

A person is standing on the peak of a dark, rocky mountain. The background is a vast landscape of rolling hills and valleys, bathed in the warm, golden light of a sunset or sunrise. The sky is a mix of dark blue and orange hues. The overall mood is serene and majestic.

TODAY'S INSIGHT

You've maintained body composition while increasing protein intake over the last three weeks. Whatever changed in your breakfast routine is working.

Ageless noticed this automatically. Nobody asked it to.

AGELESS

The health app that finds the pattern before you know to look for it.

Two ways to fail at AI health coaching

Neither one gives people what they actually asked for

THE CHATBOT

You have to know the right question to ask. Ask the wrong one, or ask too little, and you get hedging, generic tips, or invented numbers.

“Don’t put the responsibility on me to figure these things out. Provide it to me — that’s what I’m paying for.”

— [r/whoop](#)

THE DASHBOARD

AI "summaries" sit next to the same chart you were already looking at, restating numbers instead of interpreting them. People notice, then stop looking.

“I’ve stopped using it altogether — I just rely on the figures.”

— [r/ouraring](#)

The common failure: neither one tells you something you didn’t already know.

Every major player owns one input.

Nobody owns the synthesis.

Oura	Recovery / readiness ring	ouraring.com
WHOOP	Strain & training load	whoop.com
Levels	Continuous glucose insight	levels.com
Zoe	Microbiome-based nutrition	zoe.com
Ultrahuman	Subscription-free data ownership	ultrahuman.com
MyFitnessPal	Mass-market calorie logging	myfitnesspal.com
MacroFactor	Adaptive macro coaching	macrofactor.com
Noom	Behavior-change psychology	noom.com
Function / Superpower	Biomarker longevity testing	functionhealth.com
Apple Health / Withings	Central data hub	apple.com/health

Open: the layer that connects what you eat, how you recover, and how your body is changing — and tells you the one thing that matters.

The closest thing that already exists — and its blind spot

WHOOP JOURNAL

“WHOOP looks across your Sleep, Recovery, Strain, and Journal entries to identify meaningful changes over time... not needing to ask the right question.”

— [WHOOP Journal. official page](#)

THE BLIND SPOT

- It only tests a hypothesis you pre-declare — you log a Journal question at least 5 times in 90 days before it can find anything. It cannot notice something you never thought to ask.
- It has no nutrition, body composition, or photo data. The correlation universe stops at sleep, recovery, and strain.

Ageless finds the pattern in things you never thought to log — across nutrition, body composition, recovery, and photos, together.

Not a tracker. Not a coach. Not a dashboard.

Not a coach

reactive chat creates friction people resent



Interpretation delivered before you ask

Not a dashboard

restated numbers get ignored once the novelty fades



One insight surfaces first, the full log sits underneath

Not a tracker

logging inputs is already commoditized by ten other apps



An attention filter across everything you already do

The signal breadth Ageless already collects

Working today, cross-platform on iOS and Android — the raw material the insight engine draws from

Fasting

Timer, stages, adjustable start time, full history

Dietary logging

Manual food, supplement, and drink entries with daily nutrient summaries

Hydration

Logging, reminders, and status — caffeinated and alcoholic drinks reduce hydration rather than counting as water

Movement & cognitive exercise

Logging and progress tracking

Private photo check-ins

AI-analyzed comparison against your own saved baseline, never other users. Pro syncs check-in photos across devices, encrypted.

Today / Journey / Insights

Today surfaces an AI-generated, search-grounded daily insight. Journey adds Pro-only trend analysis and a biological age estimate.

Accounts & sync

Free / Plus / Pro tiers with real billing via Stripe and Apple IAP, per-tier usage quotas, and cross-device journal sync — Pro also syncs check-in and meal photos, encrypted.

Live in production, safety-reviewed

The AI analysis path shipped under the same safety constraints it launched with

A fail-closed Firebase architecture routes every consented meal or progress photo through Vertex AI Gemini for structured, non-diagnostic feedback — the same safety design, now running for real users.

Explicit consent required

Deny-by-default Firestore/Storage rules

Non-diagnostic, uncertainty-aware output

App Check: device attestation pending

Live in production today

Meal photo & barcode analysis, progress-photo comparison, Pro trend and biological age estimates, and a daily research-grounded insight are all shipped — all under the same non-diagnostic constraints: no exact body-fat percentages, no rankings, no cross-user comparison.

What's next for Ageless

The path from sideloaded builds to public app store listings

1

Ship the official Apple App Store release

App Store Connect listing, screenshots, privacy disclosures, and Apple review — moving from development-only iOS installs to a public App Store listing.

2

Ship an officially release-signed Android build

Replace the current dev-signed sideload APK with a build signed by a real release keystore, ready for Google Play or a trustworthy public distribution channel.

AGELESS

The health app that finds the pattern before you know to look for it.

Marketing site: <https://ageless.juliluna.com>

Code repository: <https://gitlab.com/julianahill/ageless-health>

