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USING AI TO ACCELERATE YOUR PROGRESS

Coaching Call - 3/11/26

Three simple tools to help you reach your goals faster

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AI IS A HELPER

Not a coach.
Not a doctor.

*A helper that saves you **time** and gives you **ideas**.*


Saves time


Spots things


Gives ideas

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THREE TOOLS TODAY

1

AI TRACKING

MyNetDiary

Log your meals with a photo

2

AI RECIPES

Claude

Healthy recipes in seconds

3

AI HEALTH CHECK

Claude/ChatGPT

A second opinion on blood tests

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1 AI TRACKING

USING AI TO TRACK YOUR FOOD

Logging meals with MyNetDiary

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TRACK IT YOURSELF FIRST

WEEK 1

Log your meals by hand

WEEK 2

Let the AI log the same meals

COMPARE

Where is the AI wrong?

Why? Once you know your real numbers, you will spot where the AI is off. Then you can trust it, and fix it.

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THEN LET AI LOG IT

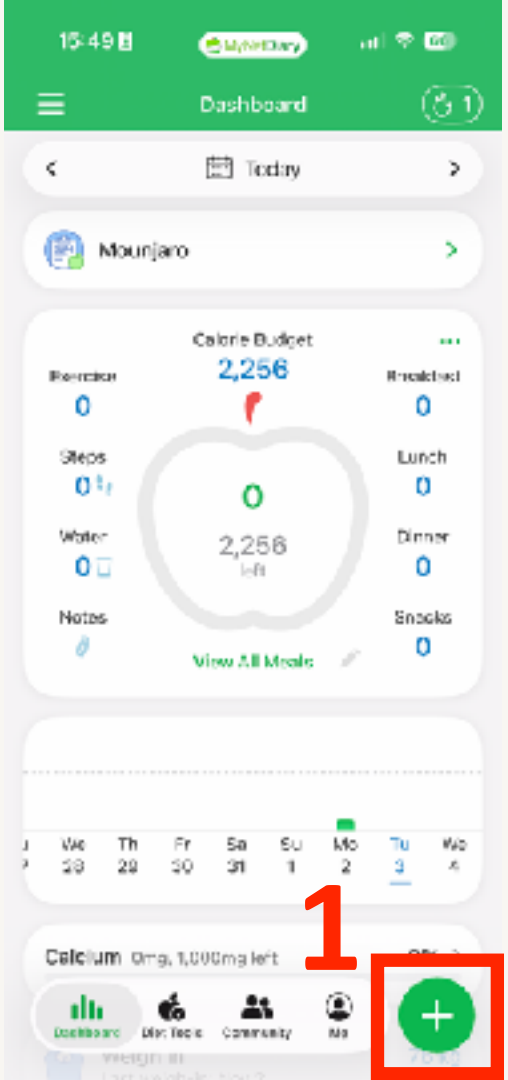
1. **Open MyNetDiary**
   Choose the photo (AI) option when you add food

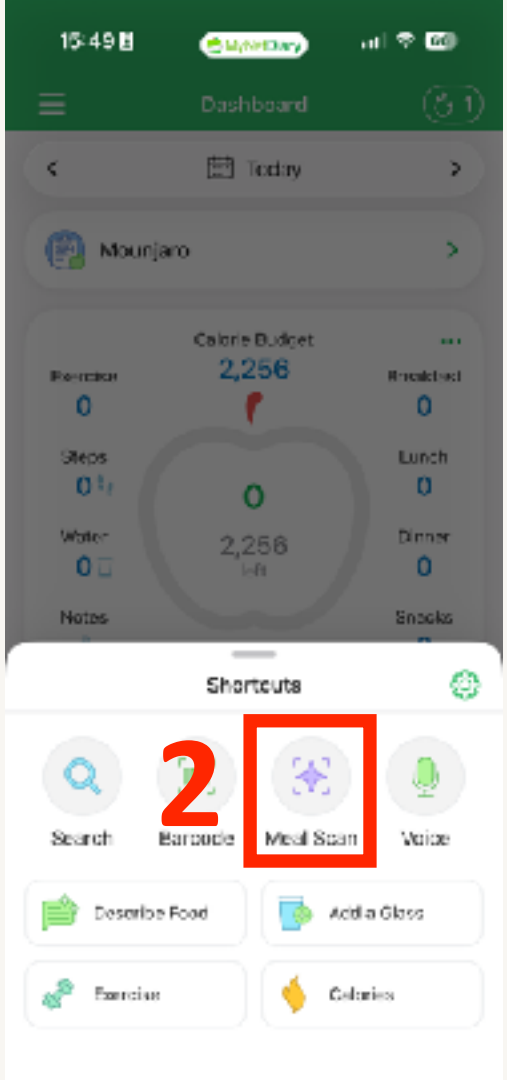
2. **Take the photo**
   From above, in good light, whole plate in view

