we can personalize your experience.

Step 2 of 7

29%

BODY METRICS

Your body today

We'll use these measurements to establish your starting point.

Height

177

cm

Starting weight

91

kg

Your starting weight becomes the baseline for tracking your journey. BMI will be calculated automatically after you complete your profile.

Back

Continue

Screen 3 of 9

What this screen does

- 1. About You:** age and gender.
- 2. Body Metrics:** height and starting weight; the screen explains that BMI is calculated after profile completion.
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LIFESTYLE

How active are you?

Choose the option that best represents a typical week.

Sedentary

Mostly sitting with little regular exercise.

Lightly active

Light activity or exercise 1–3 days per week.

Moderately active

Regular activity around 3–5 days per week.

Active

Exercise or physical activity most days.

Very active

Intense exercise, training, or highly active work.

Back

Continue

Screen 4 of 9

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- 6. Training setup:** select experience, equipment and workout duration.
- 7. Nutrition Preferences:** food preference, meals per day and optional dietary restrictions.
- 8. Progress controls:** the step number, percentage, Back and Continue buttons make the assessment easy to follow.

Tip: The left navigation remains the main way to move between member modules.

Step 4 of 7

57%

YOUR GOAL

What would you like to achieve?

Your goal helps us personalize recommendations around your priorities.

Lose weight

Build sustainable habits toward a healthier body weight.

Maintain my health

Maintain your current weight while improving overall wellbeing.

Build muscle

Support strength, muscle growth, and physical performance.

Target weight

Set the weight you would like to work toward. This is optional and can be changed later.

76

kg

Starting weight **91 kg** → Target **76 kg**

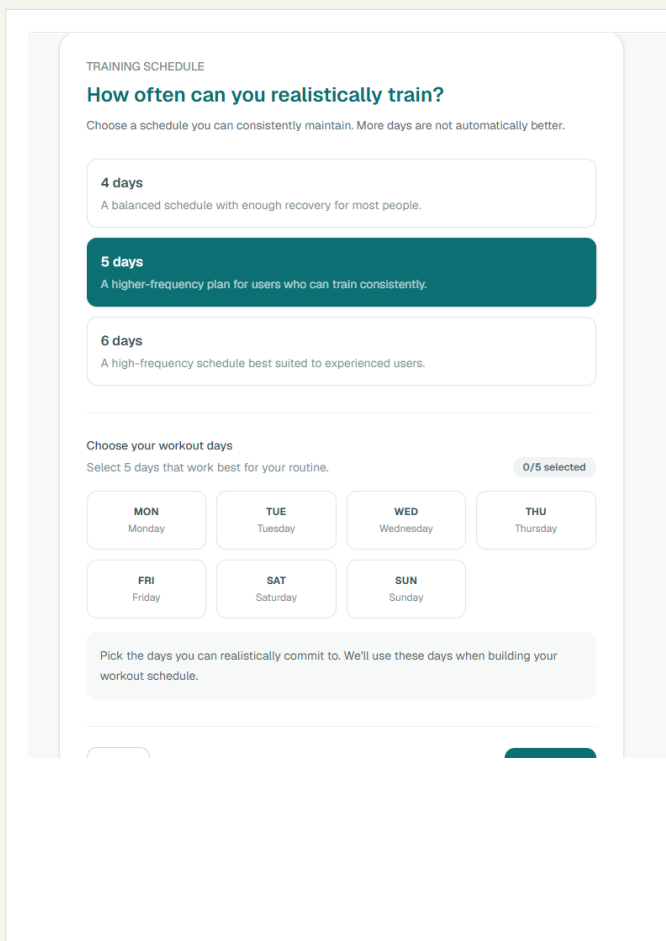
15 kg difference from your starting point.

Screen 5 of 9

What this screen does

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Screen 6 of 9

What this screen does

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- 7. Nutrition Preferences:** food preference, meals per day and optional dietary restrictions.
- 8. Progress controls:** the step number, percentage, Back and Continue buttons make the assessment easy to follow.

Tip: The left navigation remains the main way to move between member modules.

Choose a schedule you can consistently maintain. More days are not automatically better.

4 days

A balanced schedule with enough recovery for most people.

5 days

A higher-frequency plan for users who can train consistently.

6 days

A high-frequency schedule best suited to experienced users.

Choose your workout days

Select 5 days that work best for your routine.

5/5 selected

MON

Monday

TUE

Tuesday

WED

Wednesday

THU

Thursday

FRI

Friday

SAT

Saturday

SUN

Sunday

Pick the days you can realistically commit to. We'll use these days when building your workout schedule.

Back

Continue

Screen 7 of 9

What this screen does

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Training experience

Beginner
New to structured resistance training or returning after a long break.

Intermediate
Comfortable with common exercises and regular training.

Advanced
Experienced with structured training and progressive overload.

Equipment

Home — No equipment Home — Dumbbells

Gym Mixed

Workout duration

20–30 minutes **30–45 minutes**

45–60 minutes 60+ minutes

Back Continue

Screen 8 of 9

What this screen does

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NUTRITION PREFERENCES

How do you prefer to eat?

These preferences help us create a practical starting point for your meal plan.

Food preference

Vegetarian

Eggetarian

Non-vegetarian

Vegan

No preference

Meals per day

3 meals

Dietary restrictions optional

p.g. lactose intolerance, no peanuts

You can leave this blank if you have no restrictions.

