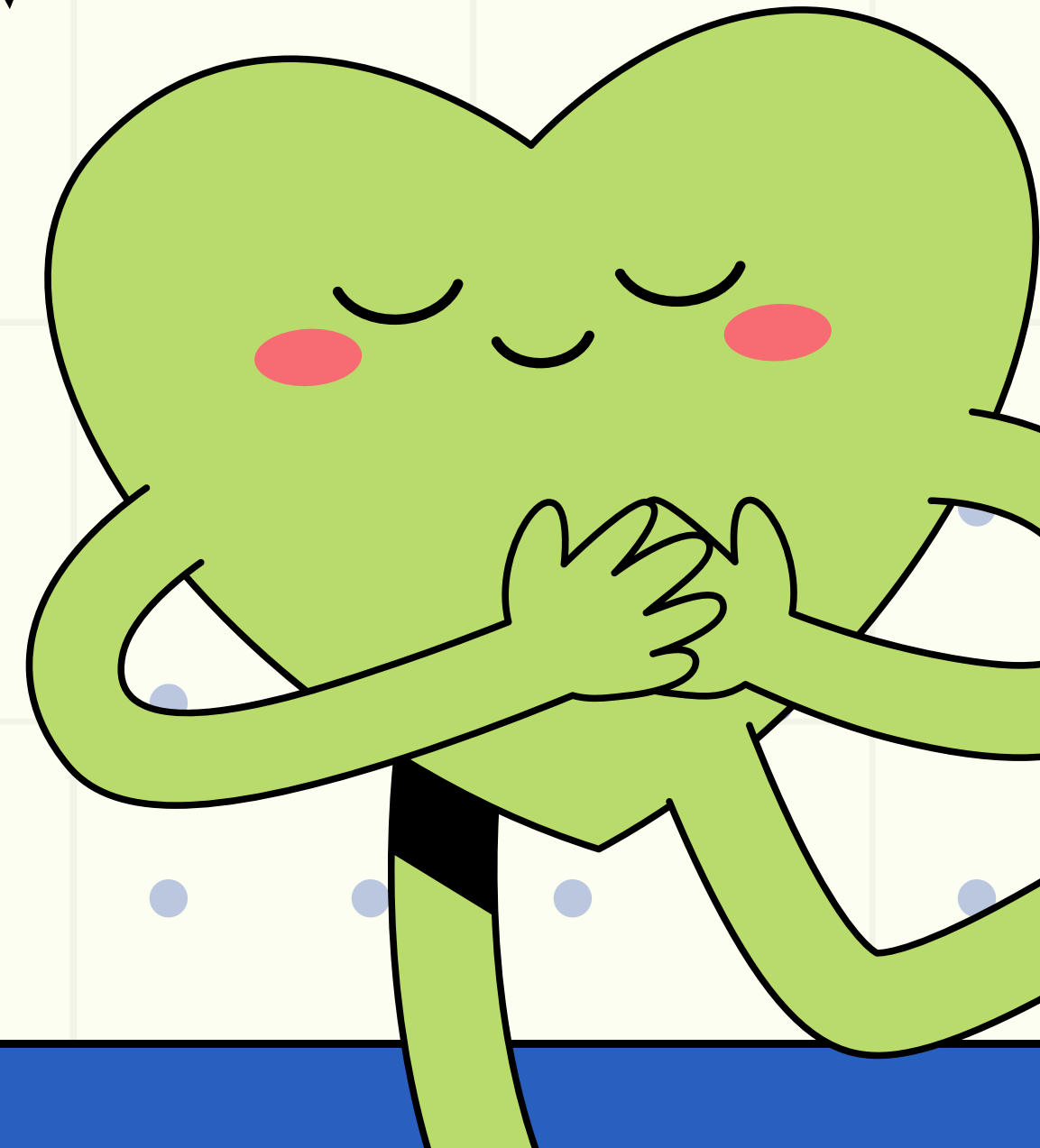
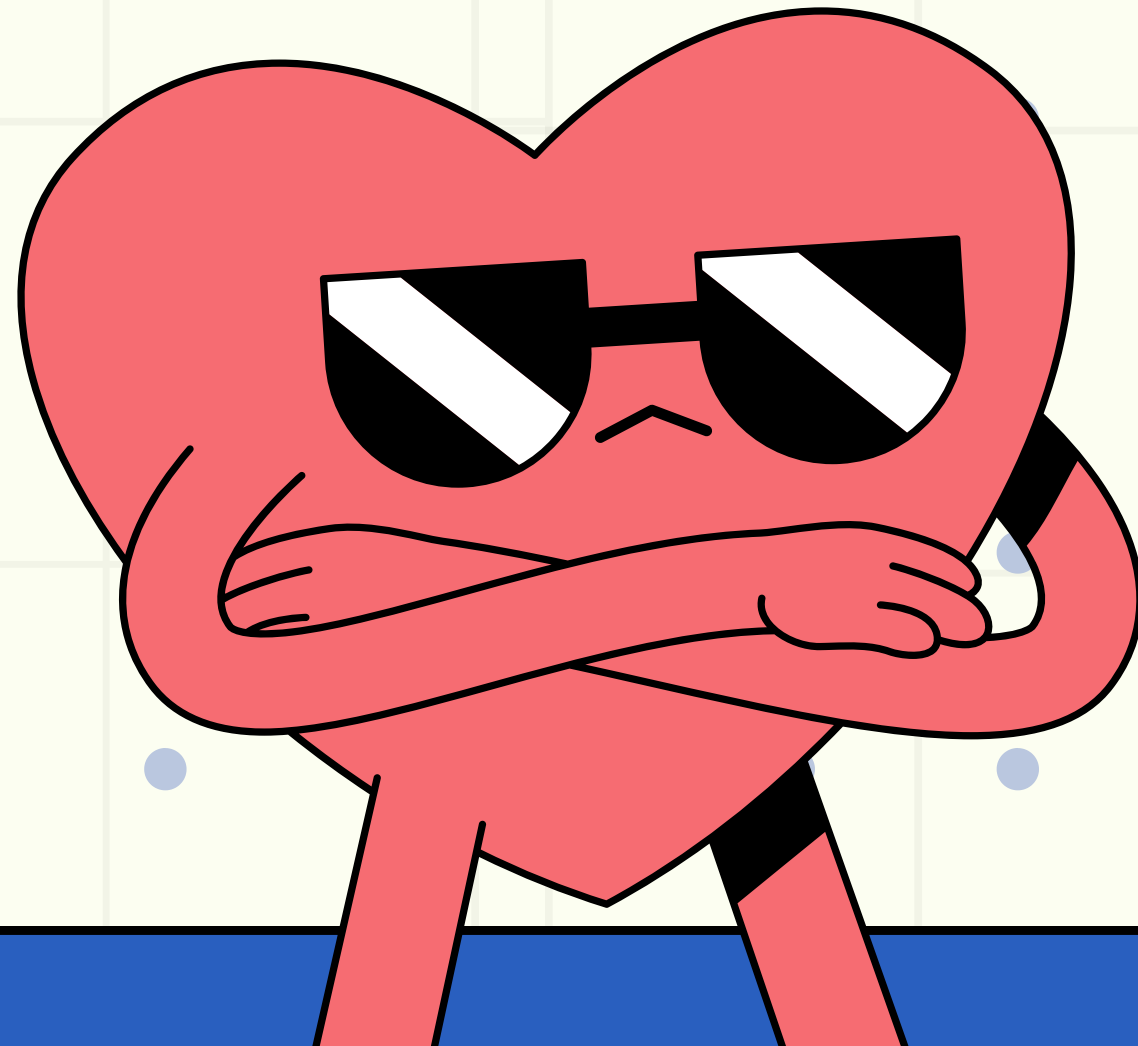
