



DATA. INSIGHT. TRANSFORMATION.

The Complete Health, Nutrition & Wellness Platform. What an *all-in-one health app* should look like

GritLeanPulse is built for everyone on a health journey — men and women. On GLP-1 or not. Managing a condition, recovering from surgery, addressing an eating disorder, optimizing performance, or simply working toward better health. 359 screens. 359 web tools. 27 diet styles. 34 languages. AI coaching on every screen. Every major health category. One platform that adapts to every patient you serve.

359

Tracking Screens

359

Web Tools

8M+

Food Database

120

Lab Biomarkers

34

Languages

592

Exercises

Who GritLeanPulse Serves

Nutrition & Weight

Full food tracking — USDA + Nutritionix + AI scanner + barcode scanner. 27 diet styles from keto to Mediterranean, high-protein, carnivore, and more. 8M+ foods. Dining out guide by location, cuisine. Supplements & medications, log directly from the Food Log tab (section toggle syncs entries to Supplement Log and Medication Log).

Women's Health

Menopause, perimenopause, PCOS, fertility, bone health, HRT, endometriosis, pelvic floor, thyroid, PMDD, postpartum, AI hormonal cycle forecast for the next 14 days (mood, energy, nutrition, symptoms by phase) — 34 dedicated screens. Not an afterthought. A core pillar.

GLP-1 Medications

Ozempic, Wegovy, Mounjaro, Zepbound, oral GLP-1s. 27 dedicated screens. Injection logs, titration scheduler, 75+ peptides, PK curves, drug interaction checker. NEW: GLP-1 Maintenance Mode (goal-weight transition, maintenance calories, weight buffer zone) and Oral GLP-1 Timer (30-min fasting countdown for Wegovy Pill/Rybelsus).

Men's Health — 27 Dedicated Screens

Testosterone & andropause, TRT log, prostate health, male hormone panel, erectile dysfunction (IIEF), male fertility, hair loss, male heart health (Framingham risk), male bone health, sleep & testosterone, male mental health (Gotland Scale), ED medication log and more. Highly relevant for any clinic serving male GLP-1 patients. No direct competitor offers this depth.

Condition Nutrition — 86 Dedicated Screens

Dedicated tracking for patients with chronic or complex conditions: Diabetes Nutrition, Renal Diet Monitor, Cardiac & Heart Diet, Oncology Nutrition, Post-Bariatric Nutrition, Sickle Cell Disease, Gout & Uric Acid Tracker, Celiac & Gluten Tracker, IBD & IBS Tracker, GERD & Acid Reflux, SIBO & Gut Health, Food Allergies & Sensitivities, Autoimmune Elimination Diet, Liver Health & NAFLD, Neurological Nutrition, Eating Disorder Recovery, PTSD, Acne (Dietary Triggers), ALS, Ankylosing Spondylitis, Cushing's Syndrome, Ehlers-Danlos Syndrome (EDS), Fibromyalgia, Gallbladder/Post-Cholecystectomy, Interstitial Cystitis, Kidney Stones, LADA (Type 1.5 Diabetes), Lipedema, Long COVID/PASC, ME/CFS, Meniere's Disease, Migraine (Dietary Triggers), Myasthenia Gravis, Obstructive Sleep Apnea, Peripheral Neuropathy, Psoriasis/Psoriatic Arthritis, Rheumatoid Arthritis, Rosacea, Scleroderma, Sjögren's Syndrome, Stroke Recovery, Uterine Fibroids, Mental Health & Psychiatric conditions, plus 43 more chronic/complex conditions. Each screen has a Log, History & AI Insights tab with condition-specific clinical dietary guidance. Condition-specific macro targets, clinical guidelines, and AI coaching automatically adjust to each patient's logged conditions. Highly relevant for GLP-1 clinics, bariatric programs, oncology, nephrology, and cardiology practices.

Built-In Patient Tutorial — Zero Training Required

Every new patient completes a guided onboarding tutorial on first launch: profile setup tailored to their goals, a visual tour of all tool categories, show/hide customization (e.g. hide GLP-1 tools if not on medication), and the built-in Help Guide (?) button on every screen — searchable directory of all 359 features). Patients arrive informed. Your staff spends time on care, not app support.

Athletes & Fitness

592 exercises, 55 training plans, VO2 max, recovery score, Apple Watch complications. Built for bodybuilding, HYROX, combat sports, competition prep, grip strength tracker, running & endurance, flexibility & mobility, posture tracker, cycling power training.

Biohacking & Longevity

CGM integration, 120 lab biomarkers, biological age (PhenoAge), HRV tracker, Garmin & Apple Health sync, sleep architecture scoring.

Mental Wellness

PHQ-9 depression screener, GAD-7 anxiety scale, mood tracker, stress & burnout assessment, PTSD, breathing & relaxation, gratitude journal, mindfulness techniques, 28-lesson behavioral curriculum (CBT-based, 4 weeks), food noise tracker, daily mindset journaling. AI Coaching Personalities — Data Nerd, Guardian, Friend, or Commander coaching styles.