3. **Check what it found**
   Read the list it gives you. Is every food there?

4. **Fix it, then save**
   Change anything wrong before you log it




15:49
Dashboard
Today
Mounjaro
Calorie Budget
2,256
0
2,256
Left
Breakfast
0
Lunch
0
Dinner
0
Snacks
0
Steps
0
Water
0
Notes
View All Meals
Calcium
1


15:49
Dashboard
Today
Mounjaro
Calorie Budget
2,256
0
2,256
Left
Breakfast
0
Lunch
0
Dinner
0
Snacks
0
Steps
0
Water
0
Notes
Shortcuts
Search
Barcode
Meal Scan
Voice
Describe Food
Add a Glass
Exercise
Calories
2


15:44
Lunch
Photo
Photo & Hint
3

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Output 1 - no hint

Lunch

Total Calories 404 cals

Spicy chicken bowl 404 cals 328g

Ingredients

Fried chicken 284 cals 150g

Crispy chicken | Breaded chicken

Shredded carrots 21 cals 50g

Carrots raw

Rice white cooked without salt 121 cals 0.5 cups

Jasmine rice cooked without salt

Peppers hot red chili raw 8 cals 20g

Peppers sweet bell red raw | Peppers hot gr

Add More | Log (6)

Output 2 - with hint

Lunch

Total Calories 686 cals

Korean style chicken rice bowl 686 cals 389g

Ingredients

Korean style fried chicken 408 cals 150g

Spicy Sliced Chicken | Sweet chili chicken

Rice white cooked without salt 242 cals 1 cup

Jasmine rice cooked without... | Rice white

Shredded carrots 12 cals 30g

Carrots

Peppers hot red chili raw 4 cals 10g

Green onion 3 cals

Add More | Log (6)

NUTRITIONAL INFORMATION TYPICAL VALUES	(per 100g)	(per Serving)
Energy	724 kJ	
Energy	171 kcal	624 kcal
Fat	3 g	
(of which saturates)	1.7 g	6.2 g
Carbohydrate	28 g	102 g
(of which sugars)	2.5 g	9 g
Protein	8.2 g	30 g
Salt	0.66 g	2.4 g

Actual contents



Total Calories 404 cals

Spicy chicken bowl 404 cals 328g

Ingredients

Fried chicken 234 cals 150g

Crispy chicken Shredded chicken

Shredded carrots 21 cals 50g

Carrots raw

Rice white cooked without salt 121 cals 0.5 cups

Jasmine rice cooked without salt

Peppers hot red chili raw 8 cals 20g

Peppers sweet bell red raw Peppers hot gr

Add More Log (6)

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WHERE AI GETS IT WRONG

It only sees a flat, 2D photo.

Hidden fat

Oil and butter do not show up in a photo

Portion size

A photo cannot show how deep the bowl is

Sauces

Dressings and gravy are easy to miss

Hidden layers

Cheese underneath, filling inside

Drinks and extras

Milk in your tea, a splash of wine

The rule

If it is hidden, add a hint or fix afterwards.