Back

Complete assessment

Screen 9 of 9

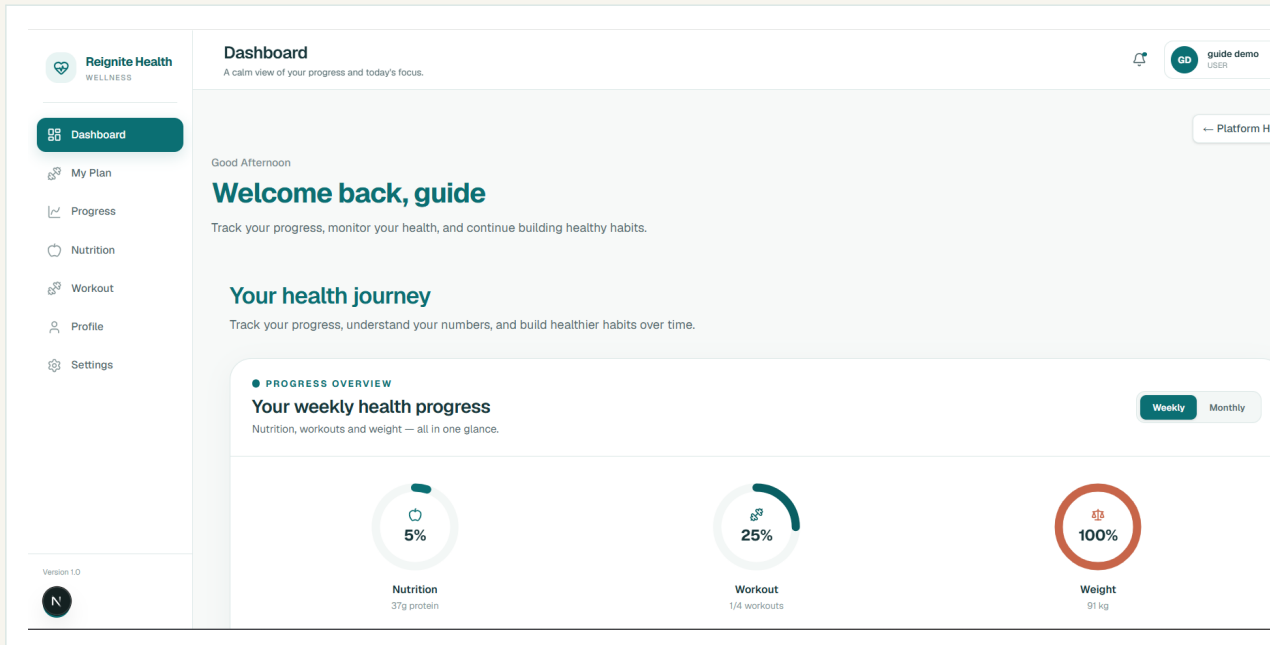
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Tip: The left navigation remains the main way to move between member modules.

04 Dashboard

The main member home screen brings navigation, onboarding status and progress into one place.



Screen 1 of 1

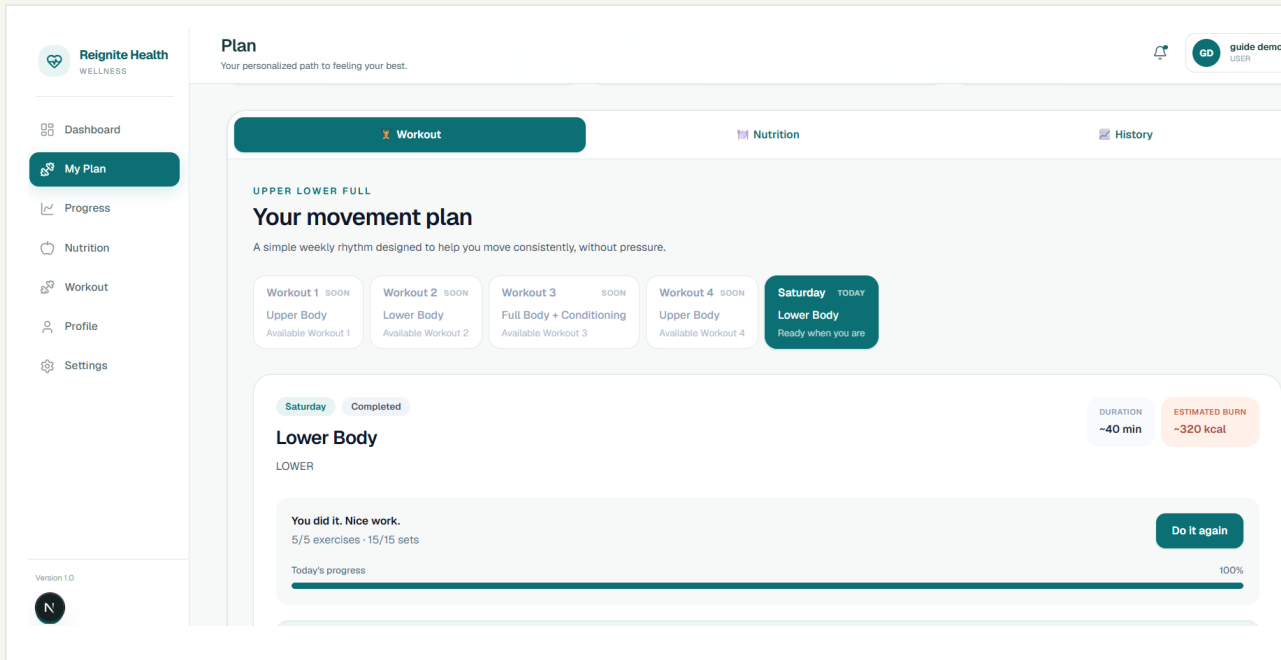
What this screen does

- 1. Sidebar:** Dashboard, My Plan, Progress, Nutrition, Workout, Profile and Settings.
- 2. Welcome area:** provides a short orientation and today's focus.
- 3. Health profile prompt:** gives a direct action when the profile still needs to be completed.
- 4. Account area:** provides quick access to the member profile and sign out.

Tip: The left navigation remains the main way to move between member modules.

05 My Plan

The weekly plan combines movement, nutrition and history into one member-facing area.