Health Records Vault

Secure, encrypted storage for medical records, lab documents, clinical history, and provider notes. Patients bring their full health picture to every appointment. Health Correlations — instantly see which metrics move together. Care Partners — invite a caregiver or family member to view your health data. Upload lab reports and get AI breakdown of out-of-range results with plain-language explanations

Metabolic Archetype

AI quiz identifies each patient's metabolic type — Insulin Sensitive, Stress-Dominant, Muscle-Centric, or Fat-Adaptive — with a personalized tool recommendation set. Improves engagement and adherence from day one.

AI 3D Body Composition Scan

12-second phone camera scan delivers body fat %, lean mass, and posture analysis. No wearable required. Posture scoring and corrective recommendations. Face Age Scan — AI estimates biological facial age from a selfie, tracks improvements over time.

What's Included

iOS App

359 mobile screens + 12 Apple Watch screens. Apple Watch app with 4 complication families. Native HealthKit integration for steps, weight, sleep, workouts, and activity.

Web Dashboard

359 tools at app.gritleanpulse.com. Full parity with mobile. Same account — real-time sync across all devices.

AI Health Coach

Proactive AI insights on every screen. Weekly health narratives. Ask My Coach chat. Fully personalized to each user's data, goals, and medications.

Apple Watch

4 complication families. Log food, check daily stats, and track workouts without touching your phone.

Integrations

Apple Health, Garmin, CGM (Dexcom/Libre), Withings. Instacart meal plan deep link. LabCorp & Quest lab ordering from the biomarker screen.

34 Languages

Every screen, label, and AI response is localized. English, Spanish, French, German, Japanese, Portuguese, Arabic, Korean, and 22 more.

User Help Guide — All Screens

359 screen-by-screen reference PDF covering every feature and tool. \$4.99 one-time purchase — yours forever. gritleanpulse.com

All Features Guide

359-screen feature directory with descriptions, organized by category. \$6.99 one-time purchase — yours forever. gritleanpulse.com

Import Health Data — Take screenshots from ANY health app — AI reads the screenshots and imports weight, nutrition, GLP-1 data, labs, workouts, sleep, and steps automatically. No manual re-entry. Apple Health auto imports. Patients or users switching apps keep all their history. Available in Tools Hub and Settings > Data & Privacy.

Visual Health Intelligence Gauges

GoalSpeedometer — a circular gauge showing goal completion percentage — appears on the Progress, Goal Calculator, Weight Trend, and Body Recomposition screens. Level Gauge — a semicircular arc that transitions green to yellow to red — appears on 6 clinical status screens: Metabolic Health Level, Supplement Safety Level, Stress Burden, Glucose Risk Level, Recovery Level, and Gut Comfort Level. Both gauges give patients instant visual health status without needing to interpret raw numbers, improving engagement and reducing between-appointment anxiety.

How Clinic Partnership Works

No cost to your practice. No IT work. No integration.

1. You reach out

Contact suzanne.evans@gritleanpulse.com or call 203-631-2387. We set up your clinic profile and enrollment code.

2. You get your enrollment code

A unique code tied to your clinic. Share it with patients by email, patient portal, or at the visit.

3. Patients enroll

Patients enter the code in the app under Clinic Program. Instant activation — no software to install, nothing for your staff to configure.

4. Clinic Connect activates

Your patients unlock care team messaging, guided enrollment, and shareable progress reports.

5. You walk into appointments prepared

When a patient shares a Progress Report before their visit, you have their weight trend, calorie and habit averages, and logging consistency waiting for you.

What Your Clinic Gets

Direct Care Team Messaging

Patients message your clinic between visits, right from the app they already use to track everything else. You reply on your own schedule — there is no expectation of real-time response.

Shareable Progress Reports

A patient-generated summary of weight trend, calorie and habit averages, and logging consistency. The patient taps Send to Care Team to share it with you before their visit.

Enrolled Patient Count

Your Partner login shows how many patients are enrolled under your code and how many joined in the last 30 days — a simple view of program reach, not individual patient health data.

Provider Hub

A private, clinic-gated community feed for your enrolled patients to support each other — visible only to patients enrolled under your code.

Privacy & Data Protection

Your Patients' Data Belongs to Them — Not to Your Practice, Not to Us

All patient data is encrypted in transit and at rest, protected by row-level security so each account can only ever access its own records, and hosted on SOC 2-compliant infrastructure. GritLeanPulse never sells or rents health data to anyone, for any reason.

No standing access

Your practice does not have a dashboard into individual patient health data, logs, or history. A patient's account is private to them by default. The only information your clinic ever sees is what a patient actively chooses to share — a message they send, or a Progress Report they tap to send before an appointment.

Not a HIPAA-covered entity

GritLeanPulse is a consumer wellness app, not a healthcare provider, health plan, or clearinghouse — it does not claim HIPAA certification, and we'd rather tell you that plainly than have you assume otherwise. The safeguards above are real and independent of that distinction.

Supports care, doesn't replace it

GritLeanPulse is a tracking and coaching tool that fills the time between appointments. It does not diagnose, prescribe, or make clinical decisions — those remain entirely with your practice.

Ready to bring GritLeanPulse to your patients or members?

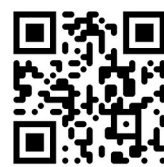
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App Store

iPhone · Apple Watch



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359 tools from any browser