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A 30 SECOND CHECK

1. **Is the portion right?**
   Nudge the weight up or down
2. **Add oil, butter, sauce**
   Even a teaspoon counts
3. **Look for hidden layers**
   Cheese, filling, spreads
4. **Save the fixed meal**
   Next time it is one tap

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2 AI RECIPES

USING AI FOR PERSONALISED HEALTHY RECIPES

Making recipes with Claude

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ASK FOR WHAT YOU NEED



What you have

The food in your fridge



Protein

30g or more per serving



Calories

Under 500 per serving



Fibre

5g or more per serving



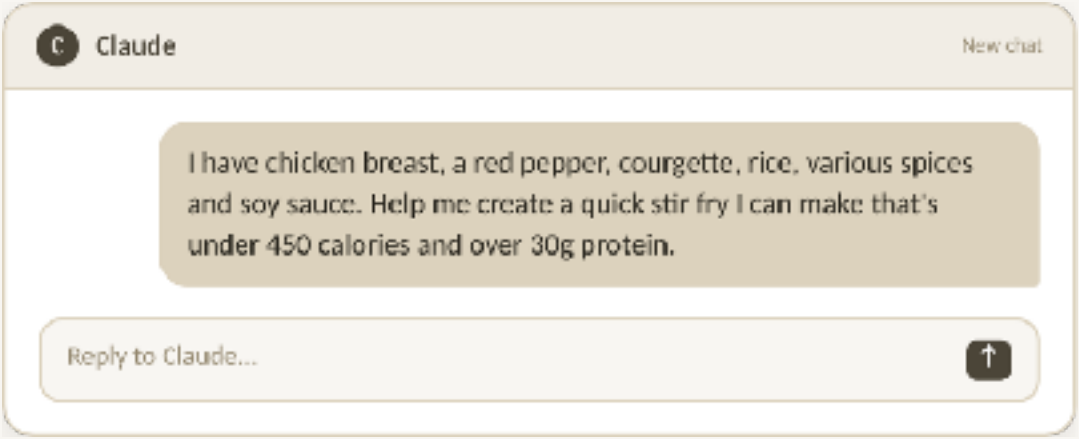
Time

For example, under 20 minutes

Not sure what to ask for? Start with 30g protein, under 500 calories and 5g fibre per serving.

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TRY THIS PROMPT



1. **Say what you have**
2. **Say what you want**
3. **Give it nutrition goals**

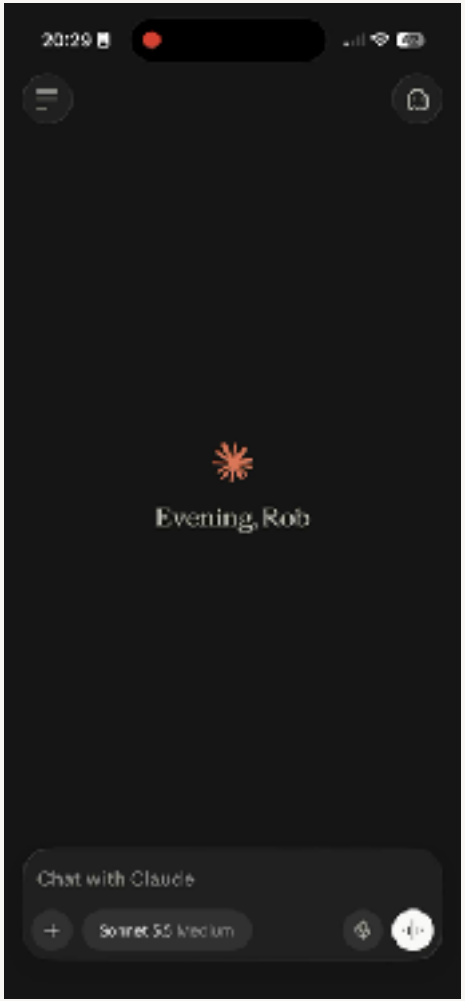
Dictate it to make it even faster!

