Measurement of Progress

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| --- | --- | --- | --- |
| Week 1 | Week 2 | Week 3 | Week 4 |
| Health and Lifestyle Review | Diet and Nutrition | Gut Health | Heart Health |
| Genetic Testing | Nutritional Tracking AppsSmart Food Diary AppsPORTION CONTROLSmart Nutrition ScalesSmart Portion Control PlatesSmart Plate CoversSmart CutlerySmart Portion Control UtensilsSmart Food DispensersSmart Storage ContainersSmart Vitamins and Supplements DispensersSmart Water Bottles**NUTRITIONAL ANALYSIS TOOLS**Barcode ScannersFood Scanners and AnalysersSmart Calorie Counting CamerasSmart Refrigerator MagnetsBreathalyzerPortable Blood Testing DevicesSmart refrigeratorsSmart pantry systemsSmart coffee makersSmart Blenders and JuicersSmart ScalesSmart Kitchen AppliancesPlanning MealsSmart Pantry Organising SystemsSmart Refrigerator MatsSmart Egg MinderSmart Food Waste TrackersSmart Food Waste Composters | Inflammatory Risk FactorsC-Reactive Protein (CRP)Erythrocyte Sedimentation Rate (ESR)Proinflammatory CytokinesHomocysteineThe Omega-3 IndexFibrinogenAutoimmune TestsAntibodies | Smart Blood Pressure devicesSmart Blood Pressure MonitorElectrocardiograms (EEGs)Heart PanelLipid ProfileComprehensive Heart Health PanelsCardiovascular BiophotonicsCardiovascular Spectroscopy TechniquesHeart Radiology TestsCardiovascular Markers |
| Week 5 | Week 6 | Week 7  | Week 8 |
| Sleep | Light | Weight | Genetics |
| Sleep AppsSleep Tracking DevicesContactless Sleep Tracking DevicesSleep Enhancing GadgetsSleep Environment Monitoring DevicesSmart Home Sleep DevicesSmart Sleep MasksOral AppliancesSmart Headband MonitorsBiofeedback & Relaxation DevicesSleep Monitors**Sleep Enhancing Gadgets**Smart Sleep AlarmsPositional Sleep BeltsLight Therapy DevicesSound MachinesWhite Noise GeneratorsSnoring Relief BandsVibration Therapy DevicesBiorhythm Sleep Monitors**Smart Beds, Bedding & Pillows**Bed SensorsSmart BeddingSleep-Tracking Bed SheetsSmart Pillows | Optical ImagingLight-Emitting Diodes (LEDs)Solar TechnologiesLight Sensors & TechnologiesLaser TechnologiesBiophotonicsSpectroscopy | Smart ScalesBody Composition AnalysisSkinfold Thickness MeasurementsContinuous Glucose MonitoringGlycaemic IndexWeight Loss AppsDiabetes Management TechnologyDiabetes Management Apps | Family TreeAncestry TestingGenetic TestingWhole Genome SequencingThe Omics Profile |
| Week 9 | Week 10 | Week 11 | Week 12 |
| Toxins | Substances | Trauma | Protecting The Body |
| Liver Function TestKindey Function TestMould TestingHeavy Metal TestingToxicology PanelsSkin Path TestsBreath TestUrinalysisPersonal Care & Cosmetic Products Apps | Tobacco & Substance Use DataSurveillance of Tobacco, Alcohol & Substance UseTrends in Smoking, Alcohol Use and Illicit Drug UseBehavioural Data | Systematic Trauma RiksCollecting Systematic DataSuicidal Behaviour & Self-Harm Data | WBC CountESRAntinuclear AntibodiesVitamin DSpecific Infection TestsImmune Function TestsWhite Blood Cell DifferentialFunctional TestsSerology TestsFlow CytometryAllergy TestingMolecular Diagnostic TestsCytokine ProfilingHistopathologyImaging TechniquesImmune System Genetic TestingAutoantibody ProfilingFlow Cytometric Crossmatching |
| **Week 13** | **Week 14** | **Week 15** |  |
| Mindfulness | Physical Activity | Connection |  |
| Meditation AppsGuided Meditation GadgetsBiofeedback DevicesBrainwave Entrainment AppsDigital Mindfulness Journals | Wearable Fitness TrackersFitness AppsSmart Gym EquipmentSensor-Enhanced WorkoutsSmart Athletic WearSmart Compression GarmentsSmart Running ShoesSmart Cycling WearSmart SwimwearSmart SocksSmart Sports BrasPosture-Correcting ShirtsHeated and Cooling garmentsRecovery GarmentsWearable Smart FabricsRecovery DevicesVirtual ExercisingOnline Fitness CommunitiesDigital Coaching & Virtual TrainersOnline Exercise PlatformsFitness ChallengesFitness Assessment | Tracking Online BehaviourWeb Traffic AnalysisTracking social media HabitsTracking TV Viewing HabitsTracking Media HabitsTracking Music HabitsTracking Reading, Audiobook and Podcast HabitsTracking Work – CRMBusiness AnalyticsUniversal Health RecordsDemographic ProfileBiographic ProfileEpidemiological ProfileMortality & Morbidity DataSurveillance DataHealthcare Utilisation DataMental Healthcare Utilisation DataHealth Outcome DataTreatment & Intervention DataProgram, Policy & Intervention DataBiometric and Biomedical DataGenetic DataBehavioural DataEnvironmental DataHealth Equity DataStigma & Discrimination DataDeterminants of Health Data |  |