

this would be the page they put their detail in

FOXTEL

Healthy BodyHealthy MindGet InvolvedFinancialTools & BenefitsHi Anna

Search

Job title

Job title

What does your wellness goals
wellbeing mean to
you?

What does wellbeing mean to you?

Mobile

Mobile

Work phone

Work phone

Date of birth

day

month

year

Gender *

Female

Photo

Datei auswählenKeine ausgewählt

Public profile

☐ Yes! I am happy for my image and comments to be featured on the site

Newsletters

☐ Please send me occasional email newsletters (opt-out at any time).

Please note: We will still need to send you emails if you take part in Challenges, Programs and other events on the site.

CancelSave

4 September: Father's Day

8 September: R U OK? Day

10 September: World Suicide Prevention Day

3

WHAT'S NEW

JOIN SEPTEMBER

Make every step count. Join teams from around the world and get fit for a great cause.

LOGO (that can be changed

tabs eat drop down menu

Recipes -

Programs-

EAT Goals- This is where they record water intake, veggies eaten etc (see next page)

Latest information-




S

article etc




Add subheading

EAT Goals- This is where they record water intake, veggies eaten etc (see next page) see example



PHYSICAL EMOTIONAL SOCIAL CHG SERVICES OFFERS TOOLS HI JACK

Search 

How many steps did I walk today?

Steps

My Devices You don't have any devices connected yet, [add one now](#)

Relaxation 30 POINTS

Relaxation

If you took time out to relax today, write down what you did. Leave the space blank if not.

[View relaxation ideas](#)

Nutrition 10 POINTS

Breakfast

Snack

Lunch

Snack

Dinner

Alcohol

[Learn how to rate your nutrition choices](#)

How many glasses of water did I drink today? 0 POINTS

Water

[Learn the benefits of staying hydrated](#)

...your goals may be same as ours, then we can
evaluate your drinking habits and raise some
money all at the same time.

3


WHAT'S NEW FROM CHG

SPECIAL OFFER: MISFIT SHINE OR FLASH

Get fit in a flash! The Misfit Shine and Flash are sleek, sporty fitness trackers that measure your activity and sleep and sync with your smartphone.

HOW CAN I SYNC MY NEW DEVICE?

Have you just bought a new Misfit device? Learn how to set it up and sync it to your smartphone and Wellbeing Hub Profile. Never manually enter your steps again!



tabs MOVE drop down menu

Exercises

Yoga and Pilates - (this page will have videos that I record of yoga and pilates classes

Programs

Latest information

This is the MOVE pages



article etc



Exercise page

Core program



here they can tick the exercises they want and save them to their profile, so if they come back to it they can see what they are.





If you have never run 5km before. Join this challenge! We give you the right balance of interval training, distance runs and stretch to ensure you can achieve your goal - running 5km without stopping! At the end of the program, enter a run run to test your training.

Points: 900 - Intensity: Medium

[View Program](#)[Join Program](#)

I will run a Half Marathon

"You must do the thing which you think you cannot do". Run a Half Marathon.

Points: 1100 - Intensity: High

[View Program](#)[Join Program](#)

My Bump (0-12 weeks)

Keep fit and healthy whilst pregnant! This low impact exercise program is designed for women in their 1st Trimester. We give you the right amount of exercise to keep mum and baby happy and healthy. Ensure you consult your doctor before embarking on an exercise program during pregnancy.

Points: 800 - Intensity: Low

[View Program](#)[Join Program](#)

My Bump (13-27 weeks)

Keep active as your bump grows! This low impact exercise program is designed for women in their 2nd Trimester. Exercise promotes health and wellbeing for both mum and baby. Ensure you consult your doctor before embarking on an exercise program during pregnancy.

Points: 800 - Intensity: Low

[View Program](#)[Join Program](#)

My Bump (28-42 weeks)

Keep moving in your 3rd Trimester. Join this program and get the right mix of activity and strength which will help with your breathing, endurance and stamina during labour. Ensure you consult your doctor before embarking on an exercise program during pregnancy.

Points: 800 - Intensity: Low

[View Program](#)[Join Program](#)

New mummies

Get your pre-baby body back. Join this program to find out the best exercises for you after giving birth. Easy to do in the comfort of your own home.