WHAT YOU GET BACK

A timer on every step
So you never overcook it

Numbers per serving
Calories, protein and fibre

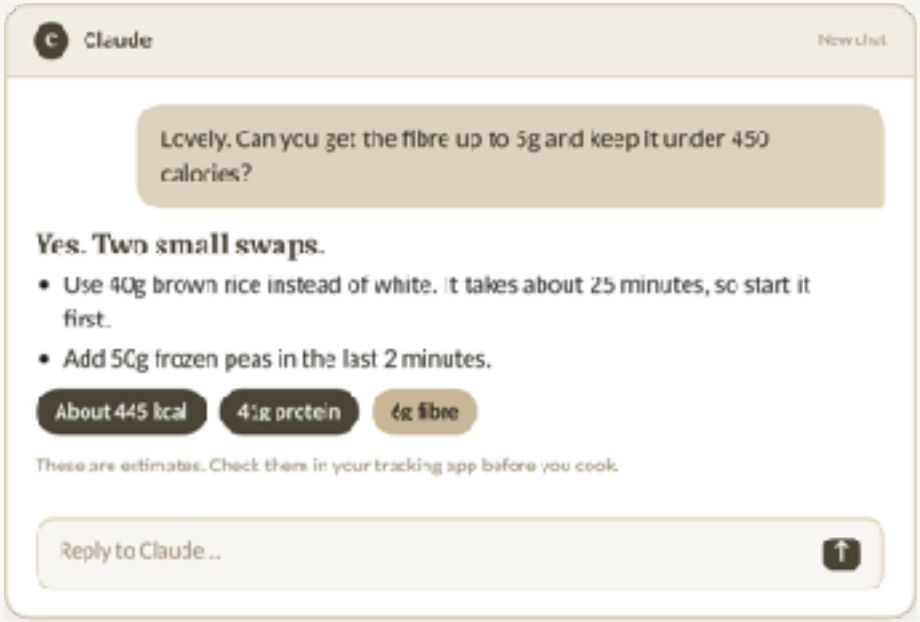
Exact amounts
Just what you need to weigh



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KEEP THE CHAT GOING



Try these next

- Make enough for four
- Make it without dairy
- Use up my leftover rice
- Give me a shopping list

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LOG IT IN MYNETDIARY

1. **Ask for one line of totals**
   Ask: "Give me the total macros for one serving"

2. **Add a custom food**
   Choose the quick add or custom food option

3. **Type in the totals**
   Calories, protein and fibre at the least

4. **Name it and save it**
   Next time it is one tap



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3 AI HEALTH CHECK

USING AI FOR A HEALTH CHECK

A second opinion on your blood tests with a more in-depth long-term view than most GPs have time to give you.

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A SECOND OPINION

AI is not a doctor. Use it to get a second opinion and ask better questions.

