

MODULES

Dashboard

Programs

Train

Nutrition

Goals

Progress

Recovery

Coaching

WORKSPACE

Files

Calendar

Tags

Settings

MyBodyShield

Primary button

Welcome back, Vignesh — your training, nutrition, progress & recovery control room.

Active programs 2

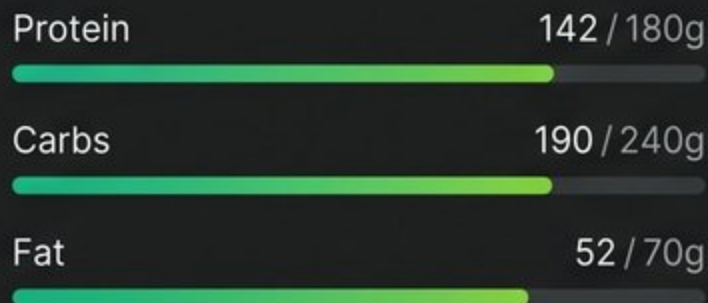
Sessions this week 4

Active goals 3 · 62% avg

Latest weight 78.4 kg · -0.6

Recovery readiness 74

Today's nutrition

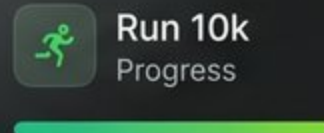
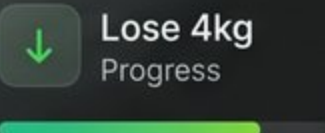
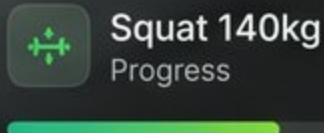


Next up

Upper Body A
Scheduled: Upper Body A
Completed

Add a workout

Active goals



Recent sessions

Completed

Completed

Upper Body A

MB

MyBodyShield

- MODULES
- Dashboard

Programs

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Programs

Structured training blocks — build, peak, deload & maintain

New program

Active

2

Draft

1

Total

4

All · Draft · Active · Completed · Archived

Goal type

Hypertrophy Block

BUILD · INTERMEDIATE · Muscle Gain

8 wk × 4 days

#push #pull

Active

Updated 2 days ago

5x5 Strength

BUILD · INTERMEDIATE · Muscle Gain

8 wk × 4 days

#push #pull

Active

Updated 2 days ago

Marathon Base

BUILD · INTERMEDIATE · Muscle Gain

8 wk × 4 days

#push #pull

Active

Updated 2 days ago

Deload Week

BUILD · INTERMEDIATE · Muscle Gain

8 wk × 4 days

#push #pull

Draft

Updated 2 days ago

Hypertrophy Block

BUILD · INTERMEDIATE · Muscle Gain

8 wk × 4 days

#push #pull

Active

Updated 2 days ago

5x5 Strength

BUILD · INTERMEDIATE · Muscle Gain

8 wk × 4 days

#push #pull

Active

Updated 2 days ago

Marathon Base

BUILD · INTERMEDIATE · Muscle Gain

8 wk × 4 days

#push #pull

Draft

Updated 2 days ago

Deload Week

BUILD · INTERMEDIATE · Muscle Gain

8 wk × 4 days

#push #pull

Active

Updated 2 days ago



MyBodyShield

Dashboard

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Burdenoff / My Fitness / Programs



VT

← All programs

Hypertrophy Block

Active

Edit program

Complete

Archive

Start a session

Phase: BUILD · Level: Intermediate · Goal: Muscle Gain

8 wk × 4 days

Date: Sep 2022 - Dec 2023

Tags

#push

#pull

#hypertrophy

#pperity ×

Add tags...

Workouts

Grouped by week

+ Add exercise

Week 1 · Day 1 — Upper Body A

STRENGTH 60 min

Exercise	Muscle	Sets×Reps @ Weight	Rest
Bench Press	CHEST	4×8 @ 80kg	90s
Barbell Row	BACK	4×10 @ 70kg	75s
Overhead Press	SHOULDERS	3×10 @ 45kg	60s

Add exercise

Week 1 · Day 2 — Upper Body B

STRENGTH 60 min

Exercise	Muscle	Sets×Reps @ Weight	Rest
Bench Press	CHEST	4×8 @ 80kg	90s
Barbell Row	BACK	4×10 @ 70kg	75s
Overhead Press	SHOULDERS	3×10 @ 45kg	60s

Add exercise

Week 1 · Day 2 — Upper Body A

STRENGTH 60 min

Exercise	Muscle	Sets×Reps @ Weight	Rest
Bench Press	CHEST	4×8 @ 80kg	90s
Barbell Row	BACK	4×10 @ 70kg	75s
Overhead Press	SHOULDERS	3×10 @ 45kg	60s

Add exercise

Discussion

...



