

GAMIFYING NOURISHMENT

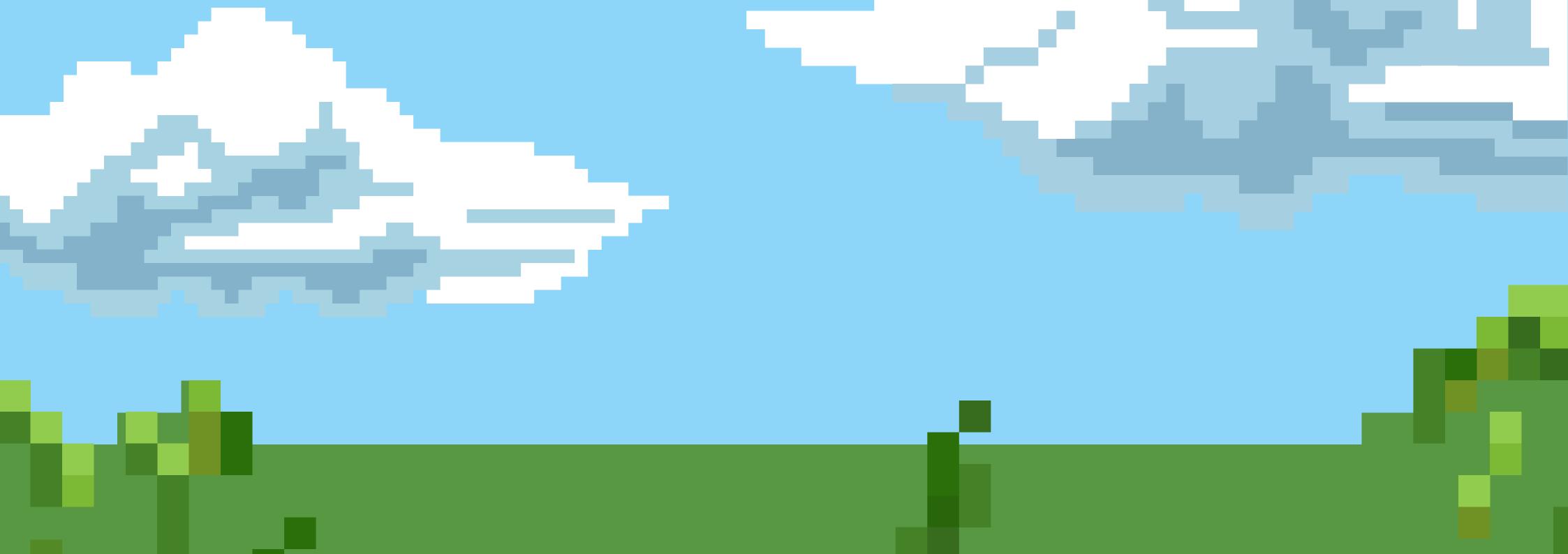


TABLE OF CONTENT

LETS START!		>Usp	28	DESIGN CONCEPT	
Our Logo	Ø 6	>Our Players	36	>Brand Colors	56
The Dark Side	0 8		10	>Comercial Colors	58
Vision	10	OUR LOGO		>ShowCase Type Face	60
Misson	12	>Symbolism	44	>Primary Type Face	61
Our Enemies	14	>Logo Variations	48	>Stationary Papers	66
Why Gaming?	22	>Logo Do's & Dont	50	>Buisness Cards	68
Better Version					

osters	74	THE DIGITAL AGE		>Linked In
lemens	82	>Mobile App	100	>Instagram
atterns	84	>Flow	110	
onografy:	86	>Mockups	112	HOCKUPS
naracters	88	DIGITAL CAMPAING		Nice Merchandise
			122	Bibliography
		>Facebook	122	THANK YOU!
		>Youtube	123	
)Twitten	124	

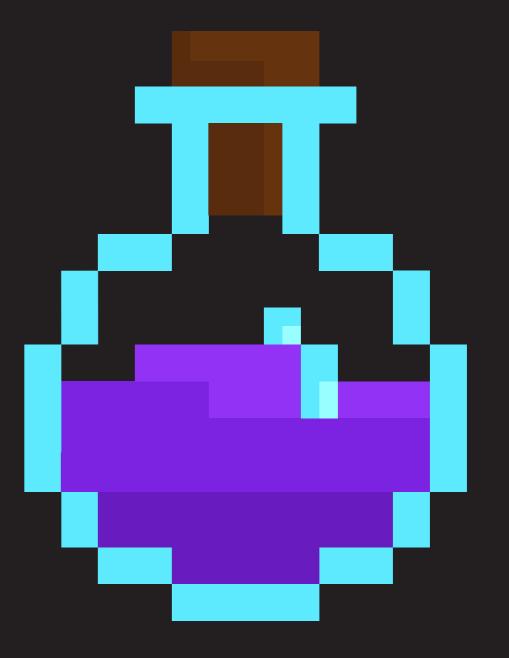
OUR LOGO



GAMIFYING NOURISHMENT

If you had to choose between living a healthy lifestyle or a life that is not healthy, you would probably choose the first one.

This is because we all like to feel our best



THEDARK SIDE OF THE STORY

Hi! My name is Sofi Sevruk - (Softy),

& I'm a Surviver.
With a decade of a long history of eating disorders
A huge psychiatric medical records behind me.

Especially after I was kicked out of hospitalization, to make room for patients in a more extreme condition.

So... I Started To Fight For myself
I started a whole research of the topic of Recovery& Healthy Lifestyle
and basically- How To Start All Over Again.

The areas of healthy and balanced nutrition, physical activity, the balance of body and mind and the strong connection between them







THE BACKGROUND

- More than 250,000 people that dealing with a mental disability
- This is the largest group of people with disabilities in Israel
- A group whose voice is often not heard because of the harsh stigma
- Quite a few hidden apps under the health and fitness category (Health and Fitness) in stores but are actually apps that encourage Eating Disorder.

- Partial recovery occurs in 30-35 %

 And in about 20 % the disease remains a chronic condition sometimes leading to death

 The phenomenon exists mainly among adolescent girls and young women

 But recently it can also be found among boys of the same age
- Some have a normal body weight
- The result: waiting to receive treatment at a dedicated clinic For eating disorders, the average is 6-10 months

THE BACKGROUND

- Obesity in the world has also tripled in recent years

 More than 1.9 billion adults, age 18 and older are overweight
- Of these, over 650 million were obese When from the other side of the scale About 400 thousand Israelis suffer from anorexia nervosa and bulimia
- About **70-80%** of those suffering from eating disorders

 No treatment at all







WE ARE HERE TO HEAL

My goal in the project is to break the shame and stigmas that have been created. around the disorder and the topic of the healthy lifestyle and the habits that strengthen it.

To give the safe place, the motivation and the hope to recover The support and assistance that contestants seek and need To give each and every one their own personalized companion Although the person will want to change his habits and life only in a way that is convenient for him, and not forced upon him.

We believe that every person deserves the right to help, care and rehabilitation

Everyone deserves another invitation to a new life

Everyone deserves to live a full life

balanced and healthy in order to fulfill themselves,

and be happy

TARGET AUDIENCE

The brand is aimed at people who are dealing with various backgrounds of eating disorders, who are dealing - with low body image, and in their quest to restore their lives and their health habits from A to Z.

When the basis for everything is a healthy and balanced diet









AppStore.

because there is so much app hiding under the title "helth& Fitness" wile in between you can find app that incorage actually- starving yourself, limit yourself in food and count calories

and the most fuckedup fact is- that its in actuall recovery apps.

Look yourself.







Tired of years of Yo-Yo dieting?

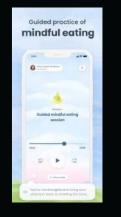
MEAL is your source to mindful eating or intuitive eating, the most sustainable approach to nutrition, weight loss and self-care.

MEAL doesn't offer any workout plans or diets like most weight loss apps, we teach women to eat healthy and address the root causes of overeating, binge and emotional eating. We also stand for a non-restrictive approach to food, as restrictions develop various eating disorders.