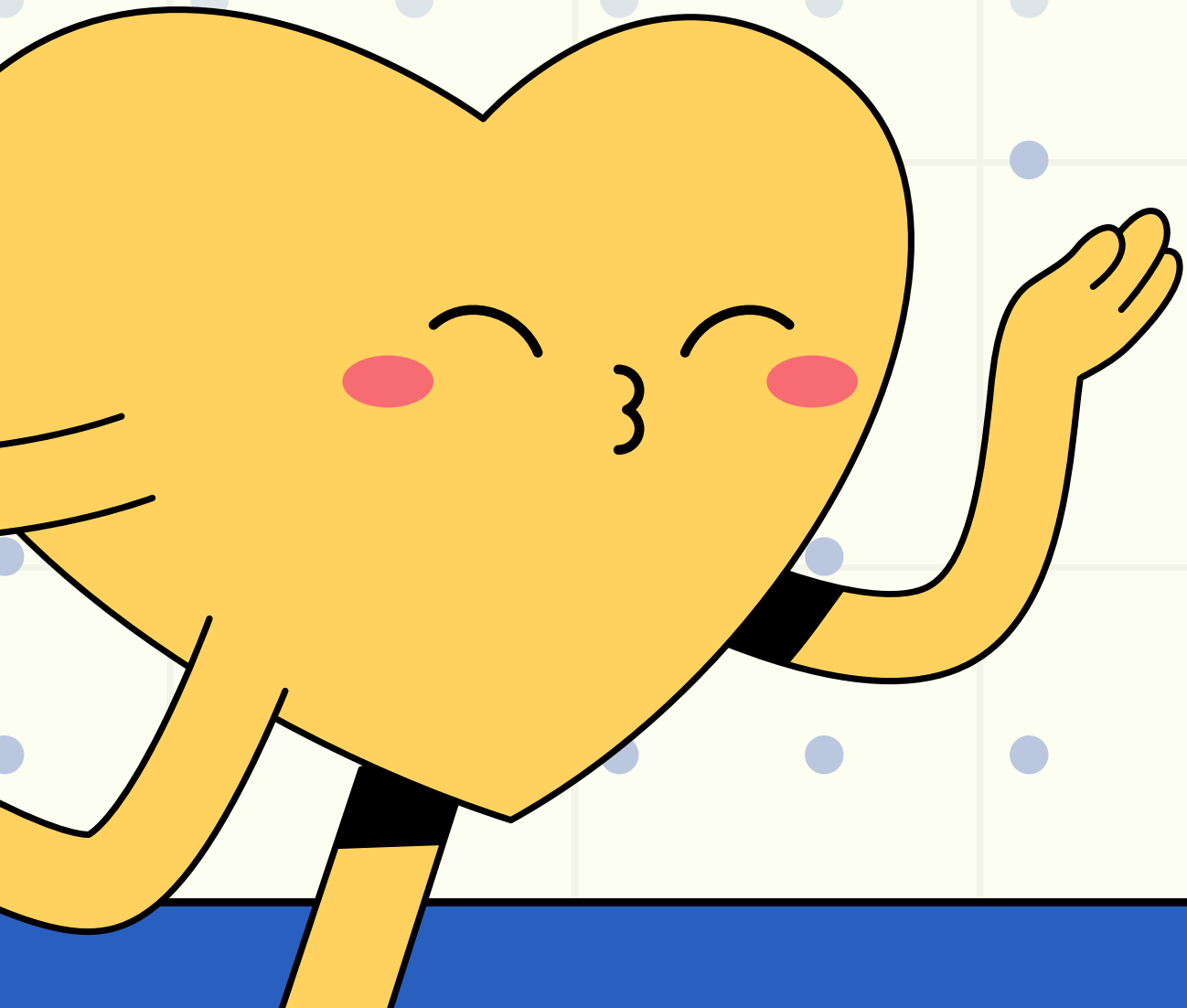
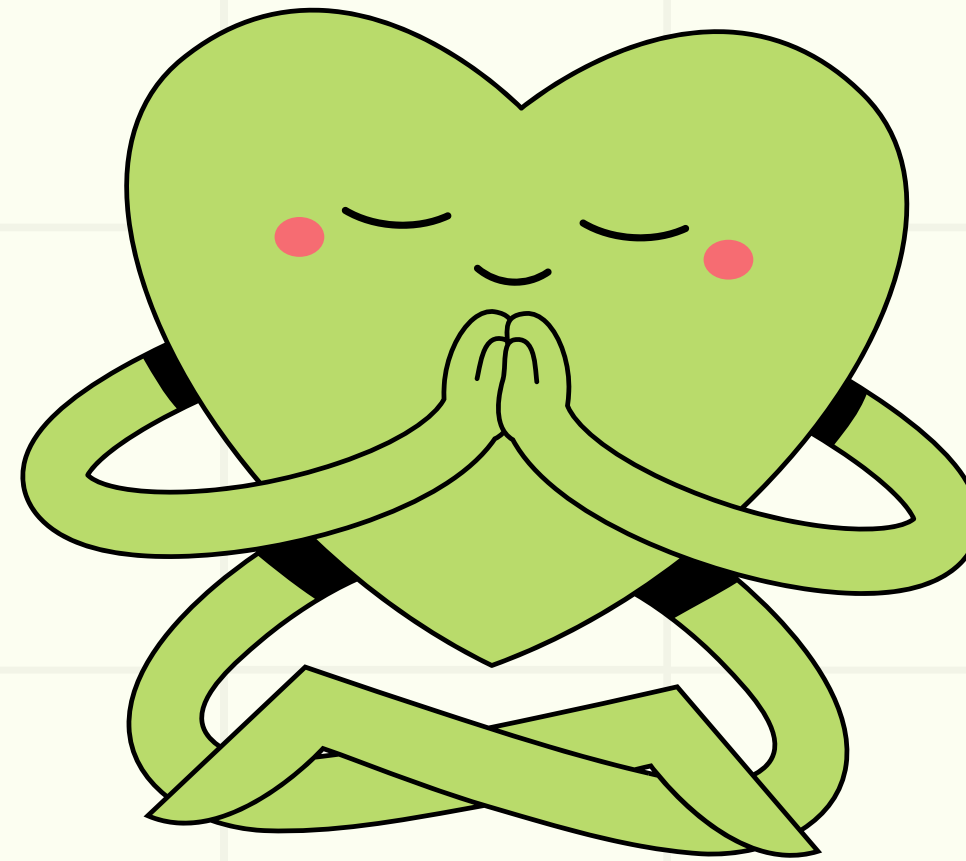