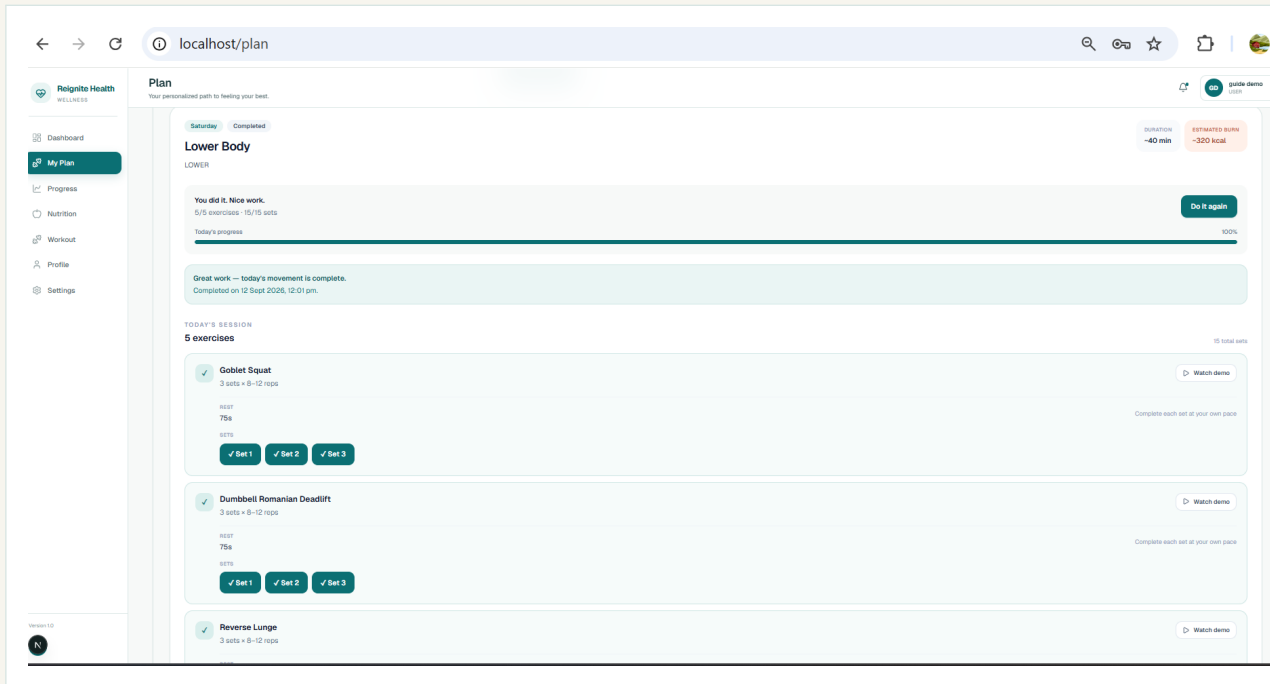


Screen 1 of 2

What this screen does

- 1. Plan tabs:** Workout, Nutrition and History.
- 2. Weekly cards:** show upcoming sessions and identify today's session.
- 3. Session overview:** shows workout focus, duration and estimated burn.
- 4. Completion:** completed sessions show exercise/set progress and a completion message.
- 5. Repeat:** a completed session can be started again.

Tip: The left navigation remains the main way to move between member modules.



Screen 2 of 2

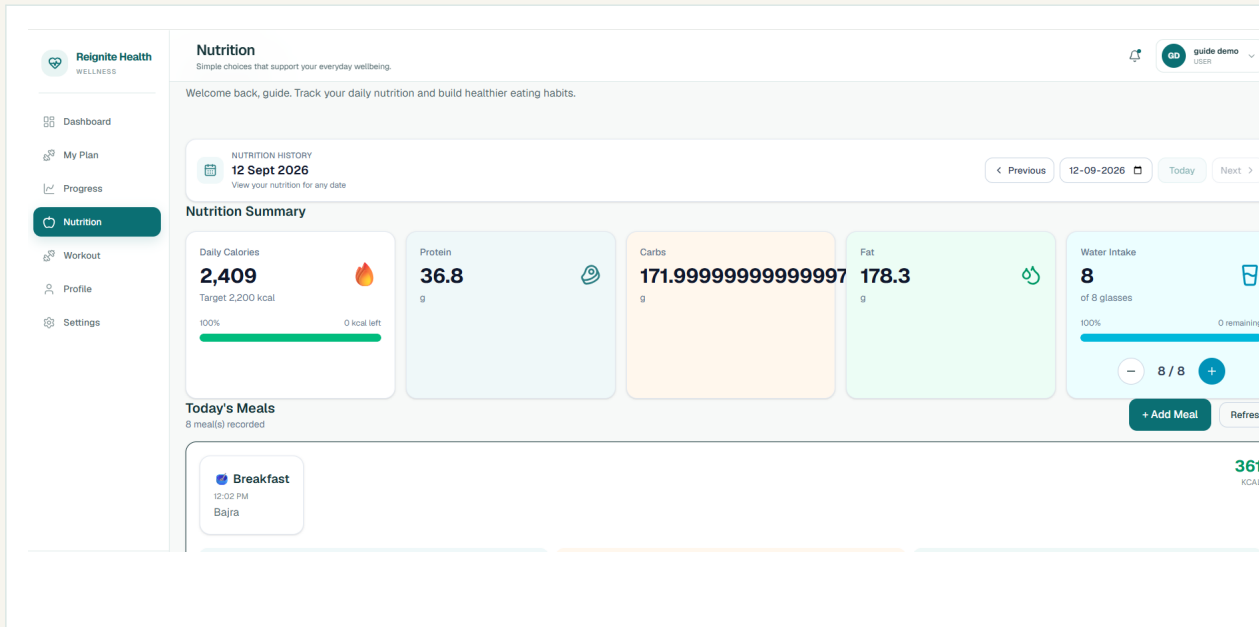
What this screen does

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Tip: The left navigation remains the main way to move between member modules.

06 Nutrition

Track meals, nutrition totals and daily hydration while reviewing different dates.