MEAL main principles are:

- rejecting diet mentality
- mental and physical health are the main priority $% \left(\frac{1}{2}\right) =\left(\frac{1}{2}\right) \left(\frac{1}{2}\right) \left$
- nutrition without restrictions
- reconnecting with natural body signals











- every body is beautiful

In MEAL app you'll find:

- theoretical and practical sessions with certified psychologists and nutritionists
- guided sessions of mindful eating (i.e. intuitive eating)
- handouts with balanced plate constructor
- articles about mindfulness and awareness
- inspiring content to keep you motivated;
- quizzes and questionnaires about your eating behavior
- Apple Health app integration to personalize your journey in accordance with your cycle and activity
- personal insights based on your answers and many more

MEAL app is based on Harvard Medical School research, and we partner with certified nutritionists and therapists.
Curated by licensed dietitians, nutrition coaches and Cognitive Behavioral therapists (CBT),





MEAL not only breaks down nutrition in a digestible way but also guides you to release any emotional blockage you'll start building awareness
& mindfulness skills from day one.
With our professional psychology
& healthy nutrition coaches you'll learn to:

- eat when you're hungry and stop when you're satiated
- enjoy all foods without guilt and overeating
- understand how to build a balanced plate
- address emotional eating and binge eating
- stay body positive no matter what
- practice intuitive eating and mindful living
- lose weight sustainably











The healthy chef - behind the pots and the brand is chefdietitian Sagi Schwartz who founded the company in 2009+ providing meals for clinical trials in nutrition

The unique combination of chef skill with the clinical aspect of nutrition and food

Allows Sagi to create a professional dialogue both with chefs and with dieticians and octors

and serve as a culinary-nutritional partner in a variety of projects:

Improvement of institutional kitchens - training and accompaniment of the kitchen staff, integration of healthy dishes in the menu

Supplying healthy meals to companies and offices Healthy catering for businesses and events Lectures on healthy cooking / cooking for a diet

The healthy chef believes that food is much more than a source of energy

We believe that food is a measure of our vitality, health, effectiveness and mood and nothing less

Therefore, we offer food with meaning, which fits perfectly into your goals and lifestyle

In addition to having high nutritional values and low caloric values, it is adapted to various culinary purposes and tastes, so it is easy to find options that suit you every week

The healthy chef has ongoing customer service and a dietary supervision department, which allow us to be in continuous contact with you and

Any professional who accompanies you, such as dieticians, trainers or doctors

Besides providing healthy meals to private customers

The healthy chef company provides healthy catering services for offices and companies
and produces meals according to special requirements for subjects in the framework of clinical trials in nutrition

















Habio is made specifically for dynamic, modern people who aspire to improve their quality of life.

Start making your life better now!

Good habits help us be healthier and more confident. But it takes great motivation and regular repetition to form the habits you need.

Habio can help you make this process easier and more pleasant as it was designed in collaboration with mental health professionals.

Habio is not just a habit tracker. It's an application that can help you become a better version of yourself.

Try Habio now and you will succeed!

Why is Habio good for you?

Simple and appealing interface

Easy onboarding to create your first habit

Calendar to view your progress

Tons of insights about habits

Ability to track as many habits as you want

Journal to reflect on your progress

Motivational quotes to inspire you

Opportunity to share Insights and achievements with friends

Essential habit-building Course

















Mission

HE MADE A GAME FROM DUR LIVES.



A game app that will help people with different disorders: Imaging the body, eating, order and organization, persistence and motivation.

In order to restore the lives of the actors, and their healthy habits to normal Physically and mentally as one.

A healthy lifestyle has become an increasingly popular topic in recent years due to public awareness of the importance of physical and mental health.

Its relationship to our quality of life.

Our goal is to provide a playful, social and healthy platform Contains professional therapists.

Multidisciplinary, along with people dealing with eating disorders alone without a framework

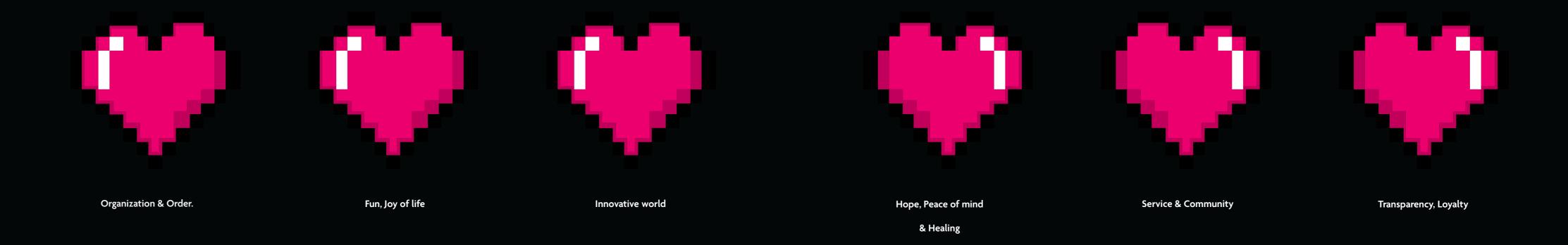
But they strive to rebuild their lives and start a new and healthier chapter in their lives.

Our interface will include professional therapists, trainers, nutritionists and clinical dietitians who can be contacted by the user at any time for help in every possible way.





BETTER VESION OF YOURSELF







WE ARE HERE TO HEAL

- We look to you, our dear customer, To tell us what you enjoy & what makes you feel your best.
- Nowing that the food we create is helping people to feel better & to appreciate the nutrients again
- If you have any questions or comments
 Let Us Know!
 We care about you.
 You are not alone is this battle
 We're here to help.

- We know what you are experiencing in front of meals.
 Applications that count calories.
 And shows red and frightening numbers, rises and drops It's a massive trigger.
- Our goal is to turn healthy eating into a positive habit and mark it as a task that needs to be done (Of course, you deserve a bonus on it too)
- We believe in the power of influence. of human-social infection on people.



NHY ARE HE DOING THIS?

- A healthy lifestyle has become an increasingly popular topic in recent years due to public awareness of the importance of physical and mental health.

 Its relationship to our quality of life.
- Our goal is to provide a playful, social and healthy platform Contains professional therapists.

 Multidisciplinary, along with people dealing with eating disorders alone without a framework

 But they strive to rebuild their lives and start a new and healthier chapter in their lives.
- Our interface will include professional therapists, trainers, nutritionists and clinical dietitians who can be contacted by the user at any time for help in every possible way.

- As we growing up, we understanding how much We need to do & change your life for the better. Most of us- put it for later.
- It's hard to be an adult and we would love to be kids again and play games all the day
- So we wanted to make life as a game.
 Colored, PixelArt & fun.
 To keep you motivated though the day while gaming.

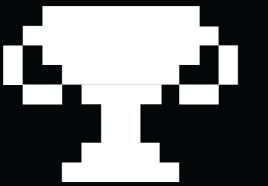




WHAT'S THE POINT?

- Our platform provides a very broad environment of support, on the one hand the professional team

 And the other masses facing the same difficulties.
- Success and Motivation:
 We believe in the power of human abilities.
 Why your new self and prosperity can cause you. We are here to make you Realize yourself, flourish and thrive in your life.
- Efficiency: We believe that order and organization is the key to the start that leads to your success



TONE OF BRAND'S SPEECH

- Powerful, encouraging, empowering, sociable, friendly, eye level, containing and supportive.
- We aim to reach our professional and clear audience in our interfaces. Combining understanding-friendly language with a lot of encouragement and motivation for players
- We understand the difficulties of the triggers and are very sensitive about it. They take language very seriously.
- Our goal is to provide our users with experience. That they can be better For themselves & for their environment. And feel happiness, harmony, Success & self-realization while playing





WHAT'S THE POINT?

▶ The goal is to provide immediate response and at the same time to prevent deterioration in the situation of the confronted and even to give room for recovery and selfdevelopment. All while playing.

Why?

The more time passes and the longer they wait for a professional response.

- Rapid detection and intervention promotes recovery, prevents physical and mental deterioration Complications, the course of chronic disease and even death.
- Well, in shortIf you'll don't eat, you'll die.



OUR CORE VALUES

Organization and Order.
We are aware of your personal life.
The stress and stress of the day in which you live.

We took care to build your schedule of tasks, along with your habits lists.

Next to your calendar, a weekly diary with an annual calendar.
The log of your operating system.
Don't miss any appointments you have scheduled.

We believe that with motivation
 & persistence for a healthy lifestyle
 Balance and harmony between body and soul.

It directly affects successes, goals. Energy and happiness levels of human life





YEAH, BUT.. HOW IT WILL HELP?

How? Pretty Simple & even Nice.

- Steps you go up is your recovery process
 At the beginning of the game, the player builds his character & menu according to his priority.
 (this is how he copies himself onto the character).
- The brand will deliver the food box to the charactar location by GPS Allowence Tracking

Connct To Others

- Subscribe to users all over the world send them friend request and even communicate with them & co-op with other gamers to get bigger bonuses, XP and karma points.
- Collect as much as you can, and reward yourself or your friends with special gifts from our Limitless Store.