True Body Love

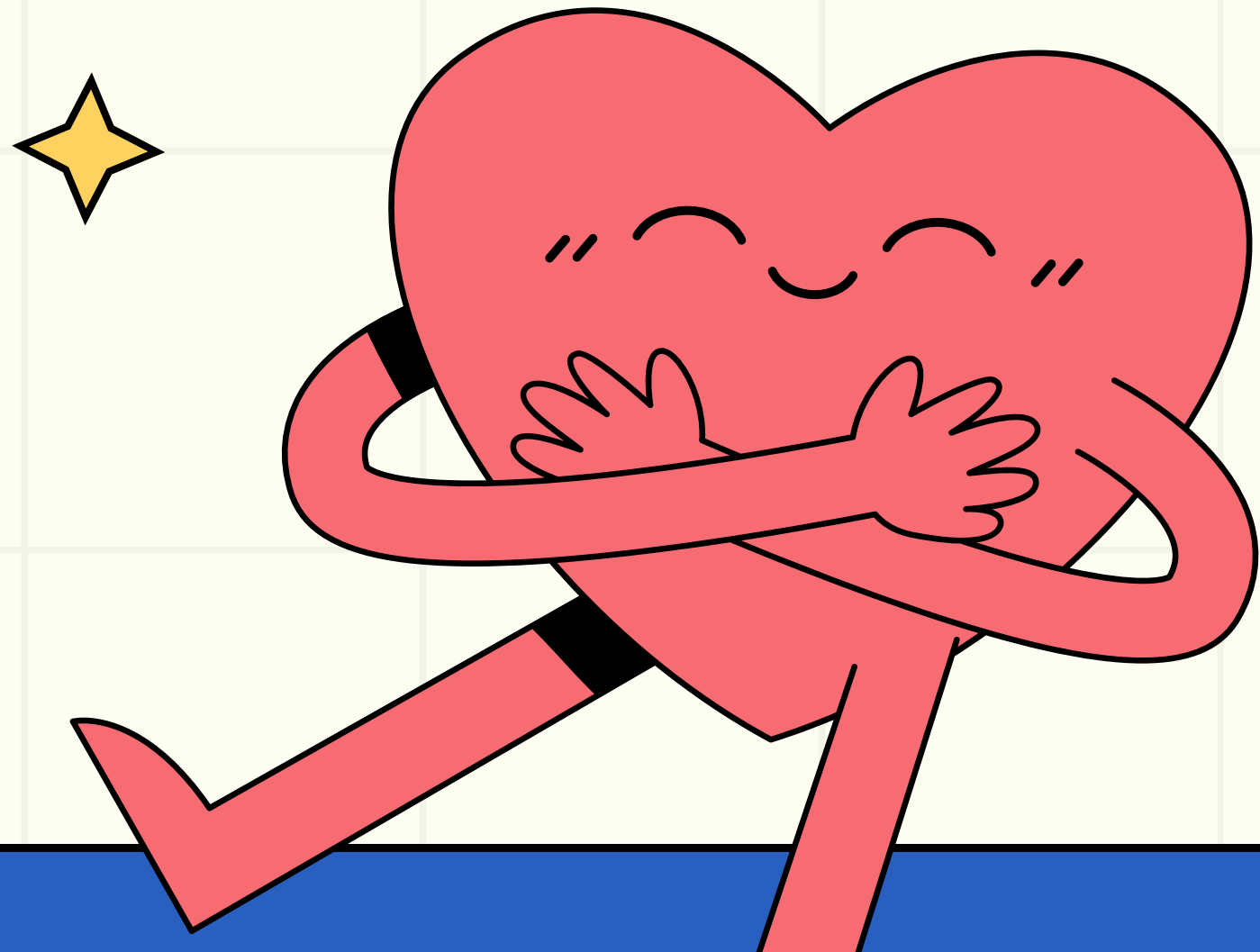
Churnika Gudla



Positive Reinforcement Features



Daily Affirmations:
Sends daily body-positive affirmations and motivational messages to boost self-esteem and promote a healthy body image.



Celebration Milestones:
Users can set personal goals related to body image and receive rewards or encouragement when they achieve them, such as improved self-talk or increased confidence.

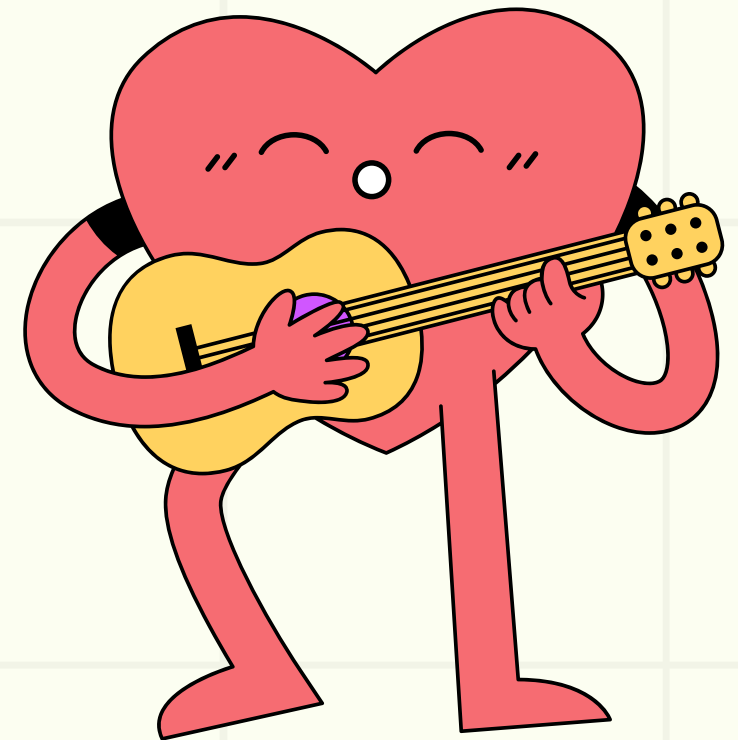
Success Stories:
Features inspiring stories from other users or public figures about overcoming body image struggles, highlighting diverse body types and experiences.

