

BLUEPRINT GIFT

The Free Trial, step by step

Exactly what you will see, and what each part is for. It takes a few minutes, and there is nothing to install.

Before you start, three things worth knowing

- Your inputs carry forward. Nothing you enter here is thrown away if you subscribe.
- There is no chatbot. You choose from menus, and a finished plan arrives by email.
- One email address per free trial, and your plan is delivered in the language you pick.

Free trial plans expand on subscription to 5 health and 5 hobby interests, 3 pets, 2 travel plans and 3 proxies.

1 Start here

Your email, your city, and the language you want your plan written in. Nothing else is needed to begin — and whatever you enter carries forward if you subscribe.

Blueprint Gift Free Trial

Your Free Trial awaits your input below, and yes, your inputs carry forward when you subscribe.

Our design is simple, and delivers supportive, personalized wellness guidance without the risks associated with direct AI conversations.

Wellness Plans expand to include up to 5 Health and 5 Hobby/Lifestyle Interests, up to 3 Pets and 2 Travel Plans, and up to 3 Proxies. Enjoy!

Important: You must complete all 3 Health Interests and 3 Hobby/Lifestyle Interests (with Status and Priority) before the Save button turns green. Each email can only be used once for the free trial.

Please provide your email address and your City and State.

Email (used only once for free trial)

your.email@example.com

City/State

Start typing your city...

Select your preferred output language for your wellness plan:

Output Language

English

Your wellness plan will be delivered in this language.

2 Tell us about you

Name, gender and age range, then three health interests and three hobby or lifestyle interests — chosen from curated menus, with a status and a priority for each. This is what makes your plan yours rather than generic advice.

Enter your name, gender, and age range:

First Name

Gender

Select Gender

Age Range

Select Age Range

Your Health Interests (exactly 3 required):

Health Interest #1

Type to search...

Status

Select Status

Health Interest #2

Type to search...

Status

Select Status

Health Interest #3

Type to search...

Status

Select Status

Hobby/Lifestyle Interests (exactly 3 required)

Hobby/Lifestyle Interest #1

Type to search...

Priority

Select Priority

Hobby/Lifestyle Interest #2

Type to search...

Priority

Please select an item in the list.

Select Priority

Hobby/Lifestyle Interest #3

Type to search...

Priority

Select Priority

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3 Your pets, your travel, and anyone you care for

Both pets and travel are optional. A pet on file means species-specific guidance every month; a trip on file means a destination-aware section, including travelling with pets. Add Proxy is where you bring in someone you look after.

Pet Interests (optional - 1 max)

Add Pet

Travel Plans (optional - 1 max)

Add Travel Plan

No Plans? Feel Free to Explore, it's Fun!

Add Proxy (Free Trial – 1 Proxy Allowed)

Save

Please complete all 3 Health Interests and 3 Hobby/Lifestyle Interests before saving.

Important Disclaimer – Please Read Before Saving

NOT MEDICAL, NUTRITIONAL, OR THERAPEUTIC ADVICE. NO LIFE-THREATENING INFORMATION WILL BE PROCESSED OR RESPONDED TO, WHETHER YOURS OR SOMEONE ELSE'S.

The Blueprint Gift Wellness Plan is a Patent Pending System. The content is tailored for illustrative purposes only, using age, location, and the interests you voluntarily provide for yourself or any proxy users you choose to support. It is not a substitute for professional medical diagnosis, treatment, or personalized coaching by a licensed physician, dietitian, or therapist.

4 Add someone you care for

A proxy is a person you look after — a parent, a relative, a friend. They receive their own complete plan, written for them, in their own language, framed as a gift from you. One proxy on the free trial; up to three when you subscribe.

Proxy User (1 Allowed in Free Trial)

All fields are for the proxy only. This proxy will carry forward if you activate your subscription.

Proxy First Name
Proxy City/State

Proxy Output Language

Start typing your city...

Proxy Gender
Proxy Age Range

Proxy Health Interests:

Health Interest #1
Status

Health Interest #2
Status

Health Interest #3
Status

5 Their interests, their pets, their travel

The same care goes into their plan as into yours. Their hobbies, their pet, their trip — so what arrives in their inbox is genuinely about them, not a copy of yours.

Proxy Hobby/Lifestyle Interests:

Hobby/Lifestyle Interest #1

Type to search...

Priority

Select Priority

Hobby/Lifestyle Interest #2

Type to search...

Priority

Select Priority

Hobby/Lifestyle Interest #3

Type to search...

Priority

Select Priority

Proxy Pet Information (optional - 1 max)

Pet Name

Pet Type

-- Select Type --

Pet Gender

-- Select --

Pet Age

-- Select --

Pet Interest (optional)

-- Select --

Pet Interest (optional)

-- Select --

Pet Interest (optional)

-- Select --

Remove Pet

Proxy Travel Plans (optional - 1 max)

No Plans? Feel Free to Explore, it's Fun!

Departure Date

mm/dd/yyyy

Return Date

mm/dd/yyyy

Location

Start typing a location...

Pets Traveling

Yes

No

Remove Travel Plan

That is the whole form

Once you save, a confirmation email arrives. Click the link in it and your first plan is generated and sent to you. Nothing is generated before you confirm, so a mistyped address costs nothing.

What arrives

- **A complete monthly wellness plan** as a branded PDF, written for you specifically.
- **Real local places** near your city, matched to your interests and verified as operating.
- **Books, podcasts and articles** each checked to exist and be correctly attributed before it reaches you.
- **A separate plan for the person you care for** in their language, with a caregiving appendix.
- **Nothing to log into** and no conversation with an AI, now or ever.

Please note

Blueprint Gift is not medical, nutritional or therapeutic advice, and is not a substitute for professional diagnosis, treatment or coaching by a licensed practitioner.