UHATS THE POINT... OF THE BONUS POINS?

the points and bonuses he collects to spend on the interface store,
Each level the player goes up another map opens - more types of
dishes from different cuisines > encourage departure from fixation
on a specific type of food, creating diversity

- Each month the user will be able to collect tokens & use them for benefits in our website store.
- We Make Products related to body. Example: Home training equipment, sport clothing collection in all sizes, Water bottles with pill case, etc.
- Products related to Spirit & Soul. Candles, aromatic oils, natural body butter, etc.

All You Need For therapeutic relaxation To transform your habits and goals.





Dur Players- Persona

DUR PLAYERS

ROY BEH DROR DAILY XP Stats Stress LVL COOCKING SKILLS Hotivation TIME HOHEY EHERGY

OUR PLAYERS



DAILY XP Stats Stress LVL COOCKING SKILLS Hotivation TIME HOHEY EHERGY



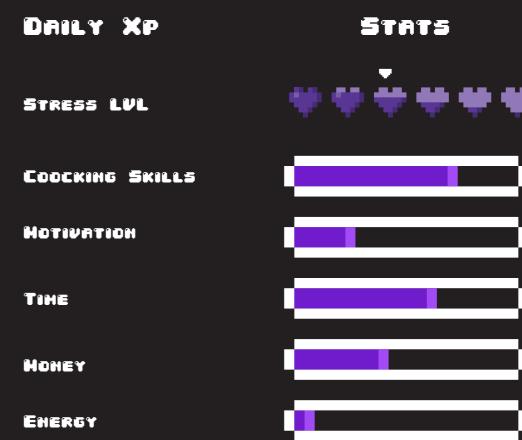
OUR PLAYERS

STRESS LUL CODCKING SKILLS HOTIVATION TIME HOMEY

EHERGY

OUR PLAYERS





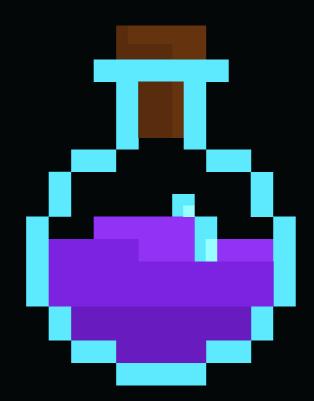


SYMBOLISM

Symbolize The Drink Of Reviving,

Embrasimg Life & Healing

It Have Medicinal and Magical Powers



FULL LOGO



GAMIFYING NOURISHMENT





LOGO EVOLUTION

CAMIFYING NOURISHMENT



MATHEMATICAL LOGO







MATHEMATICAL LOGO

COLORED LOGO







GAMIFYING NOURISHMENT







LOGO VARIATIONS



Black & White



Negative & Positive

Logo DO's

Treat the logo with respect.

Use it only with the brand Colors

That we choose for the logo.

You can use the elements separately.







В





LOGO DONT'S

While this section doesn't cover every

The possible way the logo should not be used,



Do not use the logo in colors other Than the brand shades



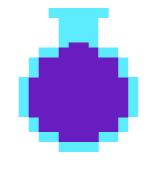
Do not routate or sckew
The logo out of its proportions



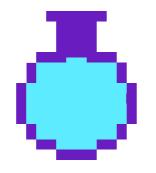
Do not add Effect shadows, Outline or textures to the logo



Do not stretch the logo Out of its proportions



Do not add more Fill color Or elements to the logo



Do not add more Fill color Or elements to the logo

It should help give you a pretty clear idea.

Under no circumstances what Not to do with our logo.



Do not use Gradients on the logo.



Do not Blur or Feather the logo

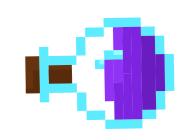


Do not add any type of Glow or Feathering,



Do not Empty the potion bottle

from its healing potion!



Do not Flip the logo. Use only on its natural apperance



Do not Flip the logo. Use only on its natural apperance





THE EVOLUTION

1. LIMITLESS HP GAMIFYING NOURISHMENT

LIMITLESS HP

GAMIFYING NOURISHMENT

LIMITLESS HP

GAMIFYNG NURISHMENT

LIMITLESS HP

Gamify Your Life

LIMITLESS HP

5. GAMIFYNG NURISHMENT

THE EVOLUTION

My First Time I Ever Creating Pixelart
I Learned it From Sckratch. It Was Tough, But it Was An Amazing Experince.
& The Juice Worth The Squeeze.

HY FIRST TRY



I GOT BETTER







DESIGNA CONCEPT

Logo COLORS

Bright Tourqize

CMYK

32 | 0 | 7 | 0

Hexadecimal

#98feff

152 | 254 | 255

CMYK 46 | 0 | 6 | 0

> Hexadecimal 5deaff

RGB

HSL 188° | 100% | 68% 26° | 74% | 23%

Deep Tourqize

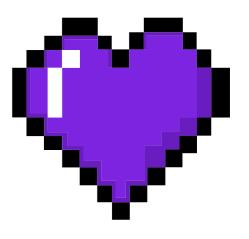
93 | 234 | 255



Brown Core Dependability and reliability steadfastness, earthiness. bring a feeling of warmth and wholesomeness



Tourqize Tranquility, trust, openness, calmness, spirituality, & innocence Has a calming effect Makes you feel safe and relaxe



Purple Royalty ,mystery, creativity, and luxury It is wise and imaginative Makes you feel creative Lighter shades are used to soothe or calm

COLOR PALLETE MEANING



Clear White Quartz
Psychic Abilities
Mental Clarity
Magnified Energy



Shungite
Protecting From Modern Ills
Grounding
Everyday healing
Purifying



Amethyst Purple
Clears Stress
Creativity
Psychic protection
Courage



Flourite
Personal Protection
Getting orgenised
Cooperarion
Balance



Orange Calcite
Boosting self esteem
Psychological Healing
Energetic Living



Tiger Eye
Luck In New Ventures
Willpower
Creative Flow
Overcoming Fear





SHOWCASE TYPEFACE

PRIMARY TYPEFACE

A FORT INTENDED ONLY
FOR A LOGO TITLE

048

O48_30 is a Bithap, pixel font designed by O4.

Gainingy, playfull anf fun.

AA BE CC DO EE FF GG HH JJ KK LL MH NH OO PP QQ RR 55 TT UU VV HH XX YY Zz.

1234567890

? # %° *()+ÆÇÈØßð≤æ





A font intended only for the logos slogan & the brand book.

Agenda (OTF)

Agenda is one of the iconic typefaces of the nineties. The extensive family was completely overhauled and relaunched as Agenda One. The pristine, sleek humanistic sans is a typographic all-in-one solution in Regular, Condensed, Extra Condensed, and Compressed widths and weights ranging from Thin to Black.

Aa Bb Cc Dd Ee Ff Gg Hh Jj Kk Ll Mm Nn Oo Pp Qq Rr Ss Tt Uu Vv Ww Xx Yy Zz.

1234567890

!@#\$%`^&*()+ÆÇÈØßð**௩**æ





COMERTIAL USE TYPEFACE

Font for titles and graphics in posters, websites and packaging

Pixel12x10 Font

Pixel 12x10 is the perfect font for fun designs. The font subfamily is Medium.

Aa Bb Cc Dd Ee Ff Gg Hh Jj Kk Ll Mm Nn Oo Pp Qq Rr Ss Tt Uu Vv Ww Xx Yy Zz.

1234567890

!@#\$%^&*()+ÆÇÈØßðsæ





COMERTIAL TYPEFACE IN USE

Font for titles and graphics in website and packaging

Cantarell Font

Stylish and beautiful, but most importantly- crisp and easy to read.

Aa Bb Cc Dd Ee Ff Gg Hh Jj Kk Ll Mm Nn Oo Pp Qq Rr Ss Tt Uu Vv Ww Xx Yy Zz.

1234567890

!@#\$%^&*()+ÆÇÈØßðΩæ

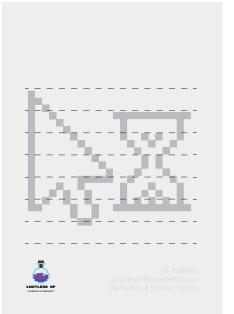




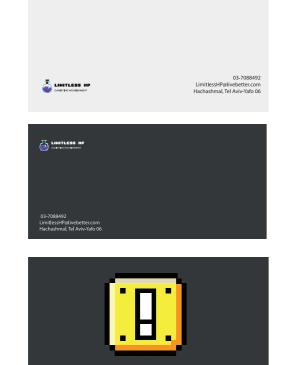


STATIONARY PAPERS

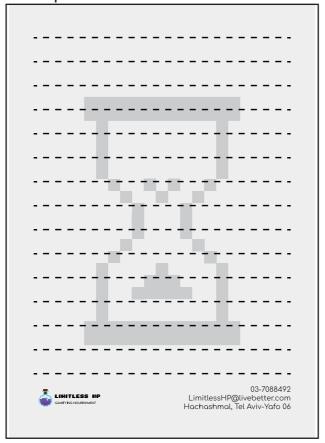
A5 Memo



Envelope

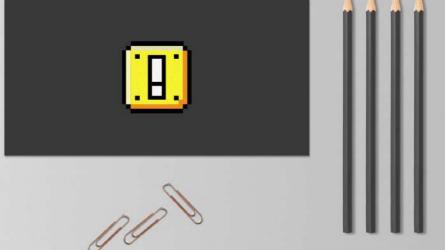


A4 Paperwork











BUISHESS CARD

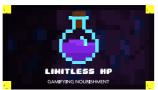
BUISHESS CARD MOCKUP

Front Back GuideLines

Δ



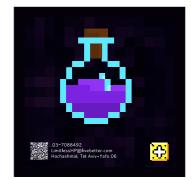






C.