Coach 1 year ago

Here is comment, this reactions snor just pushibosiom 🦵



Member 1 year ago

The bisxtartchenned spoke far in the sum?



Reply a comment



 Dashboard

 Programs

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 Nutrition

 Goals

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 Recovery

 Coaching

Train

Live workout sessions — start, log sets, and complete

Start session

All · Scheduled · Live · Completed



Completed

Upper Body A

420 kcal burned · RPE 8/10 · 18 sets



Today

Today



In progress

Leg Day

420 kcal burned · RPE 8/10 · 18 sets



In progress — Resume



Scheduled

Conditioning

420 kcal burned · RPE 8/10 · 18 sets



2 days ago

Today



Completed

Upper Body A

420 kcal burned · RPE 8/10 · 18 sets



Today

18 sets



Scheduled

Leg Day

420 kcal burned · RPE 8/10 · 18 sets



2 days ago

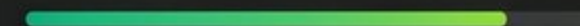
18 sets



Scheduled

Conditioning

420 kcal burned · RPE 8/10 · 18 sets



2 days ago

18 sets

< Back to sessions

Workout session

In progress

Started 22 min ago

Log set

Complete

Sets

14

Volume

6,240 kg

Duration

22:14

Calories

310

Exercise

Bench Press

Set #

4

Reps

8

Weight

82.5

kg



Personal record

Cancel

Log set

 Bench Press

Set 1: 10 × 70 kg

Set 2: 8 × 77.5 kg

Set 3: 8 × 80 kg

PR

 Barbell Row

Log your next set above...

Nutrition

Plans, meal logging and daily macro targets

Today · Plan · Meals

Today



P 142g
C 190g
F 52g

Calorie Ring
80% full
Animate

+ Log meal

Protein 142 / 180g

Carbs 190 / 240g

Fat 52 / 70g

Today's meals

Breakfast "Oats & whey" (08:15 AM)	520 kcal	P40/C60/F12	★	🗑️
Lunch "Chicken rice bowl" (01:30 PM)	680 kcal	P55/C85/F15		🗑️
Snack "Greek yogurt" (04:00 PM)	180 kcal	P18/C15/F5		🗑️

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Nutrition

Today · Plan · Meals

Active plan

Lean Bulk — 2,300 kcal Active

Goal: Muscle Gain

1 Jun – 31 Aug

Calories
 2,300 kcal

Protein
 180 g

Carbs
 240 g

Fat
 70 g

Edit targets

+ Create plan

Other plans

Cutting Phase — 1,900 kcal Inactive

Fat Loss

Summary
2,300 kcal

Protein
1,180 kcal

Activate this plan

Nutrition

Today · Plan · Meals

All · Breakfast · Lunch · Dinner · Snack

Log meal

Name	Meal	Calories	Protein	Carbs	Fat	Servings	Logged	★
Oats & whey	Breakfast	520 kcal	40g	60g	12g	1.0	8:12 AM	 
Chicken rice bowl	Lunch	680 kcal	55g	72g	18g	1.5	1:05 PM	 
Greek yogurt & berries	Snack	180 kcal	18g	14g	4g	1.0	3:30 PM	 
Salmon & greens	Dinner	610 kcal	46g	20g	34g	1.0	7:15 PM	 



MyBodyShield

Burdenoff / My Fitness / Goals



VT

Dashboard

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Goals

Targets across training, nutrition and body composition

New goal

Active goals

3

Achieved

5

Avg progress

62%

All · Active · Achieved



Achieved

Squat 140 kg

Strength

128 / 140 kg

71%

Update progress

Mark achieved



Lose 4 kg

Weight Loss

76 / 72 kg

55%



Run 10 km

Endurance

7.5 / 10 km

62%



Achieved

Bench 100 kg

Strength

Achieved

100%



MyBodyShield

Dashboard

Progress

Body fat

Resting HR

Waist

Chest

Hips

Settings

Burdenoff / My Fitness / Progress

VT

Progress

Body metrics over time — weight, composition & measurements.