1

Get your results

Download them as PDFs

2

Hide your details

Remove name, birth date and ID

3

Upload them all

Every test you have, oldest first

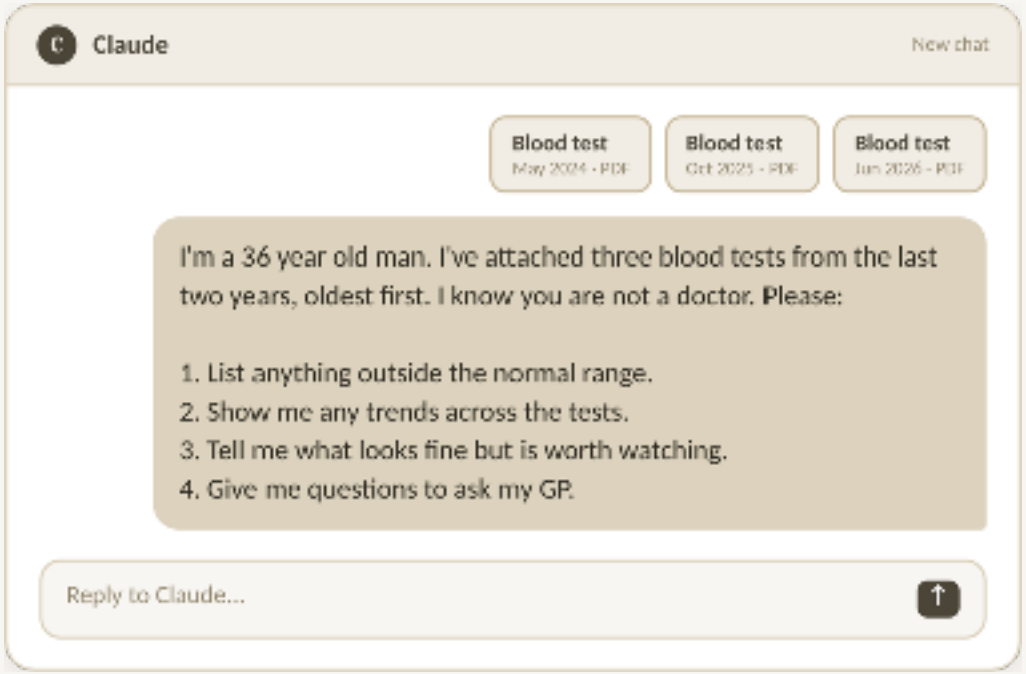
4

Ask the right things

Trends and questions for your GP

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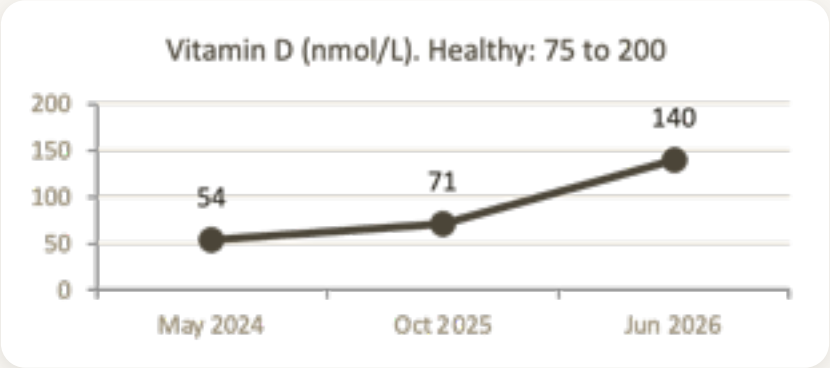
ASK FOR TRENDS

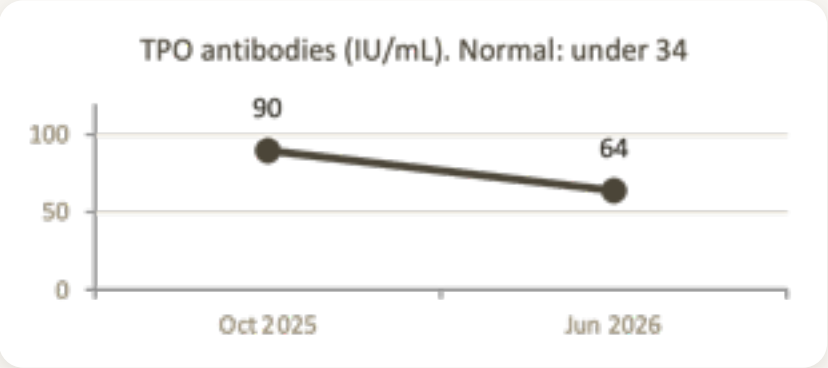


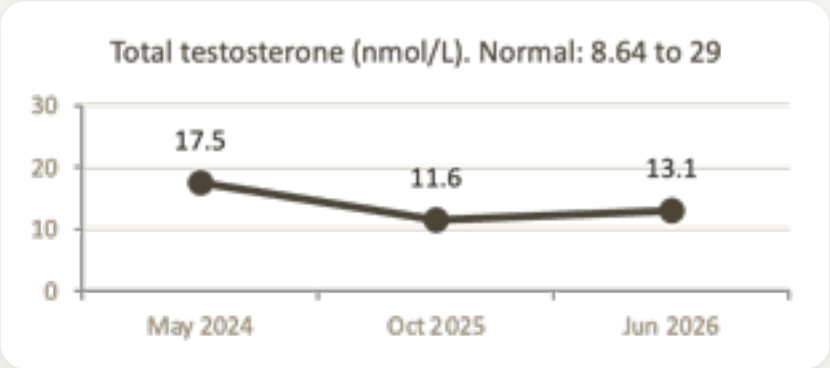
1. Upload every test
2. Oldest first
3. Ask for trends
4. Ask for GP questions