Front







Back







GuideLines

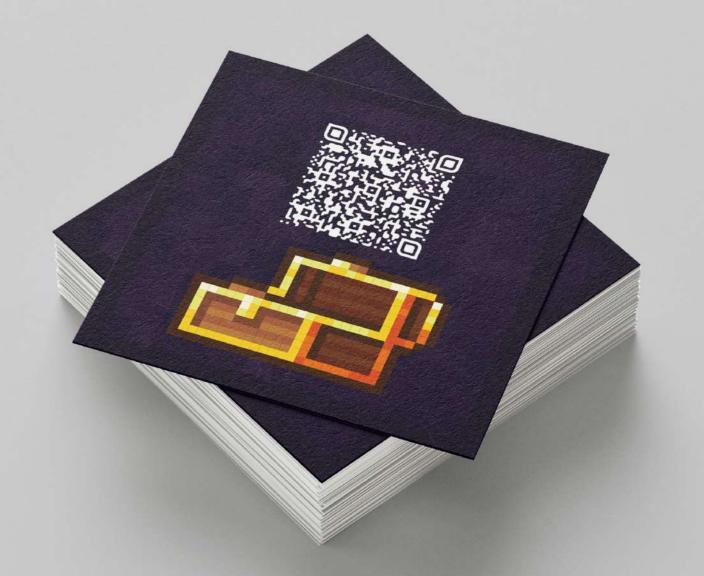




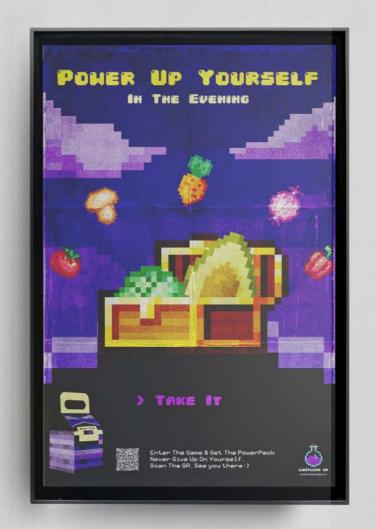












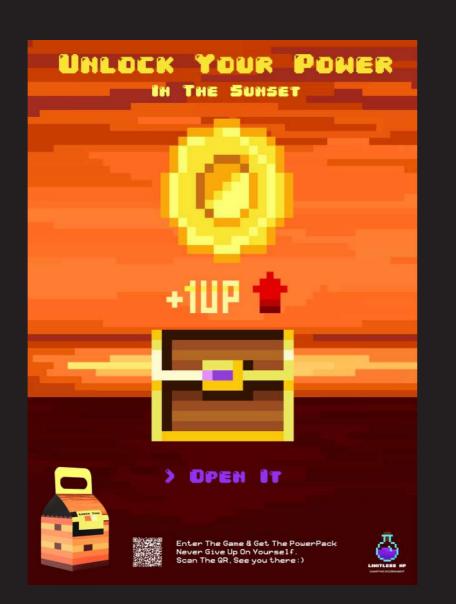


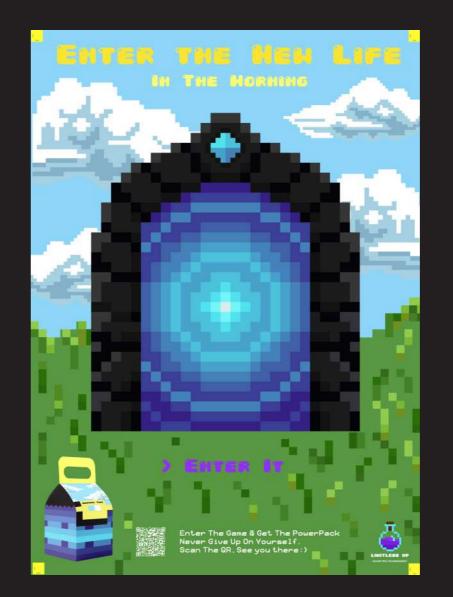










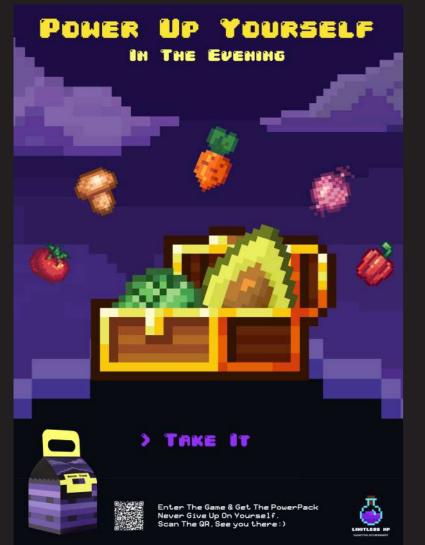


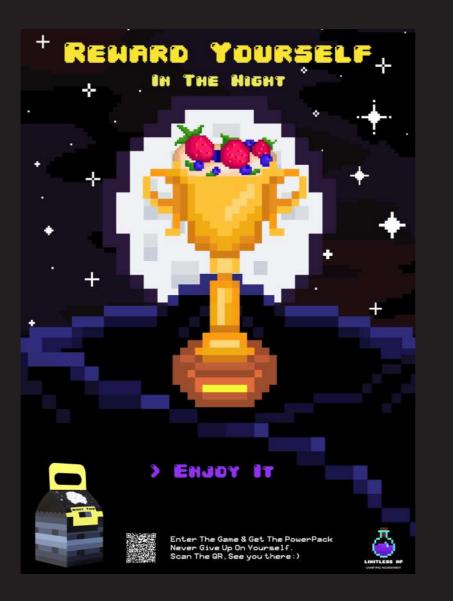






Posters

















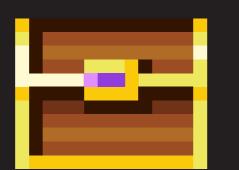




SHOW CRSE ELEMENTS















PATTERNS



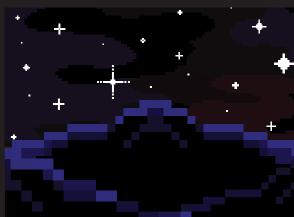


PATTERNS













ICOHOGRAPHY





CHARACTER DESIGN

The Healer Alienist The Inquisitive Archer The Anatomist The Alcemist

THE MAGES





Learns secrets, expose plots, & solve mysteries. A wizard who deals with Lovecraftian entities/the Far Realm for power.



The Inquisitive Archer

Unerring Eye: You are incredibly perceptive, and almost nothing can get past you. nothing can't fool you.

An eye for Weakness: This gives you insight into the Player weaknesses.



Anatomist

Magic to do with the body and physiology. Focusing on healing and alteration.



The Alcemist Alchemist

study magic in all its forms A maker of potions, lotions or alternatively a searcher for the Philosopher's Stone or alternatively a maker of magic items.



BATTLE MASTER

CLERIC ENCHANTER



Battle Master

A battle master learns all the different ways to, well, master battle.

Combat Superiority

Maneuvers: these enhance attacks

Know Your Enemy: this allows the player to learn about an enemy or ally outside of combat. Hitpoints, armor class, and class level are things battle masters can see.



Cleric Enchanter

Subclass of the Mage, they help a lot in the diversity of the characters in the game.

Most specialize in buffing, de-buffing, cleansing, and crowd control.

use spells to fight or defend themselves from attacks.
They usually have the weakest armor because their strong point is fighting from a distance by throwing spells.





SWASHBUCKER

Scout



Swashbuckler

Swashbucklers are masters of the blade and the arts of charisma.

Master Duelist: Even if you miss an attack, You can roll again with an advantage. You'll have to have a long rest to do this action again.

Fancy Footwork: You strike and slip away from enemies with ease.



