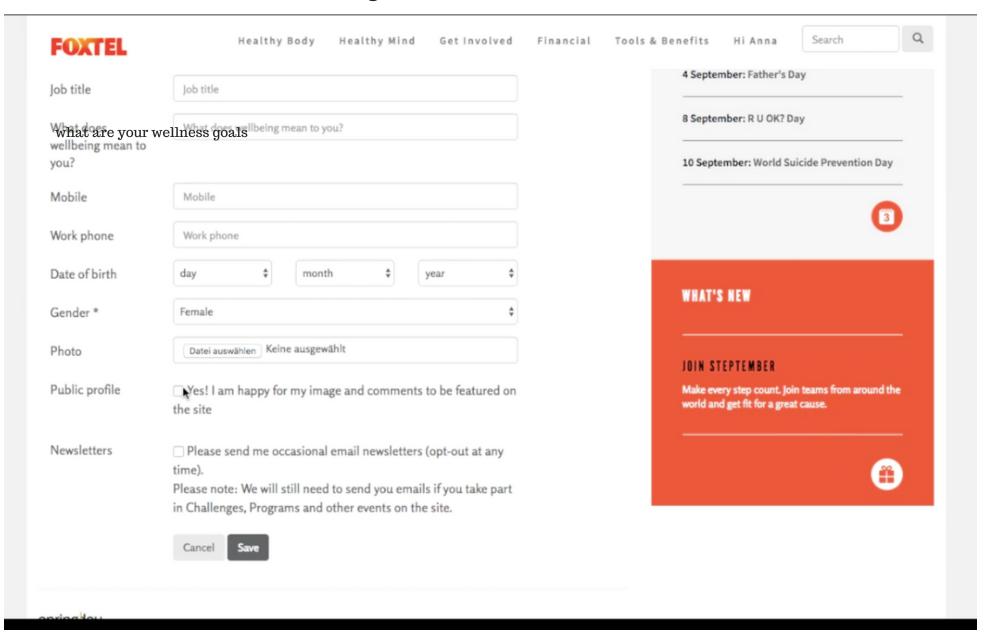
this would be the page they put their detail in



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-

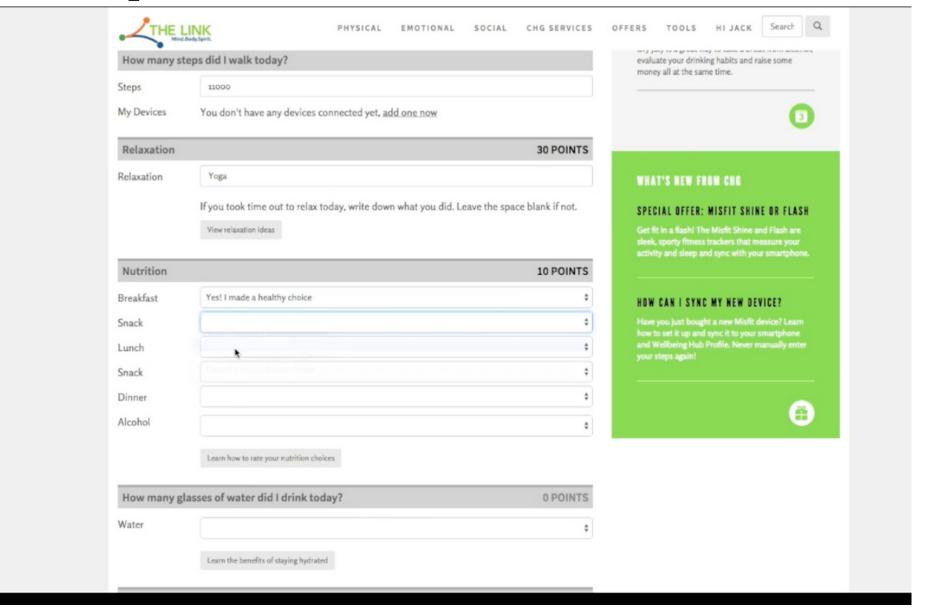


article etc



Add subheading

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



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





Exercise page

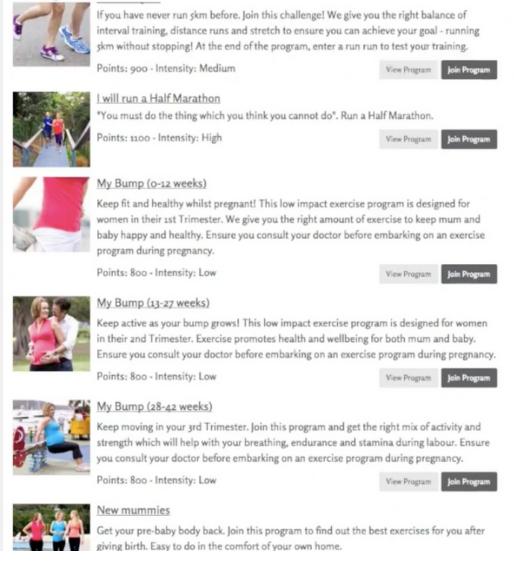
Core program







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.



Programs page

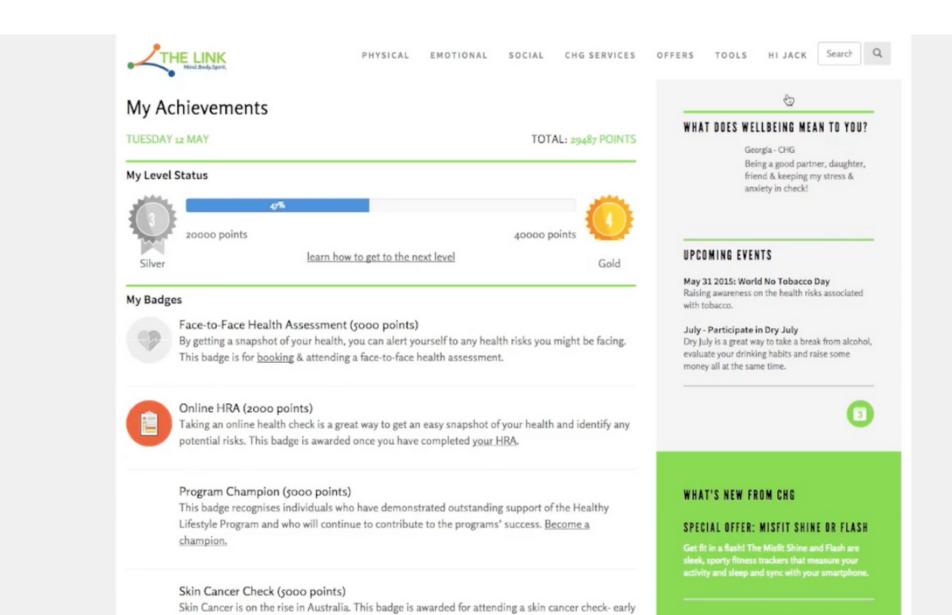
Running Programs - Beginner runner

Day 1 Walk 10 mins run 5 stretch -

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

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



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 their 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

