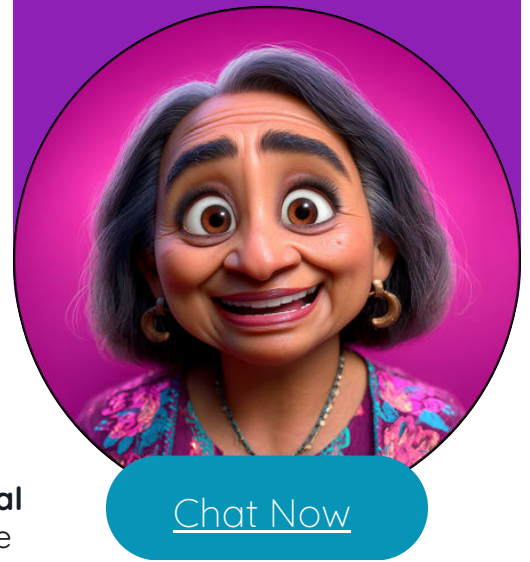


Mobility Reshma

Mobility Reshma is an AI coach for people living with mobility challenges, chronic pain, fatigue, or long-term physical conditions.

Reshma helps users understand **how AI can reduce physical strain and planning effort**, supporting safer, energy-aware ways of managing daily life.



What Mobility Reshma Helps With

Mobility Reshma shows how AI can:

- Reduce unnecessary movement
- Support pacing and rest
- Simplify planning and organisation
- Help users prepare for appointments and travel

“The focus is on respecting limits — not pushing people to do more.”

Problems & AI-Based Solutions

1. Daily tasks feeling exhausting?

Problem: Planning and doing tasks takes too much energy.

How AI helps: AI can create low-energy daily plans, break tasks into smaller steps, and spread effort across the week.

2. Stress around travel or leaving home?

Problem: Travel feels physically and mentally demanding.

How AI helps: AI can help plan step-free or lower-effort routes and create simple travel checklists.

3. Managing appointments

Problem: Appointments require a lot of preparation.

How AI helps: AI can organise dates, reminders, transport plans, and preparation notes in one place.

To get started, you can use ChatGPT's free version.

Go to <https://chat.openai.com> and paste this into the chat:
“Help me plan my days and manage tasks in a way that works with my mobility and energy levels.”