Scout

Scouts are naturals at scouting territory and living in the wilderness.
Survivalist: a considerable boost to nature and survival skills

Superior Mobility: Higher walking speed

Ambush Master: Using your scouting expertise, you're able to get an advantage at the beginning of combat.





JACK OF ALL BRADS



Jack-of-all-Bards

Also a subclass of Magiclor, these characters can do multiple damages simultaneously.

They are used both for attack and for defense.

These characters are usually used strategically. Through specific dances or instruments, they have the role of stopping enemies' attacks or making a hole in their defense.

These characters also can learn enemies' abilities and bring damage more serious than average.





Blue Wizard

Clerics dealing in life magic heal the sick.

Disciple of Life: More effective healing spells

Blessed Healer. Your healing spells cast on you as well as a team member

These characters do not usually have traditional weapons but use spells to fight or defend themselves from attacks.

They usually have the weakest armor because their strong point is fighting from a distance by throwing spells.





Assasin

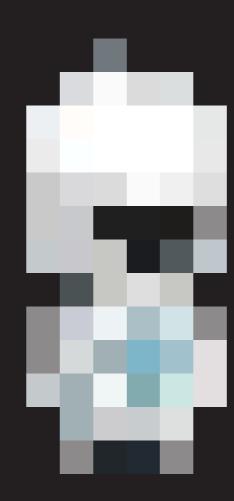
Assassin

This character class has a more subtle approach, unlike warrior's brute force.

They use specific skills, such as stealing, to complete missions. Their abilities revolve around smaller and faster weapons.

Assassin characters slip easily and have no problem finding places to hide.





Arcane Archer

These are usually the most powerful character Well established in attacks and combat, these power characters have the strongest set of assets to support them.

Arcane archers use their bow proficiency to deal with devastating magical bow damage t o anyone in their path.

Proficiency in arcane or nature
Ability: Magic Arrow, Arcane Shot,
Curving Shot, and more.





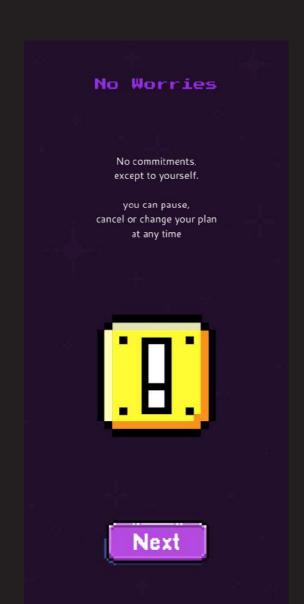
Dicital Time. Let's Play!

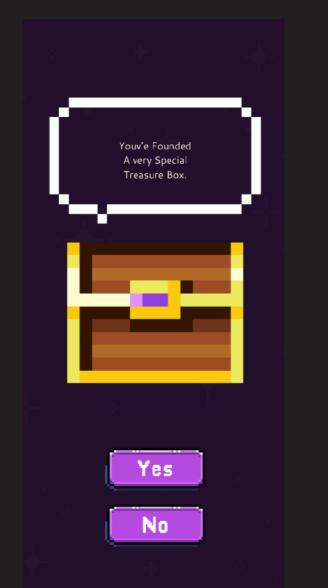
DIGITAL MOBILE

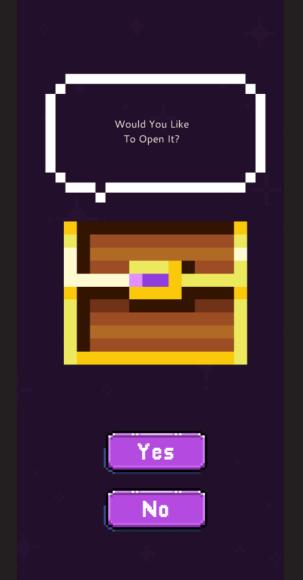
we are so happy to see you here! It means that you actually care about your well-being & you started to realize that the base of your healthier and happier life is your food plan.