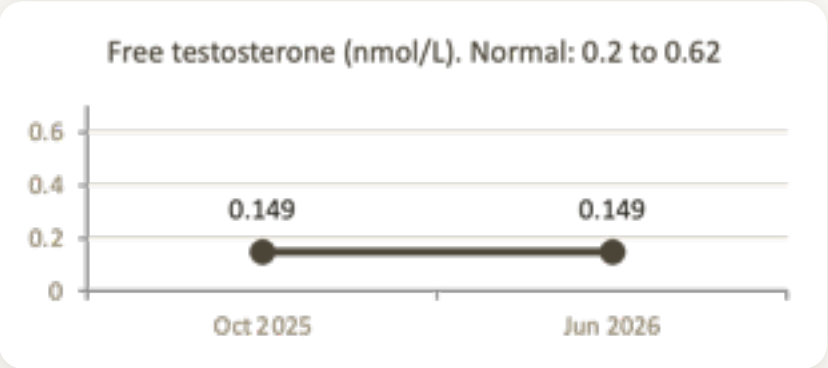
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SEE THE TRENDS









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VITAMIN D

WHAT CLAUDE NOTICED

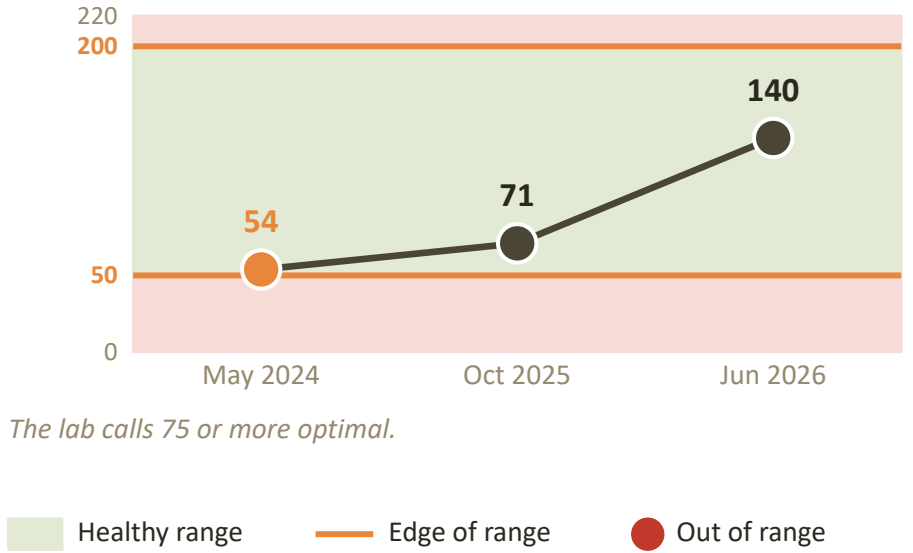
Up from 54 to 71 to 140. Now well inside the healthy range.

QUESTION FOR MY GP

Can I lower my supplement dose?

Vitamin D

nmol/L. Lab range: 50 to 200



The lab calls 75 or more optimal.

Claude's answer, shortened. This is not medical advice.

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CHOLESTEROL

WHAT CLAUDE NOTICED

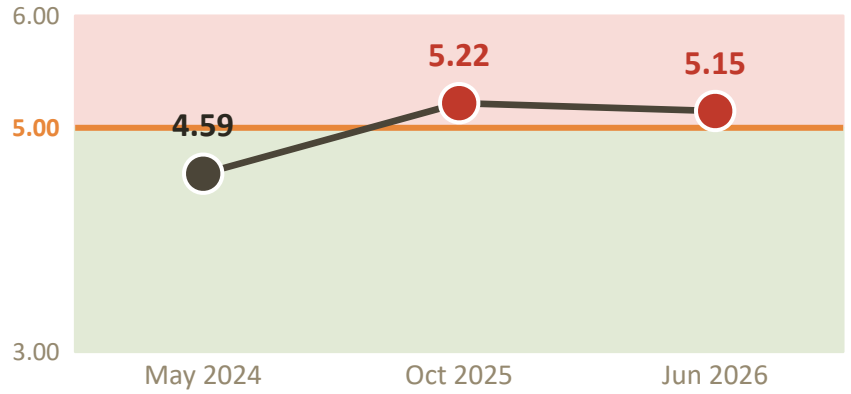
Flagged high at 5.15. But the good kind (HDL) is 2.4 and the ratio is 2.1.