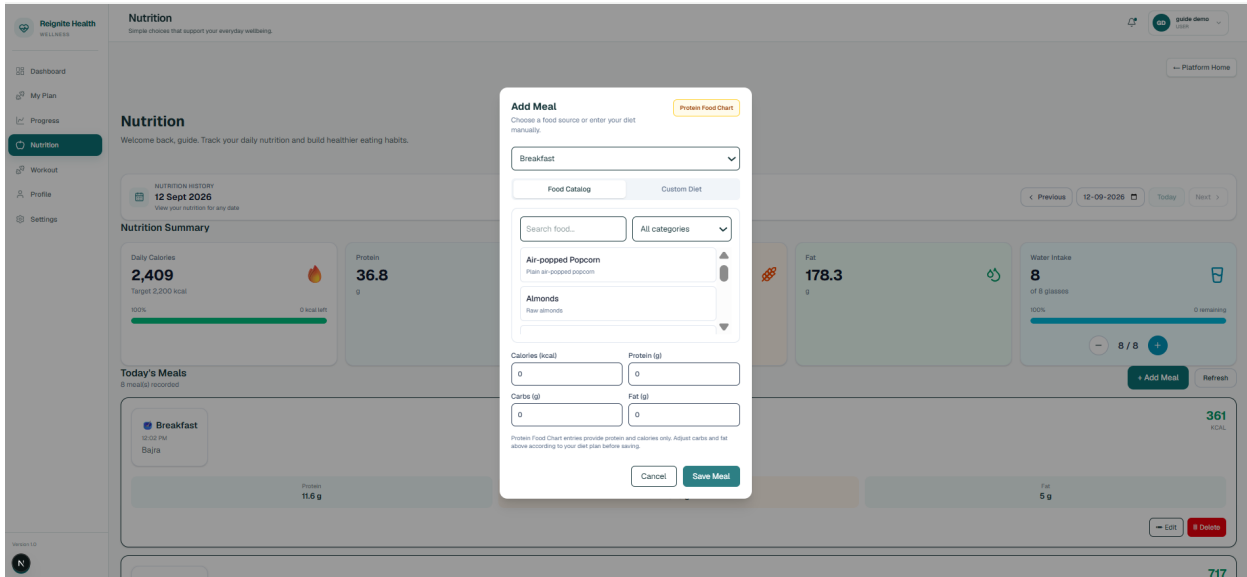


Screen 1 of 2

What this screen does

- 1. Date navigation:** move to previous/next days or return to Today.
- 2. Nutrition Summary:** calories, protein, carbohydrates, fat and water intake.
- 3. Today's Meals:** recorded meals and their calorie contribution.
- 4. Add Meal:** choose from the food catalogue or enter a custom diet.
- 5. Water Intake:** plus/minus controls update the recorded glasses.

Tip: The left navigation remains the main way to move between member modules.



Screen 2 of 2

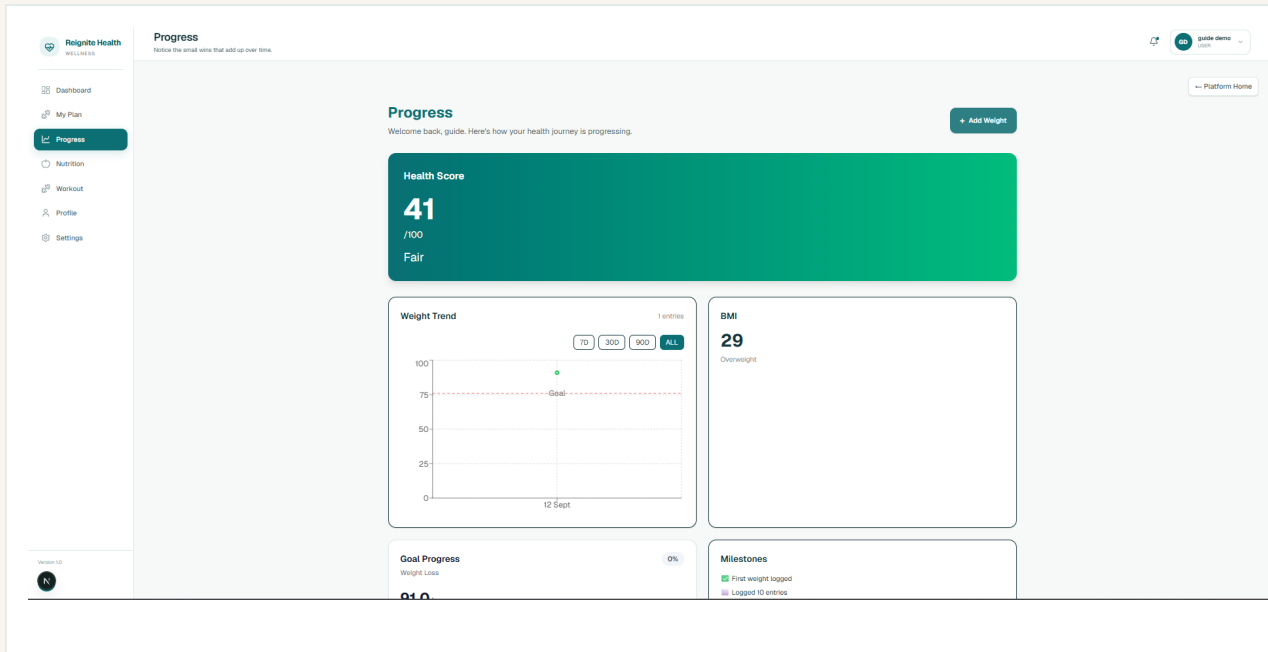
What this screen does

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- 4. Add Meal:** choose from the food catalogue or enter a custom diet.
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Tip: The left navigation remains the main way to move between member modules.

07 Progress

Review the journey through health score, weight trend, BMI, goals and milestones.