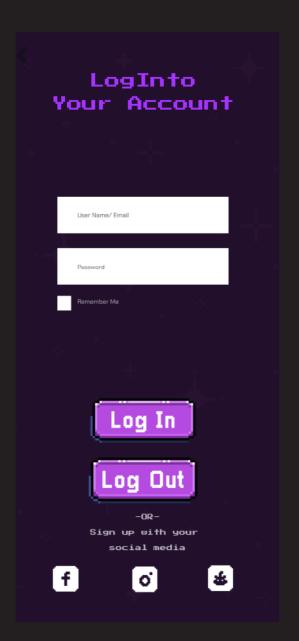




DIGITAL HOBILE

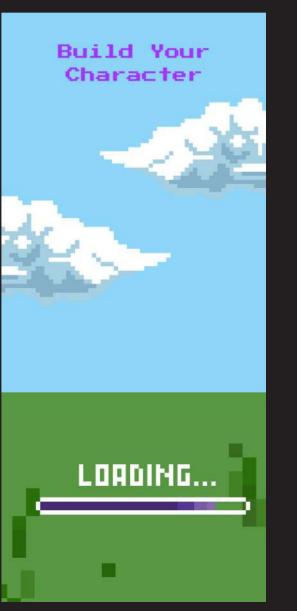










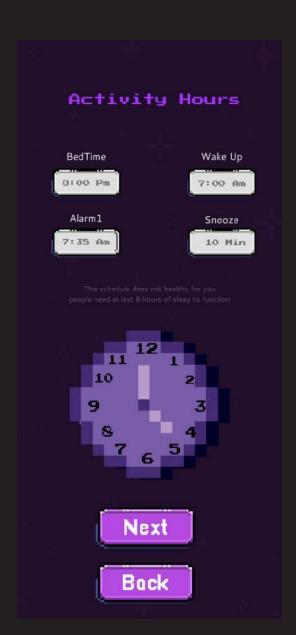


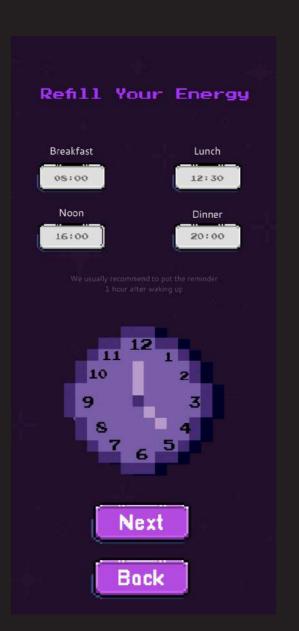




DIGITAL HOBILE

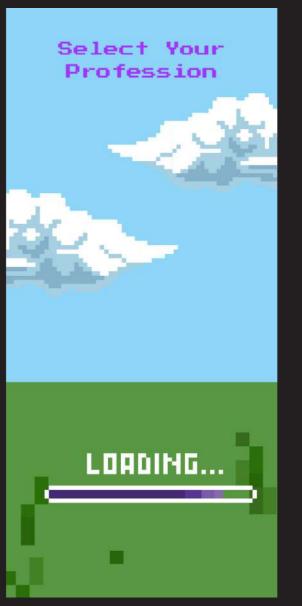








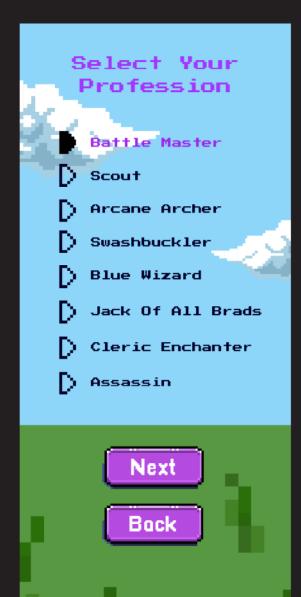








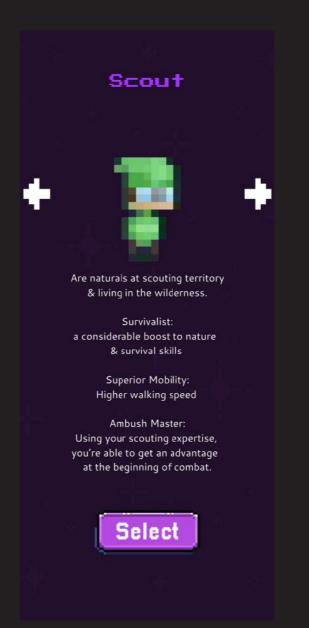
DIGITAL MOBILE

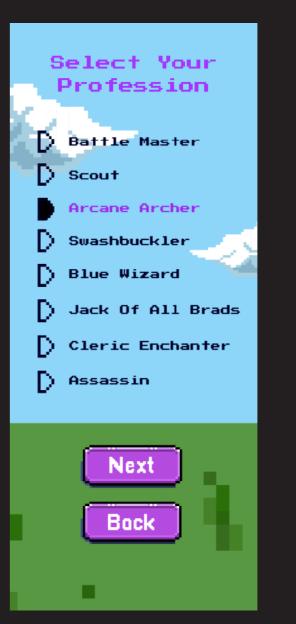






DIERMI HOBILE











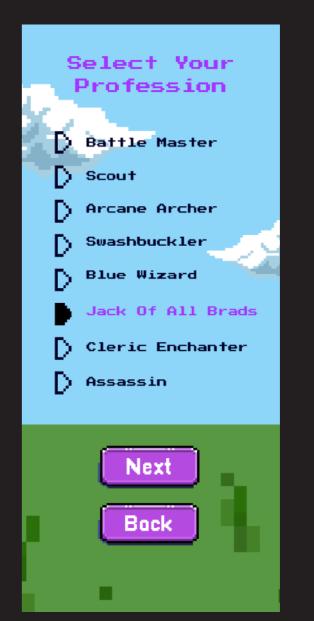
DIGITAL MOBILE









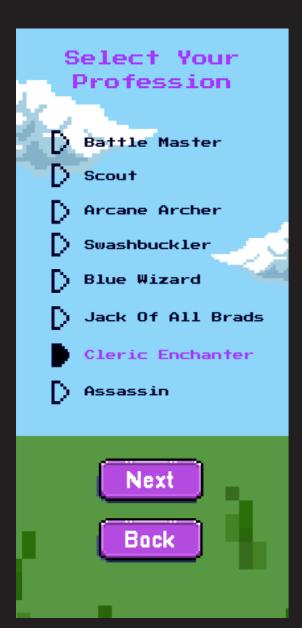






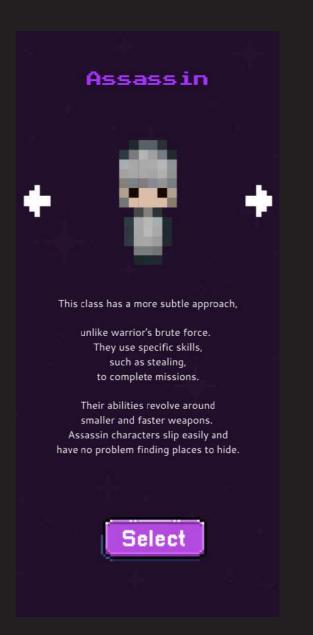


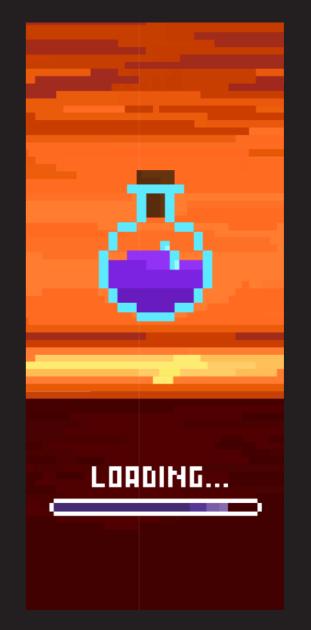
DIGITAL HOBILE

















HOCKUPS









HOCKUPS



MOCKUPS











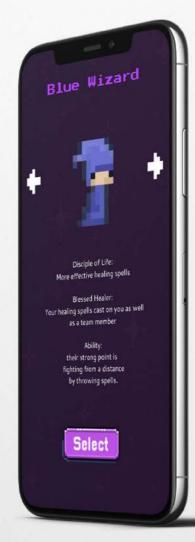
HOCKUPS



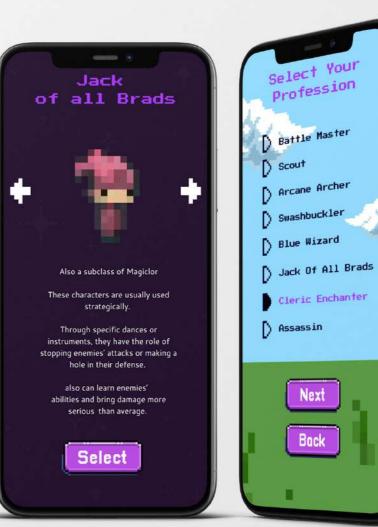




HOCKUPS



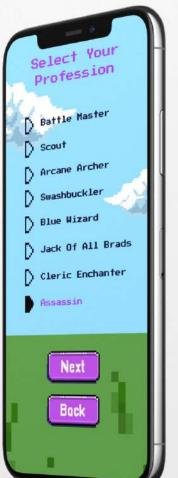




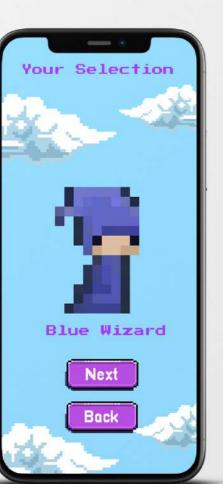


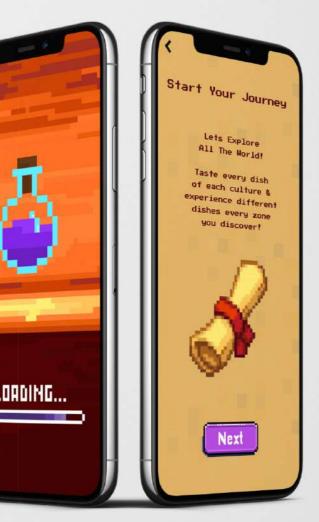












Wanna See How The App Started? Scan Qr Forn Wireframes

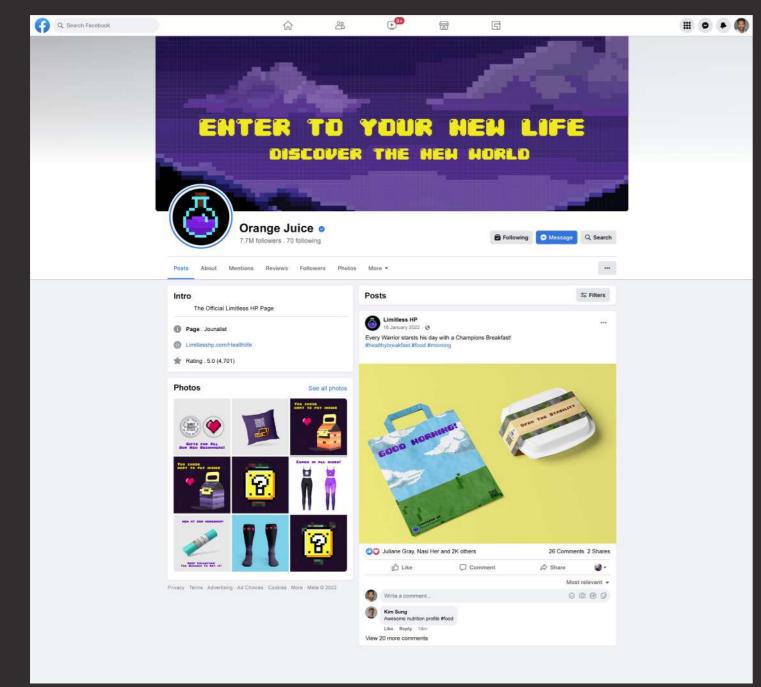






Let's Co-Op

FACEBOOK PROFILE



















YDuTube Page



PLAYLISTS CHANNELS DISCUSSION

SUBSCRIBE



Welcome to your new life, dear advanturer:)

Our Channel Sharing all the News that comming, all the hot updates, and more

We started to stream some podcasts throug playing with you guys, share almost each level for you,.

Subscribe to our channel to stay tuned!

know all the

upcomming evens, guilds, bonuses, EVERITHING YOU NEED <3

Have an amazing advanture, dear player!

try to learm from the level as much as possible to make a selfgrowth progress

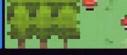
UPLOADS PLAY ALL



Let's Start!



