Measurement of Progress

|  |  |  |  |
| --- | --- | --- | --- |
| Week 1 | Week 2 | Week 3 | Week 4 |
| Health and Lifestyle Review | Diet and Nutrition | Gut Health | Heart Health |
| Genetic Testing | Nutritional Tracking Apps  Smart Food Diary Apps  PORTION CONTROL  Smart Nutrition Scales  Smart Portion Control Plates  Smart Plate Covers  Smart Cutlery  Smart Portion Control Utensils  Smart Food Dispensers  Smart Storage Containers  Smart Vitamins and Supplements Dispensers  Smart Water Bottles  **NUTRITIONAL ANALYSIS TOOLS**  Barcode Scanners  Food Scanners and Analysers  Smart Calorie Counting Cameras  Smart Refrigerator Magnets  Breathalyzer  Portable Blood Testing Devices  Smart refrigerators  Smart pantry systems  Smart coffee makers  Smart Blenders and Juicers  Smart Scales  Smart Kitchen Appliances  Planning Meals  Smart Pantry Organising Systems  Smart Refrigerator Mats  Smart Egg Minder  Smart Food Waste Trackers  Smart Food Waste Composters | Inflammatory Risk Factors  C-Reactive Protein (CRP)  Erythrocyte Sedimentation Rate (ESR)  Proinflammatory Cytokines  Homocysteine  The Omega-3 Index  Fibrinogen  Autoimmune Tests  Antibodies | Smart Blood Pressure devices  Smart Blood Pressure Monitor  Electrocardiograms (EEGs)  Heart Panel  Lipid Profile  Comprehensive Heart Health Panels  Cardiovascular Biophotonics  Cardiovascular Spectroscopy Techniques  Heart Radiology Tests  Cardiovascular Markers |
| Week 5 | Week 6 | Week 7 | Week 8 |
| Sleep | Light | Weight | Genetics |
| Sleep Apps  Sleep Tracking Devices  Contactless Sleep Tracking Devices  Sleep Enhancing Gadgets  Sleep Environment Monitoring Devices  Smart Home Sleep Devices  Smart Sleep Masks  Oral Appliances  Smart Headband Monitors  Biofeedback & Relaxation Devices  Sleep Monitors  **Sleep Enhancing Gadgets**  Smart Sleep Alarms  Positional Sleep Belts  Light Therapy Devices  Sound Machines  White Noise Generators  Snoring Relief Bands  Vibration Therapy Devices  Biorhythm Sleep Monitors  **Smart Beds, Bedding & Pillows**  Bed Sensors  Smart Bedding  Sleep-Tracking Bed Sheets  Smart Pillows | Optical Imaging  Light-Emitting Diodes (LEDs)  Solar Technologies  Light Sensors & Technologies  Laser Technologies  Biophotonics  Spectroscopy | Smart Scales  Body Composition Analysis  Skinfold Thickness Measurements  Continuous Glucose Monitoring  Glycaemic Index  Weight Loss Apps  Diabetes Management Technology  Diabetes Management Apps | Family Tree  Ancestry Testing  Genetic Testing  Whole Genome Sequencing  The Omics Profile |
| Week 9 | Week 10 | Week 11 | Week 12 |
| Toxins | Substances | Trauma | Protecting The Body |
| Liver Function Test  Kindey Function Test  Mould Testing  Heavy Metal Testing  Toxicology Panels  Skin Path Tests  Breath Test  Urinalysis  Personal Care & Cosmetic Products Apps | Tobacco & Substance Use Data  Surveillance of Tobacco, Alcohol & Substance Use  Trends in Smoking, Alcohol Use and Illicit Drug Use  Behavioural Data | Systematic Trauma Riks  Collecting Systematic Data  Suicidal Behaviour & Self-Harm Data | WBC Count  ESR  Antinuclear Antibodies  Vitamin D  Specific Infection Tests  Immune Function Tests  White Blood Cell Differential  Functional Tests  Serology Tests  Flow Cytometry  Allergy Testing  Molecular Diagnostic Tests  Cytokine Profiling  Histopathology  Imaging Techniques  Immune System Genetic Testing  Autoantibody Profiling  Flow Cytometric Crossmatching |
| **Week 13** | **Week 14** | **Week 15** |  |
| Mindfulness | Physical Activity | Connection |  |
| Meditation Apps  Guided Meditation Gadgets  Biofeedback Devices  Brainwave Entrainment Apps  Digital Mindfulness Journals | Wearable Fitness Trackers  Fitness Apps  Smart Gym Equipment  Sensor-Enhanced Workouts  Smart Athletic Wear  Smart Compression Garments  Smart Running Shoes  Smart Cycling Wear  Smart Swimwear  Smart Socks  Smart Sports Bras  Posture-Correcting Shirts  Heated and Cooling garments  Recovery Garments  Wearable Smart Fabrics  Recovery Devices  Virtual Exercising  Online Fitness Communities  Digital Coaching & Virtual Trainers  Online Exercise Platforms  Fitness Challenges  Fitness Assessment | Tracking Online Behaviour  Web Traffic Analysis  Tracking social media Habits  Tracking TV Viewing Habits  Tracking Media Habits  Tracking Music Habits  Tracking Reading, Audiobook and Podcast Habits  Tracking Work – CRM  Business Analytics  Universal Health Records  Demographic Profile  Biographic Profile  Epidemiological Profile  Mortality & Morbidity Data  Surveillance Data  Healthcare Utilisation Data  Mental Healthcare Utilisation Data  Health Outcome Data  Treatment & Intervention Data  Program, Policy & Intervention Data  Biometric and Biomedical Data  Genetic Data  Behavioural Data  Environmental Data  Health Equity Data  Stigma & Discrimination Data  Determinants of Health Data |  |