Screen 1 of 1

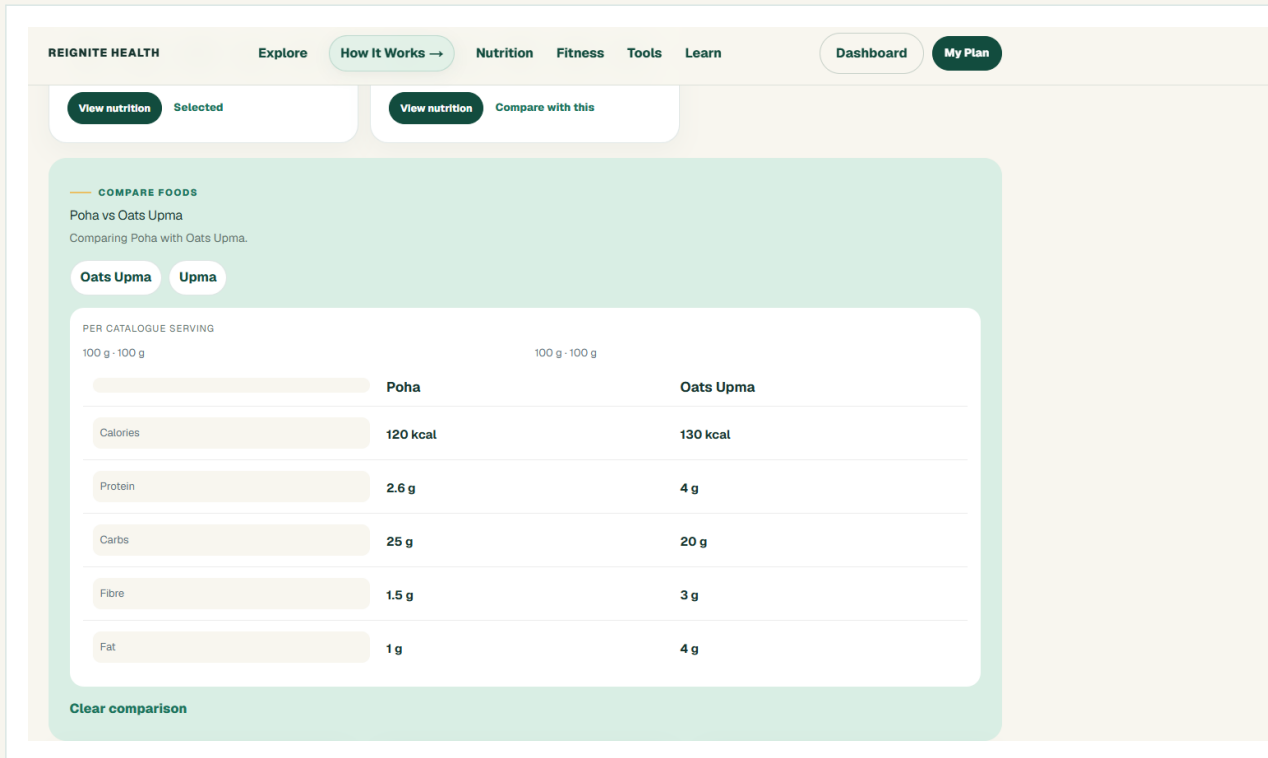
What this screen does

- 1. Health Score:** overall displayed score out of 100.
- 2. Weight Trend:** visual weight history with 7D, 30D, 90D and ALL ranges.
- 3. BMI:** current displayed BMI and category.
- 4. Goal Progress:** shows progress toward the selected goal.
- 5. Milestones:** highlights tracking achievements.
- 6. Add Weight:** records another weight entry.

Tip: The left navigation remains the main way to move between member modules.

08 Food Explorer

Browse the public food catalogue and see practical nutrition information for matching foods.