Educational Resources:

Provides articles, videos, and infographics on body positivity, the impact of media on body image, and the benefits of embracing diverse body types.

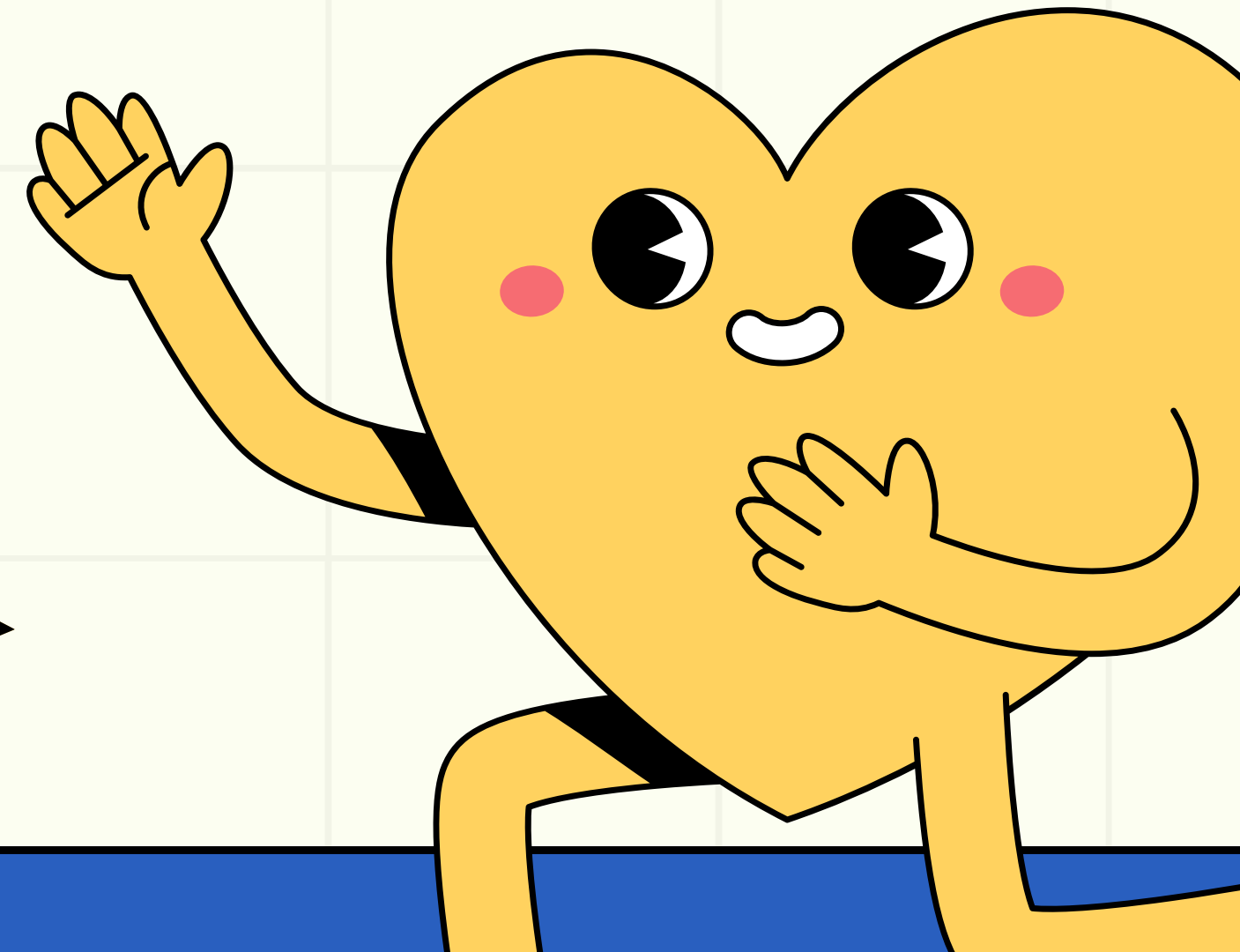
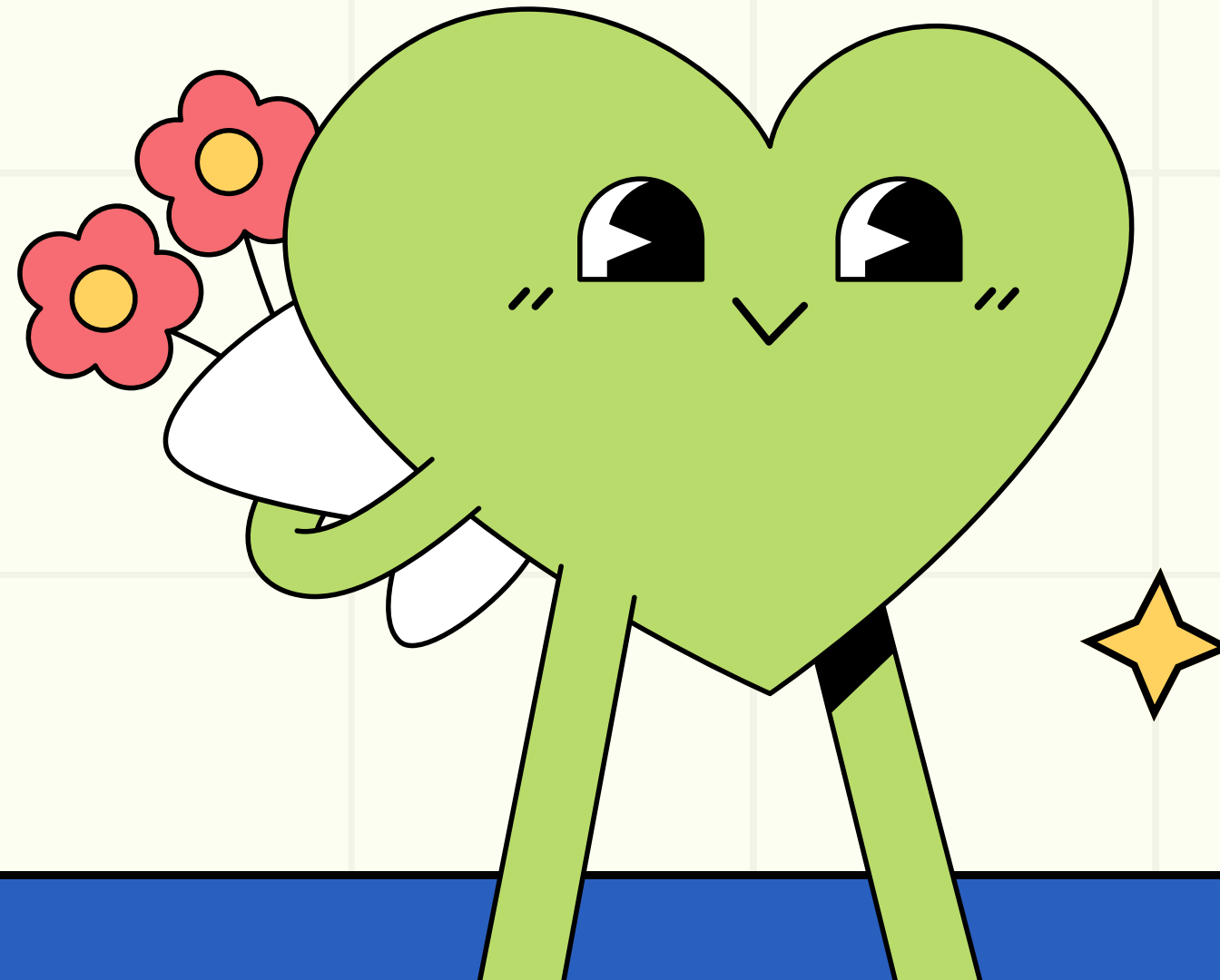
Expert Advice: Offers access to advice from psychologists, nutritionists, and body image experts who provide guidance on healthy self-perception and coping strategies.