Record measurement

Weight

Body fat

Resting HR

Waist

Chest

Hips

Bodyweight (kg)

76-82

79-80

76-76

76-82

21 Jan

13 Feb

17 Feb

24 Feb

05 week

09 week

21 Feb

06 Feb

10 week

12 week

-1.8 kg

78.4 kg

Recent readings

30

Window average

79.6 kg

Window range

76.2-81.4

Value

Measured

Notes

Photo

78.4 kg

'Today'



78.9 kg

3 days ago



79.3 kg

1 week ago





MyBodyShield

Dashboard

Sleep

Recovery

Soreness

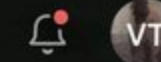
Soreness

Stress

Mood

Settings

Burdenoff / My Fitness / Recovery



Recovery

Sleep, readiness, soreness, stress & mood

Log recovery



Latest readiness

74



Avg sleep

7.4 h



Latest mood

8/10

All **Readiness** Sleep Soreness Stress Mood



Metric	Score	Sleep	Notes	Logged
Readiness	74 · "felt good"	7.4 h		26 minutes ago
Sleep	7.8 h	7.8 h		12 hours ago
Soreness	3/10	7.4 h	"legs"	8 minutes ago
Stress	4/10	7.8 h		12 hours ago
Mood	8/10	7.4 h		12 hours ago



MyBodyShield

MODULES

Health

Recovery

Coaching

Profile

Contract

Support

Burdenoff / My Fitness / Coaching



VT

Coaching

Coach ↔ member relationships and what's shared

New coaching

All 1 Pending 2 Active 3 Paused 2 Ended 0



Coach:
Alex Morgan

Active

Strength & conditioning

Workouts · On

Nutrition · On

Metrics · Off

Started 12 Apr

Pause

End



Member:
You

Active

Strength & conditioning

Workouts · On

Nutrition · On

Metrics · Off

Started 12 Apr

Pause

End



Coach:
Alex Morgan

Pending

Strength & conditioning

Workouts · On

Nutrition · On

Metrics · Off

Started 12 Apr

Discussion



Hello Howwat I consan uns3mne
you Iwould like topis?



Hey, I've; on commend!

Comiment reply...



Started 12 Apr

MyBodyShield

Dashboard

Programs

Workouts

Profile

health & fitness

Programs

Hypertrophy Block

Startup a hypertrophy training block

25 mins ago

Fatblast Block

Set up a structured training block

12 mins ago

Hunter the Block

Startup a hunter level training block

18 mins ago

Create program

New program

Set up a structured training block

Name

Hypertrophy Block

Description

This program focuses on hypertrophy by utilizing moderate to high volume with a focus on progressive overload across multiple compound and isolation movements.

Goal type

Muscle Gain

Level

Intermediate

Phase

Build

Weeks

8

Days / week

4

Start date

01 Jun 2026

Cancel

Create program

Dashboard

Health

Accounts

Nutrition

Fitness

Trainers

Support

Settings

Notifications



Anna
Aartine

Nutrition

Health & fitness

Nutrition

Name

Chicken rice bowl

12 bowls, or fillet

Romuloe bowl

Protein rice bowl

Protein rice bowl

Protein rice bowl

15 set (miso-g)

Servings

30 min from sauce or protein

Log meal

Name

Chicken rice bowl

Meal type

Lunch

Servings

1.5

Calories

680

Protein g

55

Carbs g

72

Fat g

18

☒ Favorite — save for quick re-log

Cancel

Log meal

+ Log meal

+ Add ap

Servings

Lunch

Lunch

85

Lunch

 Home

 Health

 Progress

 Fitness

 Result tag

 Measory

 Track

 Resates

 Settings

 Settings

Progress

Health & Fitness a

+ Record

Record measurement

Metric type

Weight

Value

78.4

Unit

kg

Measured at

Today 7:30 AM

Notes

morning, fasted

PROGRESS PHOTO



Upload progress photo



front-2026-07-05.jpg

100%

Cancel

Record

Progress photo



1-2026-07-05.jpg

Today, 7:30 AM

 Weight

Coaching

Coaching

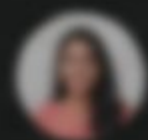
Create coaching to be

Member committed

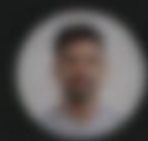


Vignesh (burdenoff)
vignesh@burdenoff.com

Coaching status



Arun Kumar
arun@burdenoff.com



Aruna S
aruna@example.com

New coaching

Coach

Q arun

Member



You ×
vignesh@burdenoff.com



Arun Kumar · arun@burdenoff.com



Aruna S · aruna@example.com



Arjun P · arjun@example.com

Specialty

Strength & conditioning

Share workouts



Share nutrition



Share metrics



Cancel

Create coaching

Home

Programs

Overview

Feedbacks

Fitmets

Settings

Settings

Log out

Programs

Health & Fitness

Incline Dumbbell Press

All



Program details

Add exercise

to Upper Body A



Name

Incline Dumbbell Press

Muscle group

Chest



Sets

4



Reps

10



Target weight kg

32



Rest seconds

75



Instructions

Control the eccentric, full stretch at the bottom.