Screen 1 of 1

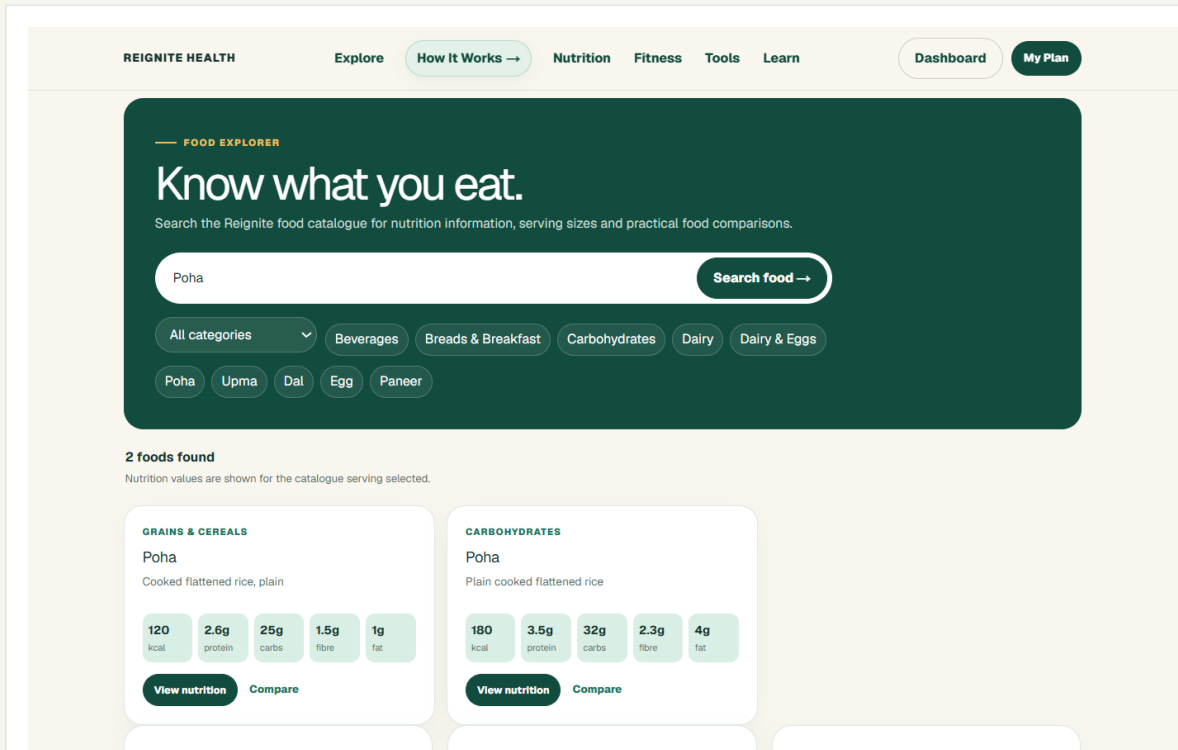
What this screen does

1. **Search:** search by food name.
2. **Categories:** use category filters and quick food chips.
3. **Food cards:** show key nutrition values for the catalogue serving.
4. **View nutrition:** opens a detailed view.
5. **Compare:** selects a food for side-by-side comparison.

Tip: The left navigation remains the main way to move between member modules.

09 Food Details

View the selected food's nutrition information in a focused detail screen.



Screen 1 of 1

What this screen does

- 1. Food identity:** name and description.
- 2. Serving basis:** the nutrition values are tied to the displayed catalogue serving.
- 3. Nutrients:** calories, protein, carbohydrates, fibre and fat are presented for reference.
- 4.** Use the page as an educational nutrition reference and return to the explorer to continue browsing.

Tip: The left navigation remains the main way to move between member modules.

10 Food Comparison

Compare two selected foods using the same catalogue-serving basis.

REIGNITE HEALTH

Explore

How It Works →

Nutrition

Fitness

Tools

Learn

Dashboard

My Plan

View nutrition

Selected

View nutrition

Compare with this

COMPARE FOODS

Poha vs Oats Upma

Comparing Poha with Oats Upma.

Oats Upma

Upma

PER CATALOGUE SERVING

100 g - 100 g

Poha

Oats Upma

Calories	120 kcal	130 kcal
Protein	2.6 g	4 g
Carbs	25 g	20 g
Fibre	1.5 g	3 g
Fat	1 g	4 g

Clear comparison

Screen 1 of 1

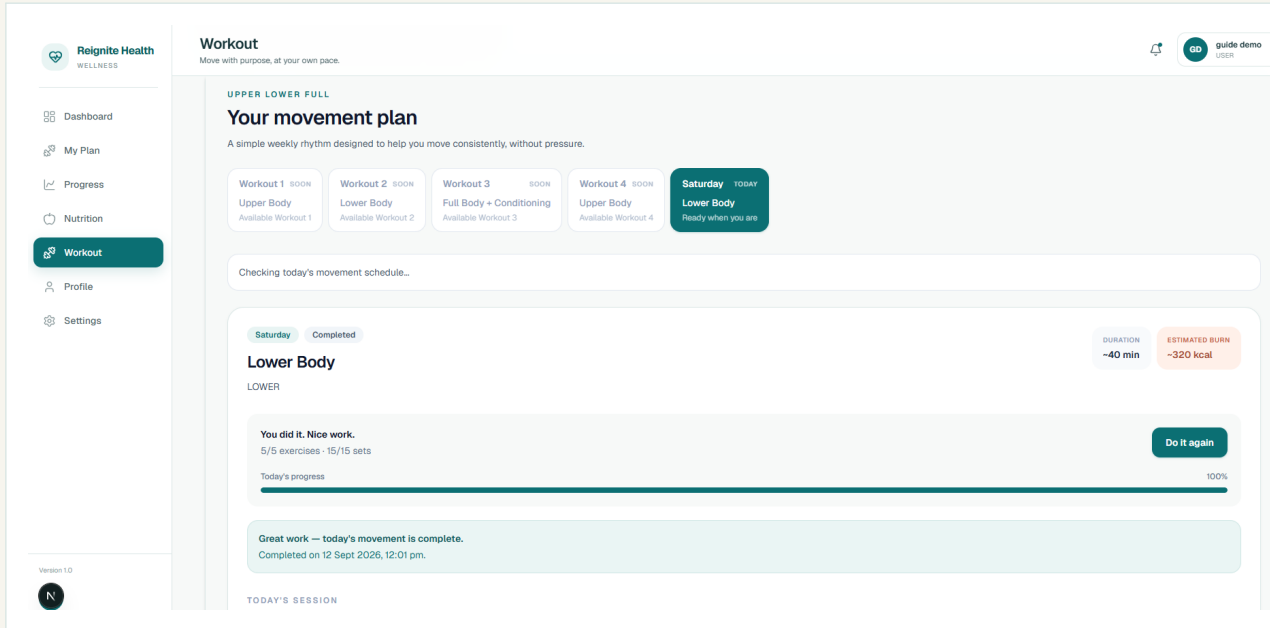
What this screen does

- Comparison heading:** identifies both selected foods.
- Common basis:** both sides use the same serving basis.
- Aligned rows:** calories, protein, carbohydrates, fibre and fat can be scanned row-by-row.
- Clear comparison:** resets the current comparison.

Tip: The left navigation remains the main way to move between member modules.

11 Workout

Follow the weekly movement plan and complete today's workout at your own pace.