Programs page

Running Programs - Beginner runner

Day 1

Walk 10 mins run 5 stretch -

This page will have programs that they can tick completed and it gets recorded in the Achievements page

My Achievements

Info it should have is Steps achieved, exercise programs completed, water and food intake, meditation all carry points that will be counted monthly. If 100 points achieved monthly, then silver certificate, if yearly Platinum

[PHYSICAL](#)[EMOTIONAL](#)[SOCIAL](#)[CHG SERVICES](#)[OFFERS](#)[TOOLS](#)[HI JACK](#)

My Achievements

TUESDAY 12 MAY

TOTAL: 29487 POINTS

My Level Status



20000 points

47%

40000 points



Gold

[learn how to get to the next level](#)

My Badges



Face-to-Face Health Assessment (5000 points)

By getting a snapshot of your health, you can alert yourself to any health risks you might be facing. This badge is for [booking](#) & attending a face-to-face health assessment.



Online HRA (2000 points)

Taking an online health check is a great way to get an easy snapshot of your health and identify any potential risks. This badge is awarded once you have completed your [HRA](#).

Program Champion (5000 points)

This badge recognises individuals who have demonstrated outstanding support of the Healthy Lifestyle Program and who will continue to contribute to the programs' success. [Become a champion.](#)

Skin Cancer Check (5000 points)

Skin Cancer is on the rise in Australia. This badge is awarded for attending a skin cancer check- early



WHAT DOES WELLBEING MEAN TO YOU?

Georgia - CHG

Being a good partner, daughter, friend & keeping my stress & anxiety in check!

UPCOMING EVENTS

May 31 2015: World No Tobacco Day

Raising awareness on the health risks associated with tobacco.

July - Participate in Dry July

Dry July is a great way to take a break from alcohol, evaluate your drinking habits and raise some money all at the same time.



WHAT'S NEW FROM CHG

SPECIAL OFFER: MISFIT SHINE OR FLASH

Get fit in a flash! The Misfit Shine and Flash are sleek, sporty fitness trackers that measure your activity and sleep and sync with your smartphone.

Think page drop down menu

Meditation recordings (load MP4)

Apps we love

Yoga for mindfulness (video)

Meditation class (video)

They will tick they did this and get recorded in their achievement page

Learn Tab
drop down

Policies

News and Events

Book an assessment

Raise a concern

This is where the client will have information about what is happening at their workplace so employees are aware of what is going on at work

Ask an Expert

This tab is so that customers can call or Skype a practitioner of their choice for a private consult

How it works?

Please select a practitioner of choice and request an appointment- Please note there is a 24 cancellation policy.

All information is private and confidential. You may be referred to a face to face consult should the health practitioner see necessary.

I agree to terms and conditions (tick)

Ask an Expert



Bio

Ask Dr. Claire (this will hyperlinked to our
booking system)




Bio

Ask Dr. Mitch


I will send you all the pics and bios

, Tools

Sync your devices, can you please see if you can sync fitbit, jawbone, garmin etc



PHYSICAL EMOTIONAL SOCIAL CHG SERVICES OFFERS TOOLS HI JACK

Search 

My Devices

Connected devices

You don't have any devices connected yet

Connect a new device

Connect to your wearable device or fitness app and never have to manually enter your steps again!

You need to grant us access to retrieve your steps, just choose your device below:

- [Fitbit](#) - [click here to connect your Fitbit device](#)
- [Jawbone UP](#) - [click here to connect your Jawbone UP device](#)
- [Strava App](#) - [click here to connect your Strava App](#)
- [Misfit](#) - [click here to connect your Misfit device](#)

Your connected devices will sync every 10 minutes

WHAT DOES WELLBEING MEAN TO YOU?



Jack - CHG
Going to the gym and getting as much movement in my day as possible

UPCOMING EVENTS

May 31 2015: World No Tobacco Day
Raising awareness on the health risks associated with tobacco.

July - Participate in Dry July
Dry July is a great way to take a break from alcohol, evaluate your drinking habits and raise some money all at the same time.

3

WHAT'S NEW FROM CHG

SPECIAL OFFER: MISFIT SHINE OR FLASH

Get fit in a flash! The Misfit Shine and Flash are sleek, sporty fitness trackers that measure your activity and sleep and sync with your smartphone.

HOW CAN I SYNC MY NEW DEVICE?

Have you just bought a new Misfit device? Learn how to set it up and sync it to your smartphone and Wellbeing Hub Profile. Never manually enter your steps again!



My Springday - CHG The Link by My Springday would like to access your profile and data on Fitbit.com:

 **READ-ONLY ACCESS** 

jack@myspringday.com.au

Password


[FORGOT PASSWORD?](#)

ALLOW


You can revoke this application's access from your Fitbit account settings.

Not using Fitbit yet?



 **TRACK ACTIVITY & SLEEP**

 **MANAGE WEIGHT**

 **WATCH YOUR PROGRESS**

Fitbit motivates you to turn fitness into lifestyle, challenge friends, set goals, and watch your progress.

[Learn more about Fitbit](#)

CREATE A NEW ACCOUNT 