

WORKBOOK

Comparison Chart of Wellness AI Tools

AI Tool	KEY FEATURES	BENEFITS	COST
AI Personal Assistant	Schedule management, Prioritization of tasks	Reduces workload, improves time management	Varies by provider
AI Wellness Coach	Personalized fitness and meal plans, Mental health monitoring	Improves physical and mental health	Varies by provider
AI Sleep Tracker	Sleep pattern analysis, Suggestions to improve sleep	Improves sleep quality and overall health	Varies by provider
AI Time Tracker	Work pattern analysis, Suggests breaks	Increases productivity, avoids burnout	Varies by provider