Screen 1 of 1

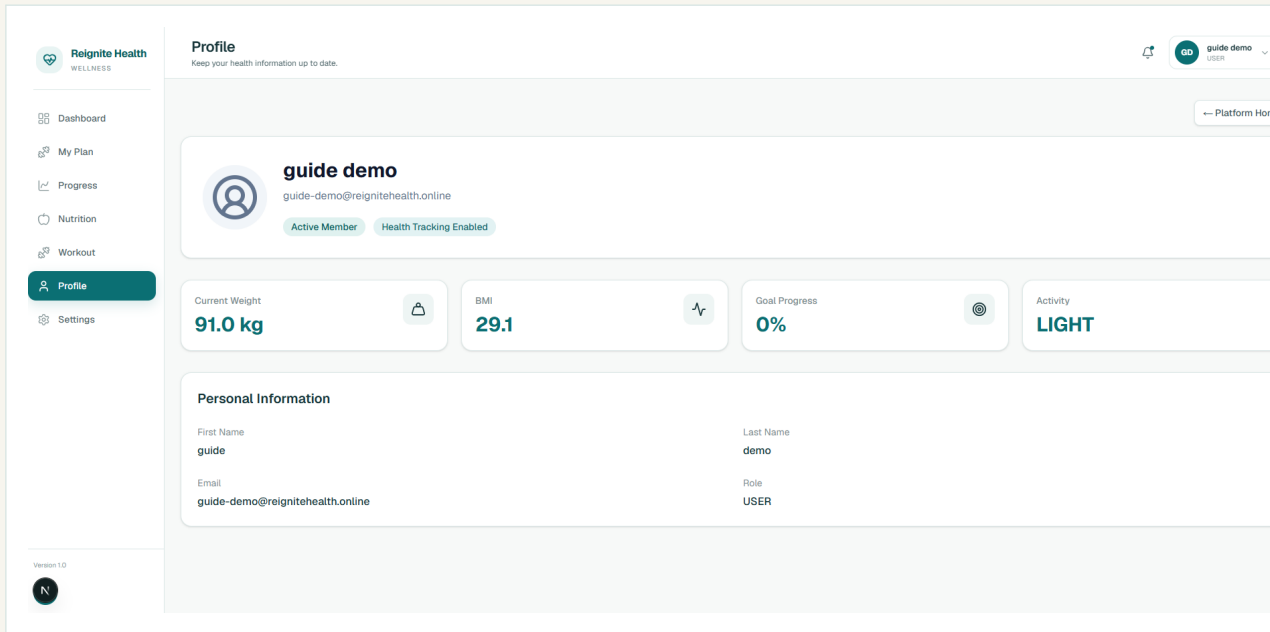
What this screen does

1. **Weekly workout cards:** upcoming and current sessions.
2. **Session overview:** focus, duration, estimated burn and completion state.
3. **Progress bar:** shows today's completion.
4. **Exercise list:** individual exercises and prescribed sets/reps.
5. **Watch demo:** opens an exercise demonstration when one is available.

Tip: The left navigation remains the main way to move between member modules.

12 Profile

Keep the member identity and key health-tracking information in one place.



Screen 1 of 1

What this screen does

1. **Member identity:** name, email and status.
2. **Health Tracking:** indicates whether tracking is enabled.
3. **Key metrics:** current weight, BMI, goal progress and activity.
4. **Personal Information:** first name, last name, email and role.

Tip: The left navigation remains the main way to move between member modules.

13 Settings — Workout & Schedule

Adjust the weekly training cadence and preferred workout days.

Reignite Health

WELLNESS

Dashboard

My Plan

Progress

Nutrition

Workout

Profile

Settings

Version 1.0

N

Settings

Personalize your Reignite experience.

Workout & Schedule

Choose your workout days and manage your weekly training schedule.

Current weekly schedule

Your current schedule is not available yet.

How many days do you want to train?

Choose 4, 5, or 6 workout days per week.

4

days / week

5

days / week

6

days / week

Which days work best for you?

Select exactly 5 days.

0/5

M

T

W

T

F

S

S

Mon

Tue

Wed

Thu

Fri

Sat

Sun

Changes take effect from the next weekly schedule, so today's plan stays untouched.

Save new schedule

Profile

Update your personal details and health information.

Notifications

Control reminders, workout alerts, and wellness notifications.

Nutrition

Screen 1 of 1

What this screen does

1. **Frequency:** choose 4, 5 or 6 training days per week.

2. **Weekdays:** select exactly the number of days chosen.

3. **Schedule continuity:** the interface explains that changes take effect from the next weekly schedule.

4. **Save new schedule:** stores the new weekly schedule.

Tip:

The left navigation remains the main way to move between member modules.

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14 Settings — Security

Change the account password and understand the session-security behavior.

Reignite Health

WELLNESS

Dashboard

My Plan

Progress

Nutrition

Workout

Profile

Settings

Version 1.0

N

Settings

Personalize your Reignite experience.

Security

Change your password and manage account security.

Change your password

Choose a strong password to help keep your Reignite Health account secure.

Current password

Enter your current password

New password

At least 8 characters

Confirm new password

Repeat your new password

For your security, all active sessions will be signed out after your password is changed.

Change password

App Preferences

Personalize how Reignite Health looks and behaves.

Your settings stay under your control

Changes to your workout schedule are saved as a new weekly schedule, so your current week is not unexpectedly disrupted.

Screen 1 of 1

What this screen does

1. **Current password:** verifies the existing password.

2. **New password:** enter the new password.

3. **Confirm new password:** repeat the new password.

4. **Security note:** active sessions are signed out after the password is changed.

Tip:

The left navigation remains the main way to move between member modules.

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15 Settings — Time Zone

Keep date and time calculations aligned with the member's time zone.

Reignite Health

WELLNESS

Dashboard

My Plan

Progress

Nutrition

Workout

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Settings

Version 1.0

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Settings

Personalize your Reignite experience.

Nutrition

Manage your nutrition preferences, meals, and dietary choices.

Goals

Review and adjust the goals that guide your Reignite journey.

Security

Change your password and manage account security.

App Preferences

Personalize how Reignite Health looks and behaves.

Time zone

Your time zone is used for workout schedules and date-based activity.

Current time zone

UTC

Browser detected: Asia/Calcutta

Use detected time zone

This setting affects future date and time calculations.

Save time zone

Your settings stay under your control

Changes to your workout schedule are saved as a new weekly schedule, so your current week is not unexpectedly disrupted.

Screen 1 of 1

What this screen does

1. **Current time zone:** shows the saved setting.

