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(54) Title: PERSONAL WELLNESS MANAGEMENT PLATFORM

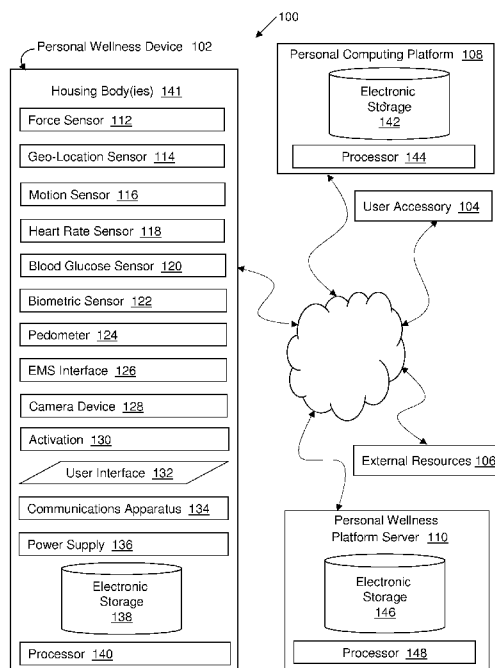


FIG. 1

(57) Abstract: A personal wellness system may facilitate personal wellness management via personal wellness devices. The personal wellness devices may be portable, handheld devices configured to facilitate personal exercise and personal wellness management using the device. Exercises performed using the personal wellness devices may be tracked based on forces exerted on the personal wellness device, a location and/or motion of the personal wellness device, and/or other bases for tracking personal exercise. Tracked exercises may be a basis for determining exercise parameters such as information associated with cardiovascular endurance, respiratory endurance, stamina, strength, flexibility, power, speed, coordination, agility, and/or balance; calories burnt or energy expended; a completion level of a prescribed exercise routine; a quantified improvement in an exercise; and/or other exercise parameters. The personal wellness system may facilitate automated and/or live coaching, exercise regimen design, exercise scheduling, diet program design, rehabilitation, and/or other functions associated with personal wellness management.

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