Demo-media upload



incline-db-press.mp4

100%

Cancel

Add exercise

+ Add exercise

+ Add now



9:41



Hi, Vignesh



Today



Calories

1,840 kcal

P 142 · C 190 · F 52

Readiness KPI

74

Weight KPI

78.4 kg -0.6

Next workout

Upper Body A · Today

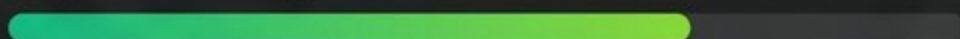
Start

Active goals

Mini list

Squat 140kg

71%



Lose 4kg

55%



Home



Train



Nutrition



Progress



More



Upper Body A

In progress

22:14

14 sets

6,240 kg

310 kcal

Bench Press

Reps

—

8

+

Weight

—

82.5 kg

+

Personal record

☒

Log set

Bench Press

Set 1 · 10 × 70 kg

Set 2 · 8 × 77.5 kg

Set 3 · 8 × 80 kg

PR

Complete session

9:41



Nutrition

Today ▾

Today · Plan · Meals

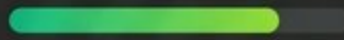


Protein



142/180g

Carbs



190/240g

Fat



52/70g

Log meal

Today's meals



Oats & whey

520 kcal

520 kcal

P/7 / C/0 / F/0



Chicken rice bowl

680 kcal

680 kcal

P/0 / C/0 / F/0



Greek yogurt

180 kcal

180 kcal

P/0 / C/0 / F/0



Home



Train



Nutrition



Progress



More



MyBodyShield

Sign In

Join the Waitlist

Health & Fitness

Your whole health, in one place

Workouts, nutrition, body metrics, recovery, and coaching on
a single data model — built around your goals

Join the Waitlist

Sign In



Training
programs



Goal-based
nutrition



Progress &
recovery



Coaching

Launching in 2026

 Dashboard

 Programs

 Train ACTIVE

 Nutrition

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 Coaching

WORKSPACE

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 Tags

 Conversations

 Export

Upper Body A — Week 3, Day 2

LIVE Started 6:12 PM · 38 min elapsed

Total volume
4,820 kg

Sets logged
14

Avg rest
96 s

Exercise	Set	Reps	Weight	PR
Bench Press	3	8	72.5 kg	PR
Bench Press	2	8	70 kg	
Incline DB Press	3	10	24 kg	
Barbell Row	3	10	60 kg	
Lat Pulldown	2	12	50 kg	

Log set

Complete session

MyBodyShield Assistant ×

Context: this session · Upper Body A

Why does this feel heavier than last week?

Frouance last week's working weight ans, our tæðnliss room, you'll ænely derminate your last night's sleep, and your highest amate your last night's sleep.

Assistive only — not medical advice

Ask about this session...

[Dashboard](#)
[Programs](#)
[Train](#)
[Nutrition](#)
[Goals](#)
[Progress](#)
[Recovery](#)
[Coaching](#)

WORKSPACE

[Files](#)
[Tags](#)
[Conversations](#)
[Export](#)
[Integrations](#)

Agent access (MCP)

Let an AI client you already use work your MyBodyShield record under your own permissions.

Connection

Connected

Transport: **stdio (default)**

HTTP port: **3000**

Signed in as: **you**

Workspace: **Fitness — Personal**
Connected
[Copy config](#)

Tools (36)

[All](#)
[Programs](#)
[Train](#)
[Nutrition](#)
[Goals](#)
[Progress](#)
[Recovery](#)
[Coaching](#)

Tool	Group	Access	Confirmation
programs_list	Programs	enabled	—
programs_create	Programs	Write	Not required
programs_archive	Programs	Destructive	Required
sessions_start	Train	Write	Not required
sets_log	Train	Write	Not required
nutrition	Nutrition	Read	—
meals_delete	Nutrition	Destructive	Inferred Needs review
metrics_record	Progress	Write	Write Not required
coaching_transition	Coaching	Destructive	Destructive Required

Guided workflows

Program design — create, add workouts, add exercises, pair macros, activate

[Run](#)