QUESTION FOR MY GP

Does my overall risk look low?

Total cholesterol

mmol/L. Lab range: under 5.0



High HDL (good) cholesterol lifts this number.

Healthy range Edge of range Out of range

Claude's answer, shortened. This is not medical advice.

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BLOOD SUGAR (HBA1C)

WHAT CLAUDE NOTICED

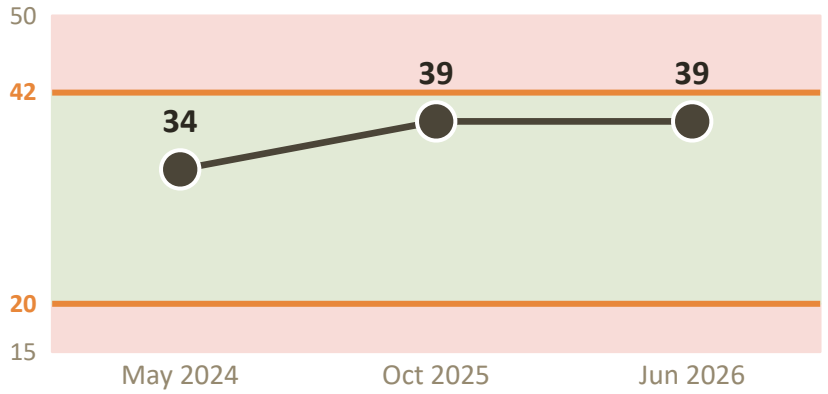
34, then 39, then 39. Normal, but it has moved up.

QUESTION FOR MY GP

Should we recheck in six months?

HbA1c (3 month blood sugar)

mmol/mol. Lab range: 20 to 42



42 and above is the pre-diabetes range.

Healthy range Edge of range Out of range

Claude's answer, shortened. This is not medical advice.

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THYROID ANTIBODIES

WHAT CLAUDE NOTICED

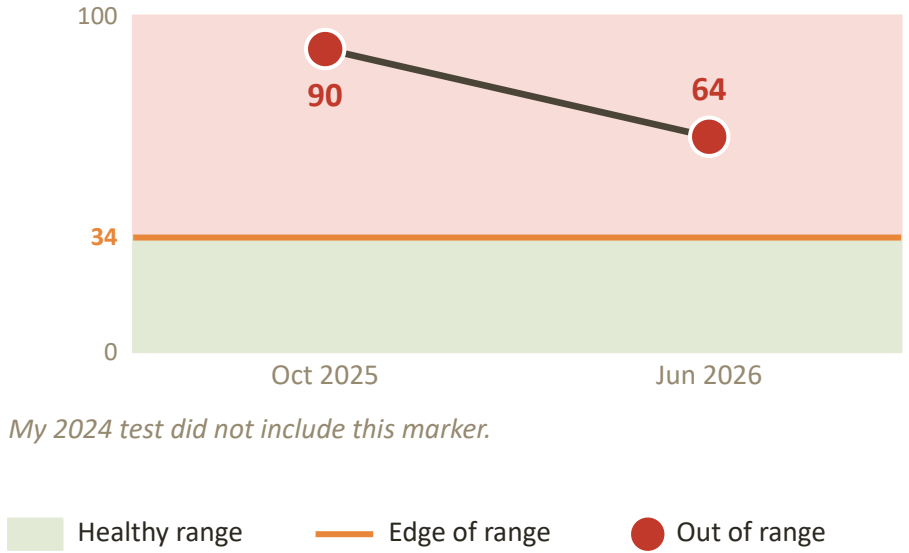
TPO was 90, now 64. Normal is under 34. Thyroid hormones are normal.

QUESTION FOR MY GP

Should my thyroid be checked every year?