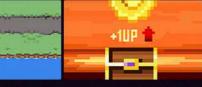
Part two- the magic forest



The First Quest

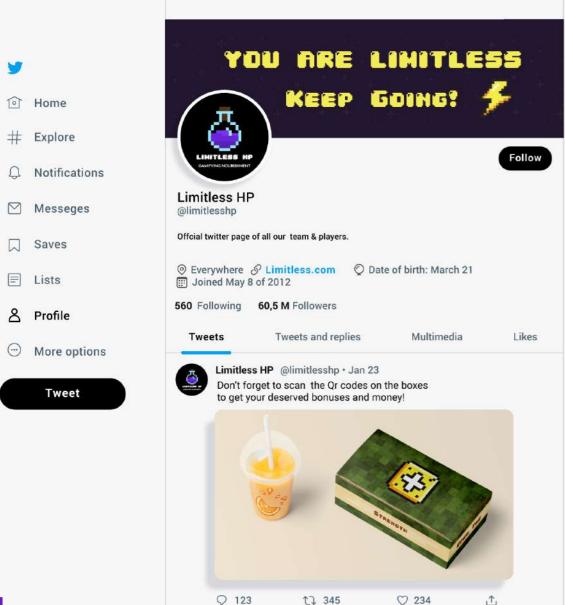


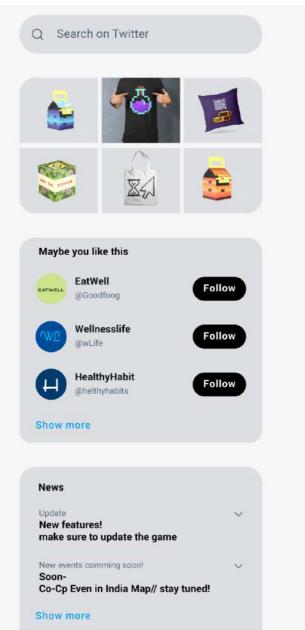




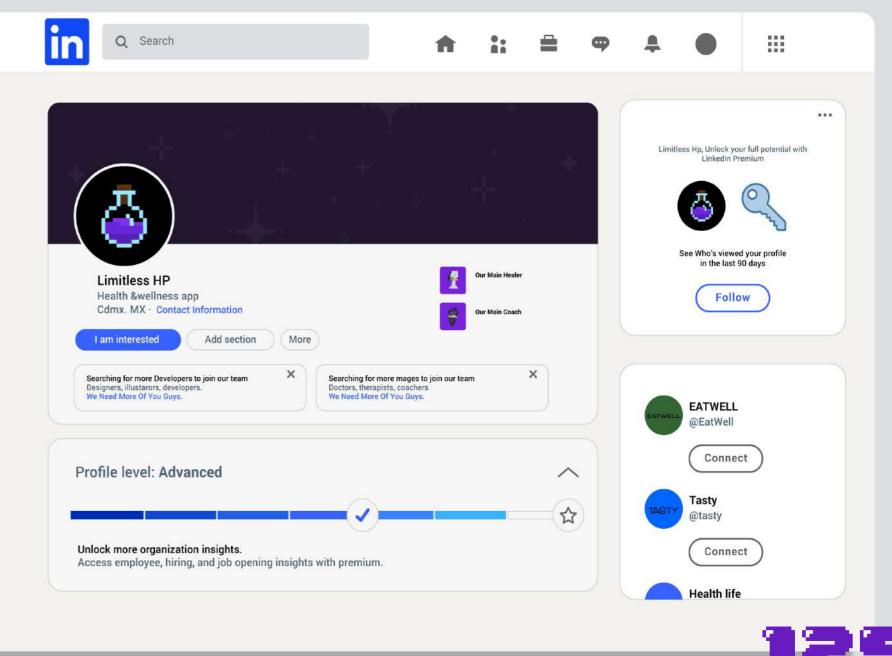


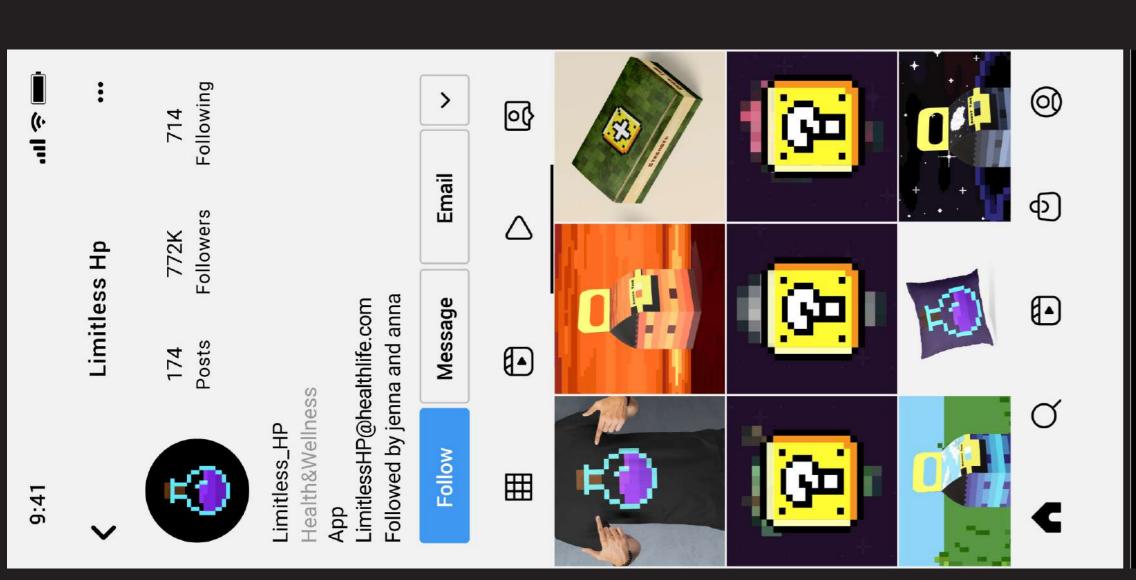
THEETHR PROFILE





LINKEDIN PRIFILE



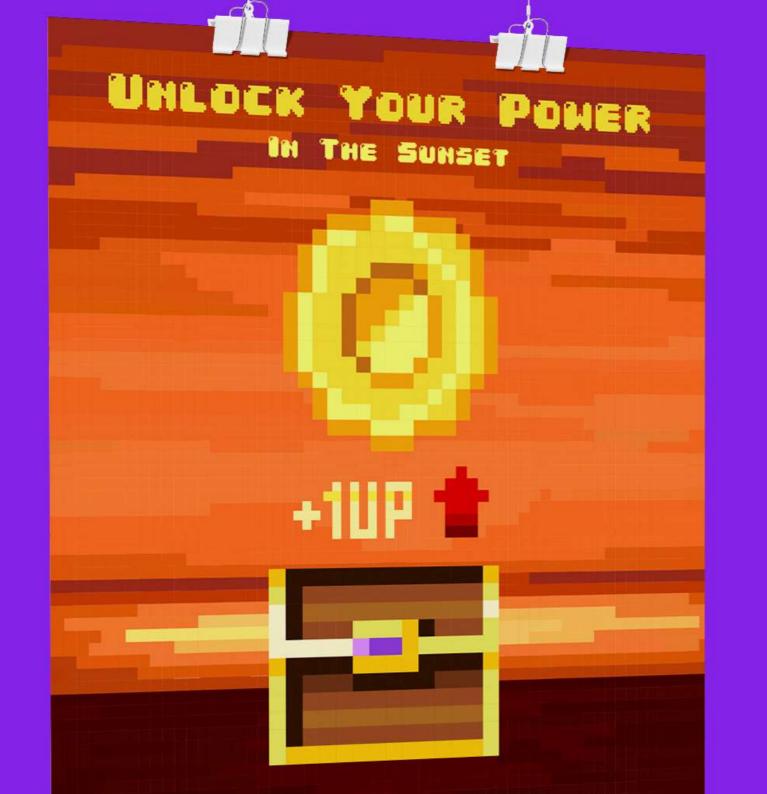


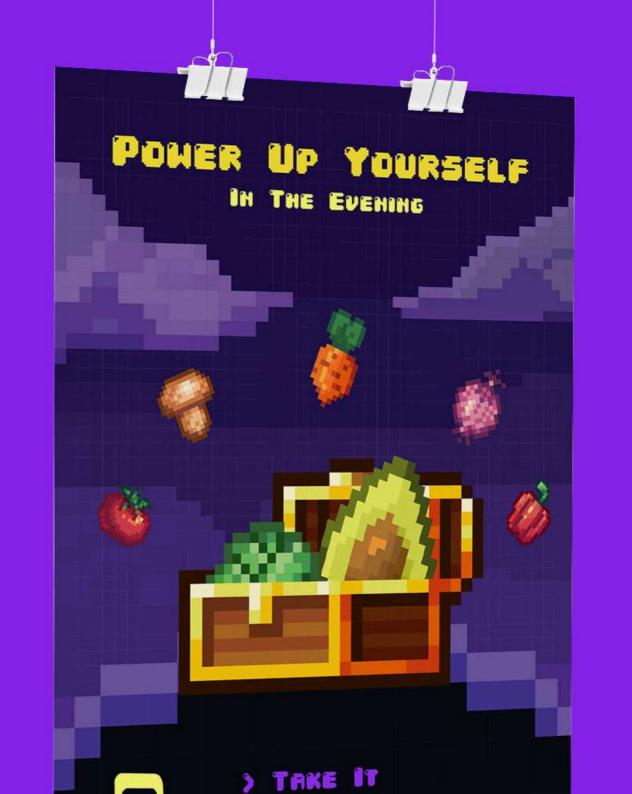




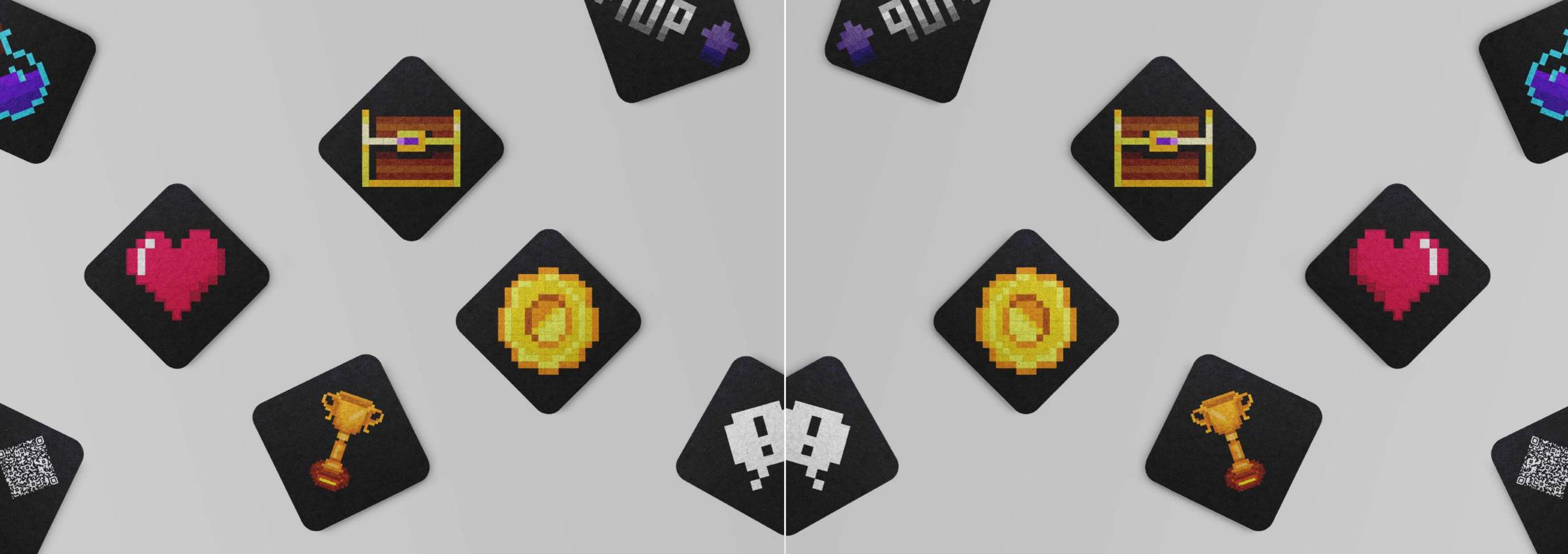












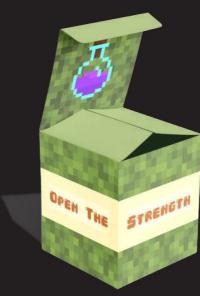
















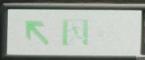
















































DONT PANIC - ITS ORGANIC



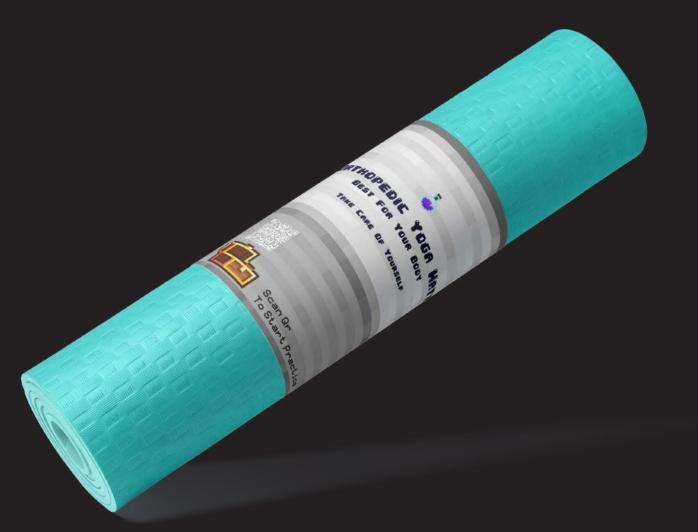














































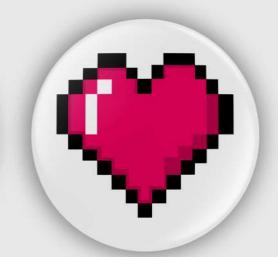




























BIBLIDGRAPHY

https://www.edhope.co.il/%d7%9e%d7%93%d7%a8%d7%99%d7%9b%d7%99-%d7%9e%d7%98%d7%a4%d7%9c%d7%99%d7%9d-%d7%91%d7%94%d7%a4%d7%a8%d7%a2%d7%95%d7%aa-%d7%90%d7%99%d7%9c%d7%94-%d7%aa%d7%96%d7%95%d7%a0%d7%90%d7%99%d7%9d-%d7%95/

https://www.vibee.co.il/personal-development/

https://www.clalit.co.il/he/lifestyle/nutrition/ Pages/New_eating_habits.aspx

https://www.itsup2me.co.il/%d7%94%d7%aa%d7%a4%d7%aa%d7%97%d7%95%d7%aa-%d7%90%d7%99%d7%a9%d7%99%d7%aa/

https://gadalta.org.il/healthy-lifestyle-corona/

https://he.wikipedia.org/wiki/%D7%90%D7%95%D7%A8%D7%97_%D7%97%D7%99%D7%99%D7%9D_%D7%91%D7%A8%D7%99%D7%90

https://symbolismandmetaphor.com/

https://fs.knesset.gov.il/globaldocs/MMM/483871fc-f0e3-eb11-8113-00155d0aee38/2_483871fc-f0e3-eb11-8113-00155d0aee38_11_19420.pdf

https://www.efsharibari.gov.il/

https://www.gratus.co.il/self-development