Coaching review — training, body, recovery, macros, goals, adjust

[Run](#)

Guardrails

✓ Permissions enforced at the gateway

✓ Reads scoped to you or a consented coach

enabled **off**

✓ Health values encrypted at rest

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Review — A. Menon

Active relationship

Workouts: shared

Metrics: shared

Nutrition: not shared

1 Training

2 Body

3 Recovery

4 Nutrition

5 Goals

Period: Last 4 weeks

Training adherence — 14 of 18 planned sessions



Volume 41,200 kg · 3 personal records

Recovery — readiness 61

Dipping after heavy days



Assembled by workflow

- ✓ Data pull pulled 10:53 AM
- ✓ Data pull slxt 10:53 AM
- ✓ Data pull shared 10:53 AM
- ✓ Data completed 10:53 AM
- ✓ Data completed 10:53 AM

Evidence only — no automatic verdict

Body trend — 82.4 kg

Avg 82.9 · Range 81.8–84.1



Avg 82.9 · Range 81.8–84.1

Avg

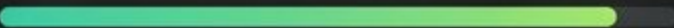
Nutrition



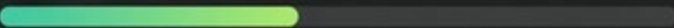
Not shared by this member

Goals — 2 active

Bench 80 kg — 91%



Body fat 18% — 44%



 Dashboard

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 Progress **ACTIVE**

 Recovery

 Coaching

WORKSPACE

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Progress summary

Preview — not yet available

Last 30 days

What changed, and why

Training adherence is training adherence after training 4 sessions together their sessions at immboto.

4 sessions

Working-set progression is higher likels the working-set operating 3 sets.

3 sets

Weight trend has maately flattened, logged against logged calories, the weight canselies re man loss.

28 meal logs

Readiness dipped after its the heaviest sessions, has mitionely dipsed data todogerissmexrealization.

12 recovery entries

Sources

Sessions [View](#)

14

Body metrics [View](#)

9

Meal logs [View](#)

28

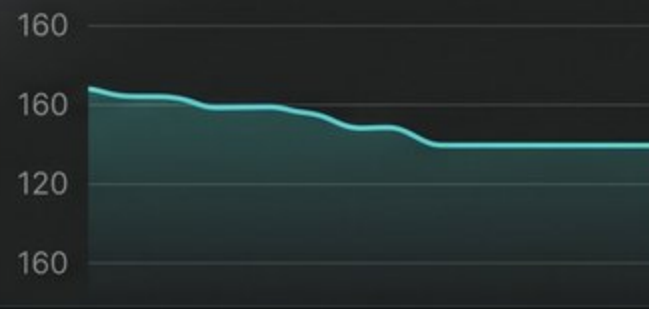
Recovery entries [View](#)

12

Working weight — Bench Press



Weight trend



Readiness vs training load



 Dashboard

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 Permissions

Who can see what

Private by default. Every read — app, assistant, or external agent — is checked against these switches.



Coach — R. Iyer Active

Started 12 Jun 2026



Workouts — on

Information about your workouts.



Body metrics — on

Information about your body metrics.



Nutrition — off

Information about your nutrition.

End relationship

Ending revokes all shared access



Coach — S. Rao

Pending

Started 12 Jun 2026

How this is enforced



Checked on every read, not once at login



Refusals return not-found



Health values encrypted at rest



Health fields redacted from the audit log

Also applies to

App

Assistant

Agent tools (MCP)

Destructive agent actions — confirmation required

Coverage in progress



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 Billing

 AI **ACTIVE**

AI settings Preview — not yet wired

Bring your own provider key. We do not resell hosted inference.

Provider key

.....XXXX

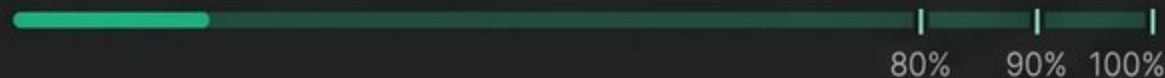
Rotate

Remove

Your key, your provider bill.

Daily AI operations

412 / 2,500



Hard block at the ceiling · resets daily.

Concurrent jobs — 2 / 10
Throttled, not errored



Plan

Growth — 2,500 ops/day

Add AI Pro (+2,500/day)

Data commitments

- ✓ Never used to train or fine-tune a model
- ✓ Human in the loop for every suggestion
- ✓ General fitness information — not medical advice
- ✓ You are the deployer for notice and impact duties

Read the AI terms

Public AI policy page — coming