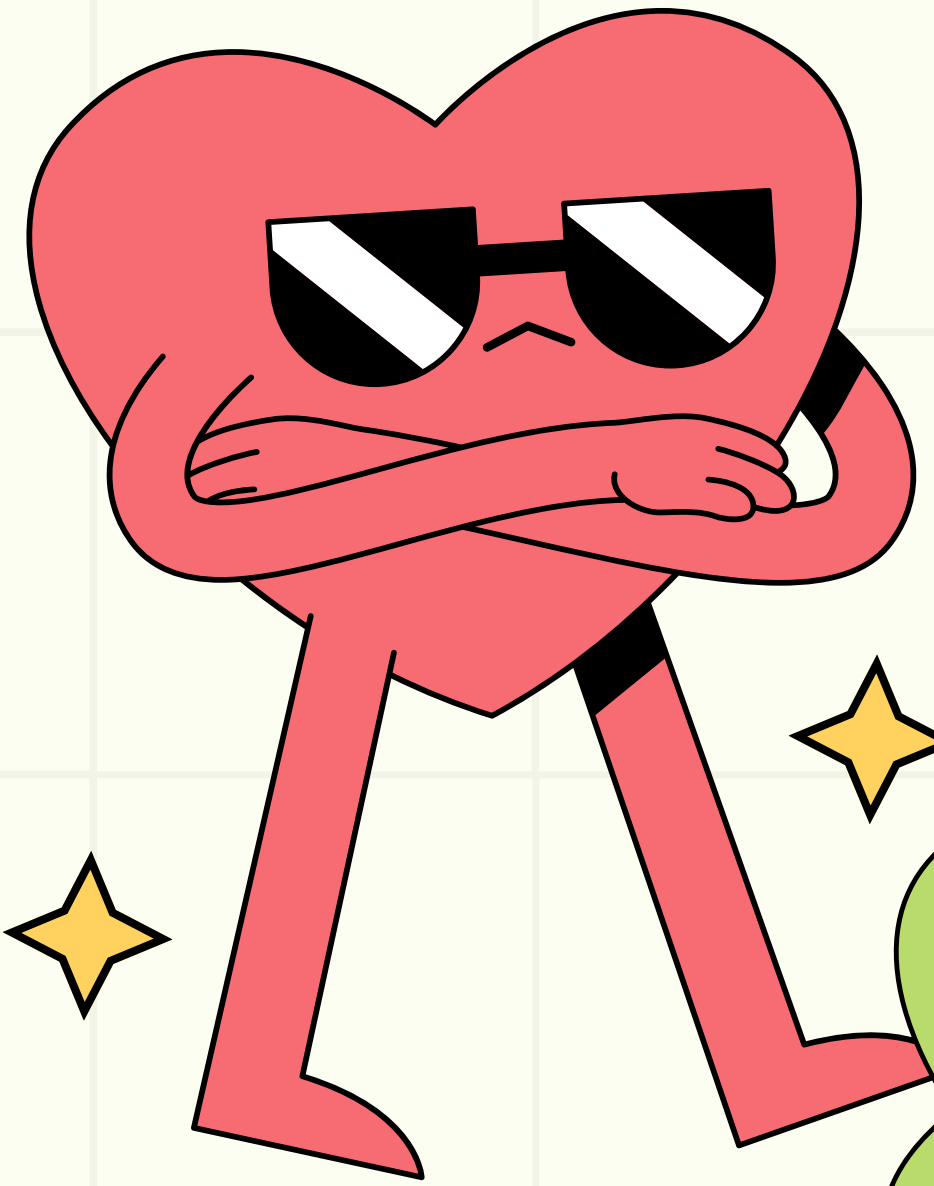
Body- Positive Content



Interactive

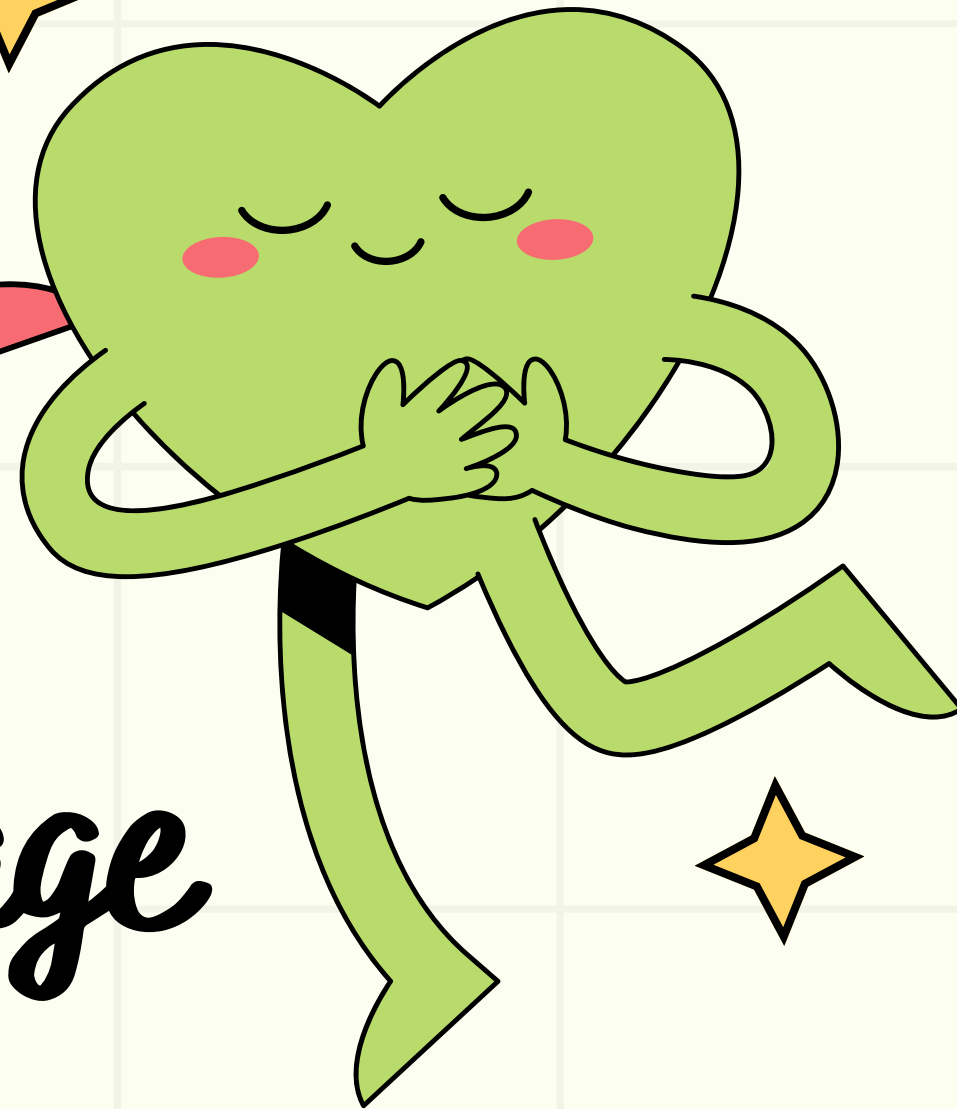
Workshops: Hosts virtual workshops or webinars focusing on topics like self-love, healthy body image, and resilience.