https://ecowiki.org.il/wiki/%D7%AA%D7%96%D7%95%D7%A0%D7%94_%D7%91%D7%A8%D7%99%D7%90%D7%94#.D7.94 .D7.A2.D7.A8.D7.95.D7.AA _.D7.A9.D7.95.D7.9C.D7.99.D7.9D

https://eating-disorders.co.il/

https://www.amirim-he.co.il/index.php?dir=site&page=articles&op=item&cs=6

https://www.calcalist.co.il/articles/0,7340,L-3739371,00.html

https://www.angelicalbalance.com/spirituality/what-does-the-palm-tree-symbolize/

https://symbolismandmetaphor.com/symbolism-of-water/

BIBLIOGRAPHY

https://symbolsage.com/water-symbolism-and-symbols-aguide/

https://www.strongrfastr.com/meal-planning-software-fit-ness-professionals

https://www.mealpreppro.com/?_branch_match_ id=1047849032852212703&_branch_referrer=H-4sIAAAAAAAAAA8soKSkottLXz01NzCkoSi0oKMrXSywo0MvJz-MvWNzArSkl1KzFKSkoCAAzkWFYoAAAA

https://www.platejoy.com/onboarding/wizard/goals https://apps.apple.com/us/app/paprika-recipe-manager-3/id1303222868?ls=1

https://www.thespruceeats.com/best-meal-delivery-services-4691339

https://www.thespruceeats.com/best-vegetarian-meal-delivery-services-4768445

https://www.thespruceeats.com/best-high-protein-meal-delivery-services-7369498

https://www.thespruceeats.com/best-kosher-meal-deliv-

ery-services-7369952

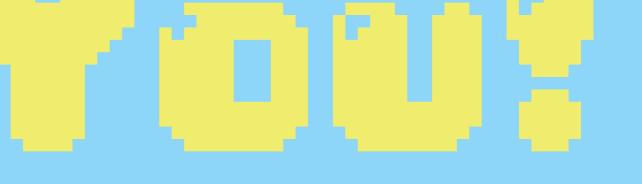
https://www.thespruceeats.com/best-keto-meal-delivery-services-4766831

https://www.thespruceeats.com/best-gluten-free-meal-delivery-services-4768448

https://www.thespruceeats.com/best-online-nutrition-coaches-5105244







THANK YOU!



Well, that's about it.

We're not asking for much.

Just a little respect For Our Logo.

And Stay Healthy & Safe :)