CSIRO brings *NEW* "Hope" to weight loss

Hope is an AI weight loss coach developed for the CSIRO Total Wellbeing Diet, Australia's #1 rated diet*

100 Million Data points

Hope's insights are based on analysis of over 100 million data points collected by the CSIRO Total Wellbeing Diet platform since 2015.

Top 3 behaviours for greater weight loss
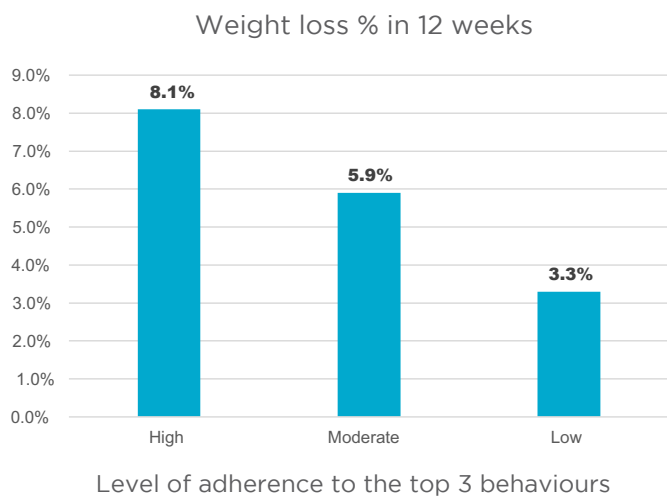
1 Following the meal plan

2 Tracking your food intake

3 Weighing in weekly

8.1% weight loss in 12 weeks

Members who are diligent in performing the top 3 behaviours lose 8.1% of their body weight, nearly 4.5kg more than those with the lowest level of adherence.

Weight loss % in 12 weeks

Level of adherence	Weight loss %
High	8.1%
Moderate	5.9%
Low	3.3%

Level of adherence to the top 3 behaviours

AI weight loss predictions

Hope uses machine learning to predict how much weight a Total Wellbeing Diet member could lose on the 12 Week Program, helping them divide their weight loss journey into manageable milestones. Half of all members who complete the 12 Week Program meet or beat Hope's weight loss prediction.

50% MEET OR BEAT

totalwellbeingdiet.com