TPO antibodies

IU/mL. Lab range: under 34



My 2024 test did not include this marker.

Claude's answer, shortened. This is not medical advice.

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KIDNEY MARKER

WHAT CLAUDE NOTICED

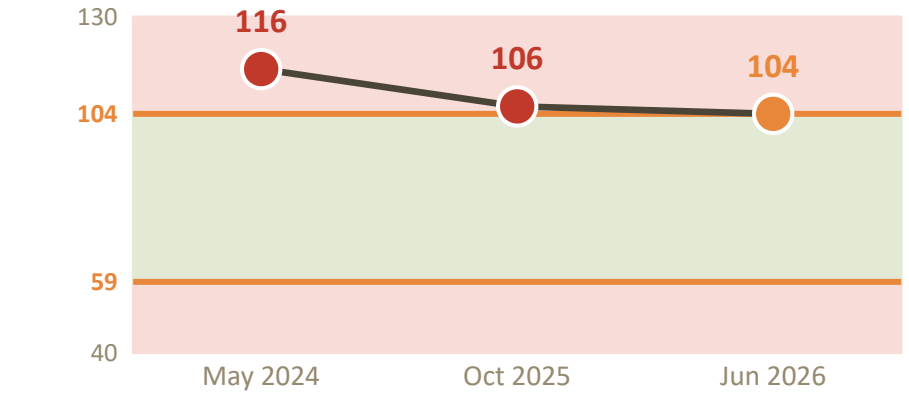
116, then 106, then 104. Muscle and protein can push this up.

QUESTION FOR MY GP

Is a muscle-proof kidney test worth doing?

Creatinine

µmol/L. Lab range: 59 to 104



My 2024 lab used 60 to 120, so 116 was normal then.

Claude's answer, shortened. This is not medical advice.

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HORMONES (MINE)

WHAT CLAUDE NOTICED

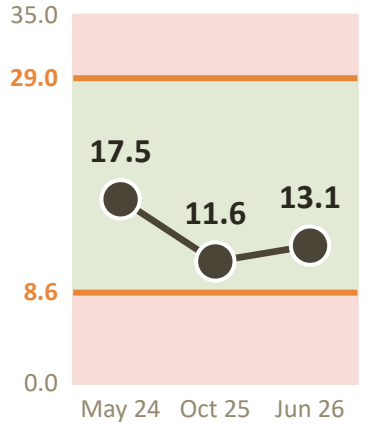
Total testosterone is normal at 13.1. Free testosterone is low and SHBG is high.

QUESTION FOR MY GP

Is this worth a follow up?

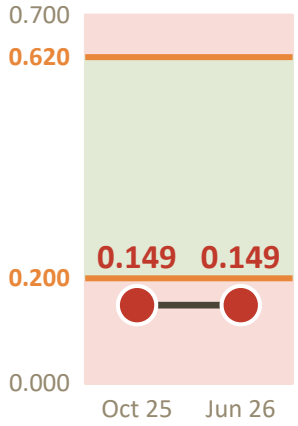
Total testosterone

nmol/L. Range 8.64 to 29



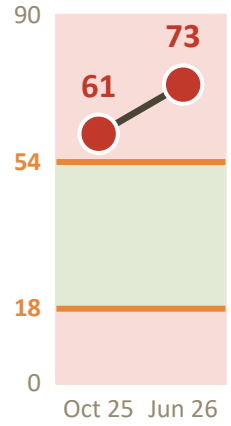
Free testosterone

nmol/L. Range 0.2 to 0.62



SHBG

nmol/L. Range 18.3 to 54.1



Healthy range Edge of range Out of range

Claude's answer, shortened. This is not medical advice.

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STAY SAFE

DO

Upload your whole history

Ask for questions for your GP

Look at the trend, not one flag

DON'T

Share your name, birth date or ID

Change medication because of AI

Panic over a single flag

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SUMMARY



AI TRACKING

Track it yourself first, then compare with the AI.



AI RECIPES

Tell AI what you have and what macros you want.



AI HEALTH CHECK

AI is a second opinion. Your doctor and coach's feedback comes first.