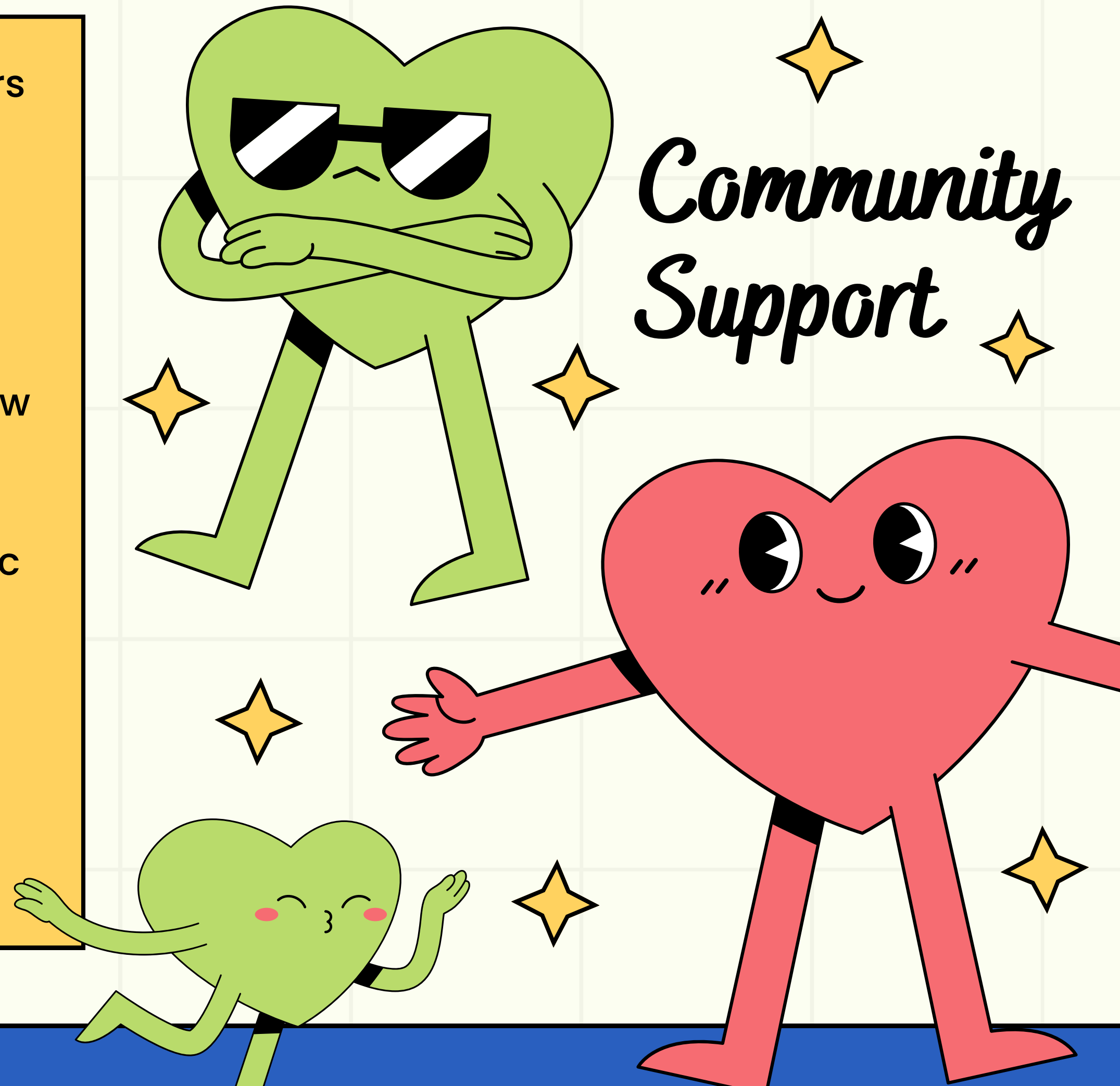
Tools for Combatting

Negative Body Image

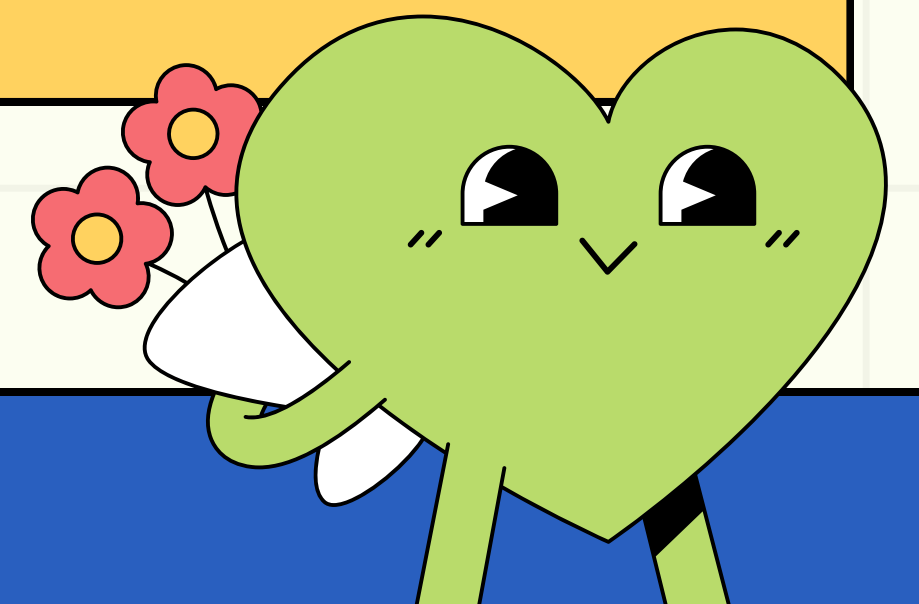