2. **Browser detected:** shows the time zone detected by the browser.

3. **Use detected time zone:** copies the detected zone.

4. **Save time zone:** saves the setting for future calculations.

Tip:

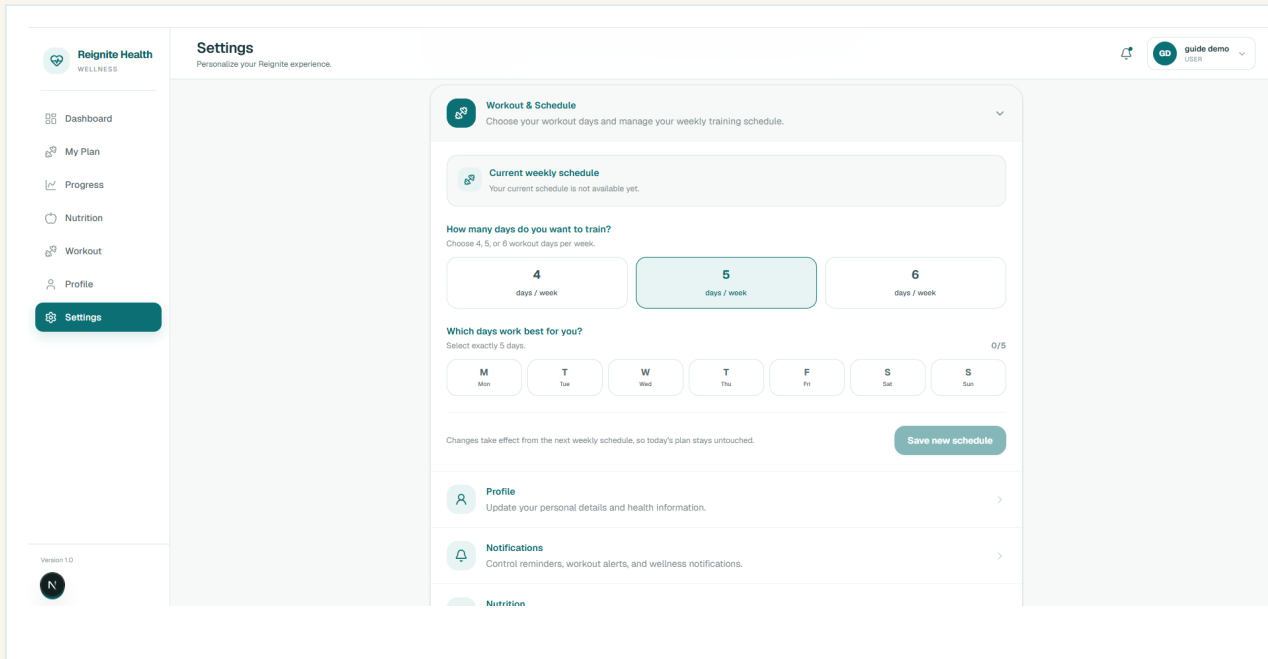
The left navigation remains the main way to move between member modules.

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16 Settings — App Preferences

Organize personalization settings into focused areas such as profile, notifications, nutrition, goals and security.



Screen 1 of 1

What this screen does

- 1. Settings categories:** provide focused controls rather than one large form.
- 2. Workout & Schedule:** manages training frequency and preferred days.
- 3. Profile:** provides a path to personal and health information.
- 4. Notifications:** controls reminders and wellness alerts.
- 5. Nutrition and Goals:** provide paths to review related preferences.

Tip: The left navigation remains the main way to move between member modules.

17 Free Health Tools

The public Tools area provides quick wellness calculators and planners. The page states that these are general estimates, not medical advice.

REIGNITE HEALTH

Explore

How It Works →

Nutrition

Fitness

Tools

Learn

Log in

Get Started

FREE HEALTH TOOLS

Get a useful answer in minutes.

These guest calculators are estimates for general wellness education, not medical advice. Your result can be saved after creating a free account.

BMI

BMI Calculator

Estimate BMI from height and weight.

CAL

Calorie Estimate

Estimate daily energy needs.

PRO

Protein Guide

Explore a general protein target.

H₂O

Water Intake

Set a practical hydration target.

MAC

Macro Calculator

Explore a calorie and macro split.

SWT

Healthy Weight

View a general BMI-based range.

SLEEP

Sleep Planner

Plan a consistent sleep/wake window.

HABIT

Habit Tracker

Try a simple seven-day routine.

Screen 1 of 1

What this screen does

1. BMI Calculator:

estimates BMI from height and weight.

2. Calorie Estimate:

estimates daily energy needs.

3. Protein Guide:

explores a general protein target.

4. Water Intake:

sets a practical hydration target.

5. Macro Calculator:

explores a calorie and macro split.

6. Healthy Weight:

shows a general BMI-based range.

7. Sleep Planner:

supports a consistent sleep/wake window.

8. Habit Tracker:

provides a simple seven-day routine.

Tip:

The left navigation remains the main way to move between member modules.

End-to-End Member Journey

The V1 experience works as one continuous journey: create an account, complete the health profile, review the dashboard, use the personalized plan, track nutrition and movement, review progress, and manage the account through Profile and Settings.

1	Register	Create the free member account.
2	Onboard	Provide personal, body, lifestyle, goal, training and nutrition inputs.

3	Dashboard	Use one central view to orient yourself and reach the main modules.
4	Plan	Review Workout, Nutrition and History.
5	Track	Record meals, water, workouts and weight.
6	Review	Use Progress to see trends, goals and milestones.
7	Manage	Use Profile and Settings to keep information and preferences current.
8	Explore	Use the public Food Explorer and Free Health Tools when you want quick educational references.

What can be added later

The next revision can add screenshots for any remaining or newly completed areas such as My Plan → Nutrition/History, active workout mode, exercise demo, detailed profile editing, additional Settings sections, and password-recovery screens.