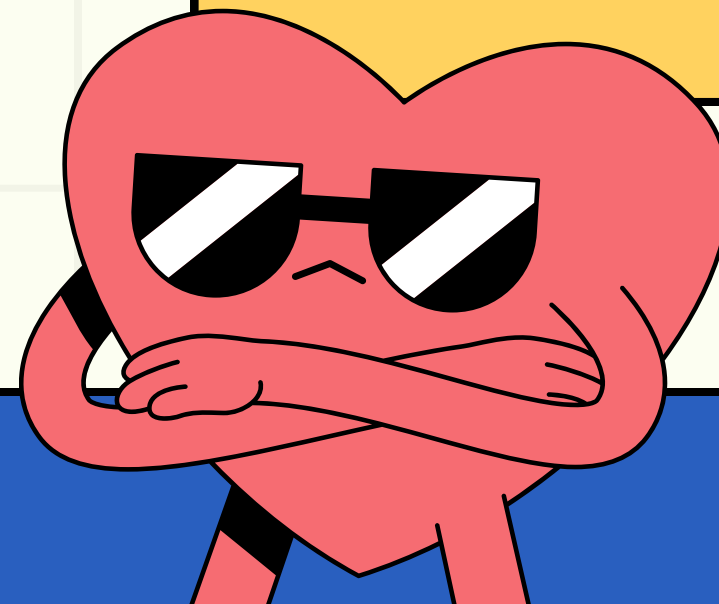
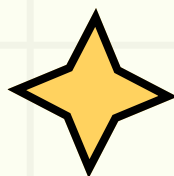
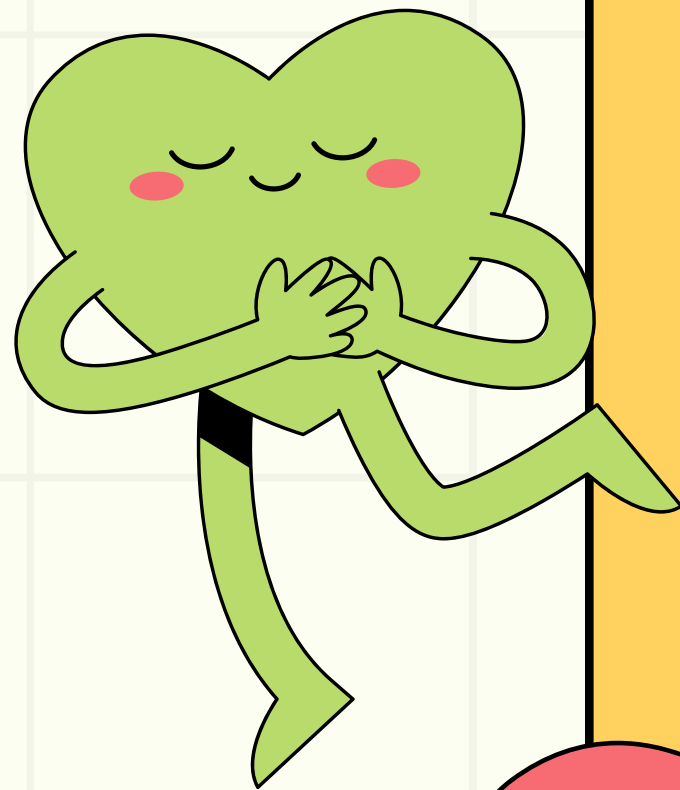
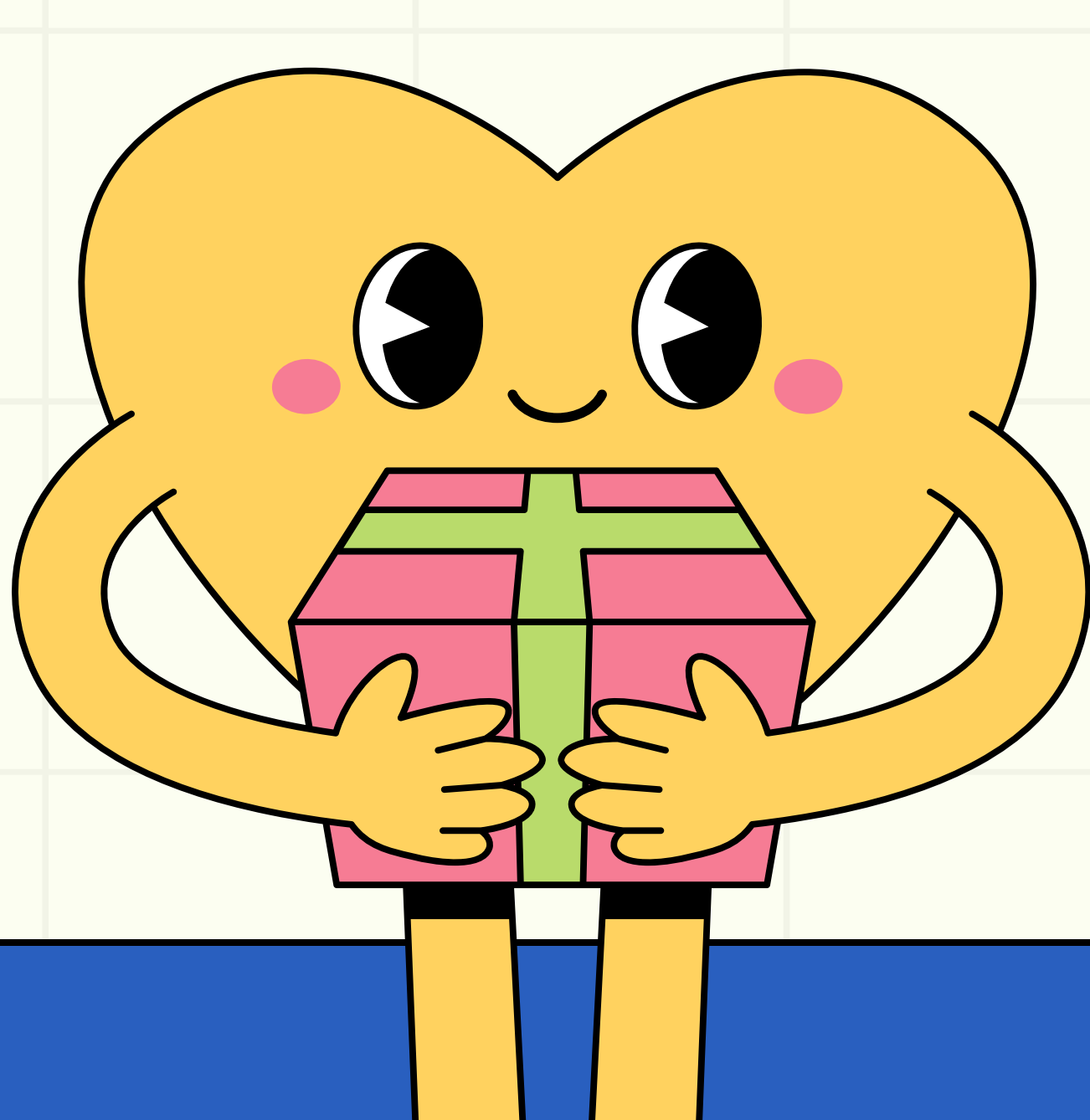


- **Self-Reflection Journals:** Allows users to log their thoughts and feelings about their body, providing prompts to encourage positive reflection and identify negative patterns.
- **Image Analysis Tool:** Uses AI to analyze and provide feedback on how media and advertisements may affect body image, helping users understand and challenge unrealistic standards.
- **Mood and Body Image Tracker:** Tracks mood and body image perceptions over time, offering insights into patterns and triggers that affect self-esteem.

- **Self-Reflection Journals:** Allows users to log their thoughts and feelings about their body, providing prompts to encourage positive reflection and identify negative patterns.
- **Image Analysis Tool:** Uses AI to analyze and provide feedback on how media and advertisements may affect body image, helping users understand and challenge unrealistic standards.
- **Mood and Body Image Tracker:** Tracks mood and body image perceptions over time, offering insights into patterns and triggers that affect self-esteem.



Personalized Experience



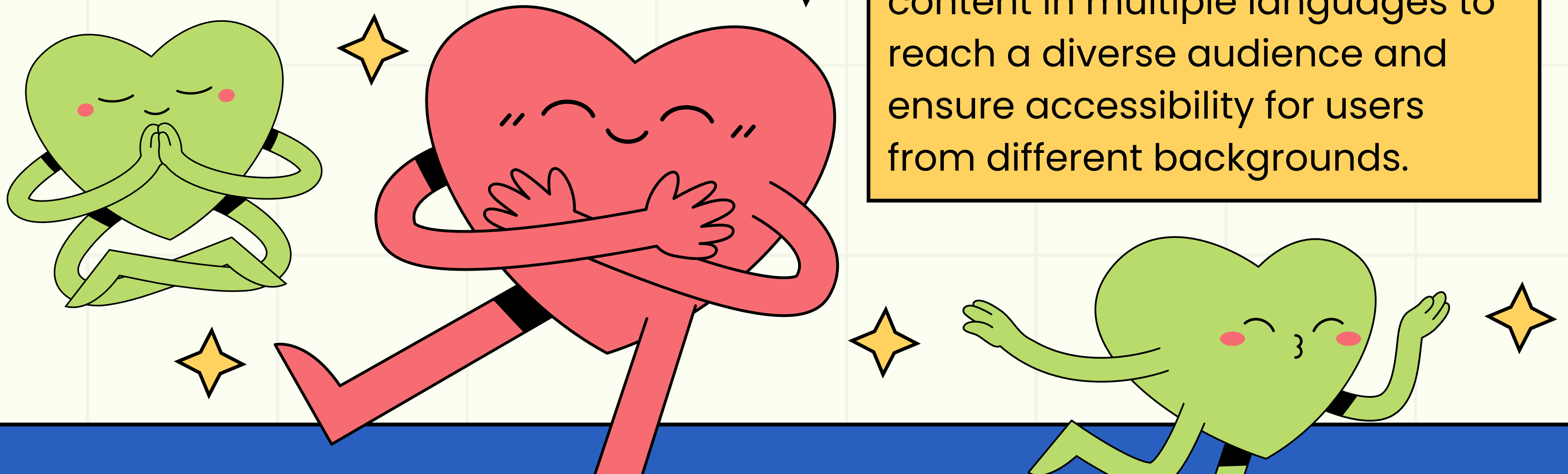
- **Customizable Content:** Allows users to select topics of interest related to body positivity and receive tailored content and recommendations.
- **Self-Care Plans:** Helps users create personalized self-care routines that focus on improving body image, including activities like mindfulness exercises, physical activities, and creative outlets.
- **Feedback Loop:** Gathers user feedback to continually improve the app's features and content based on their needs and experiences.

Wearable Device Integration:

Syncs with wearable devices to track physical activity and overall health, complementing body-positive practices with data on physical well-being.

Integration and Accessibility

Multilingual Support: Offers content in multiple languages to reach a diverse audience and ensure accessibility for users from different backgrounds.



*Thank you
very much*

