



TAKE BACK CONTROL
MIND + BODY

If you could change one thing
about your wellbeing
what would it be?



WELLNESS = HABITS





GLOBAL WELLNESS COMMUNITY



MIND
BODY
MOVEMENT
PURPOSE
RELATIONSHIPS
FUEL (NUTRITION)





MOVEMENT PURPOSE
RELATIONSHIPS
MIND BODY
FUEL (NUTRITION)

CORE PROGRAM THEMES



MIND

**BODY
HEALTH**

EXERCISE

NUTRITION

**GOALS AND
PURPOSE**

**RELATION-
SHIPS**

HACKS

SCORECARD TOOL

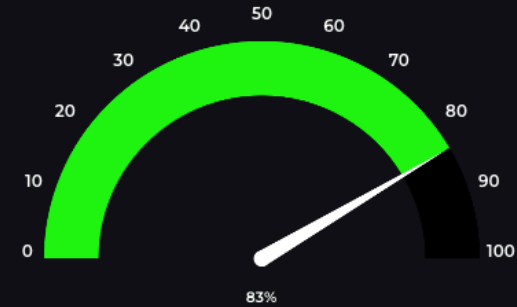
Wellteam Optimisation Scorecard



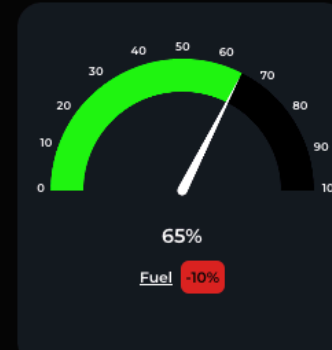
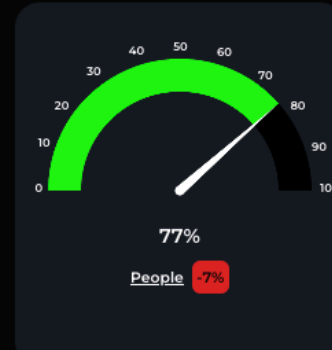
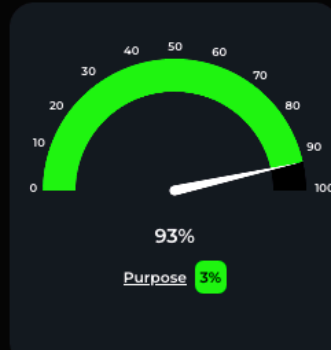
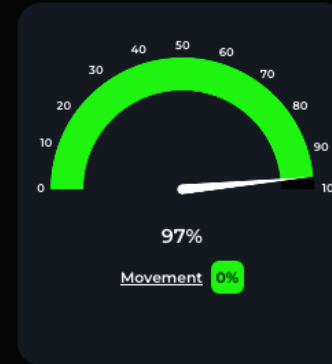
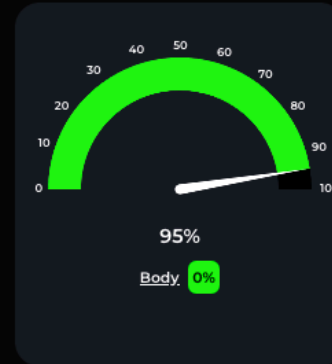
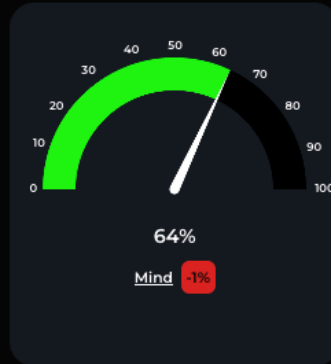
This report date: 04/11/2022

WHAT DO SCORES MEAN?

How you're performing against key optimisation criteria: mind, body, movement, purpose, social and fuel.



Overall Score -1%



START

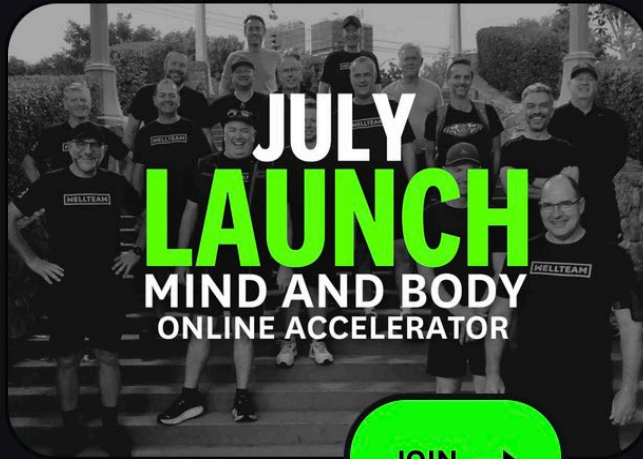


Custom Program

Built for you. Go well!

JOIN →

ACCELERATE



Launch - July Cohort

Join this latest Launch intake, explore powerful hacks together. Take back control of mind + body.

6-WEEKS
EXPLORE 30
HACKS
WEEKLY ZOOM
SESSIONS
ALL CONTENT
ONLINE
SOCIAL EVENTS

NEXT INTAKE
TUES -
AUGUST 8



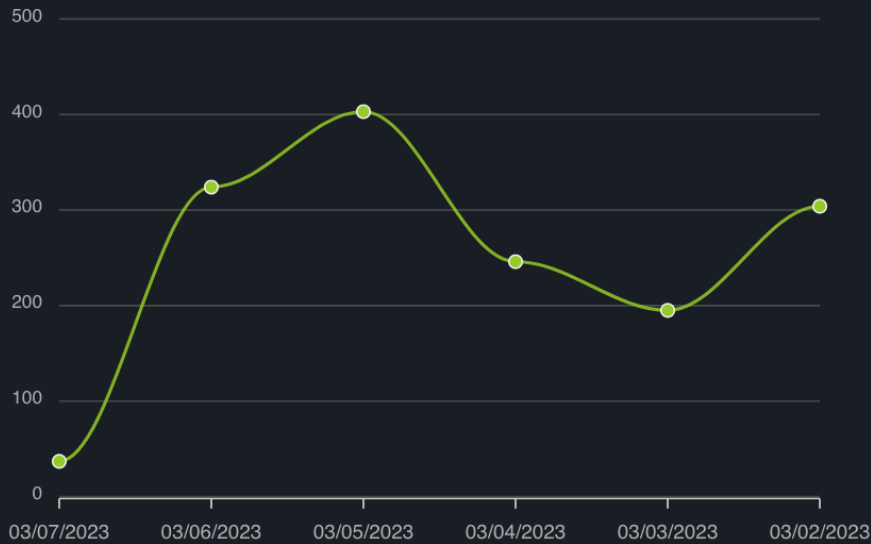
MICRO-HABIT COMPOUNDING™



Activity Points

Last 6 months

Below chart is showing your earned points at different times.



Statistics

Current point achieved this year

2579

Earn your exclusive Wellteam T-shirt.

Remaining. You can do it.



Program
1



Article
28



Event
69



Scorecard
9

Log Activities

Today Yesterday

Press an activity to log that you completed it on that day. Press and hold for more information

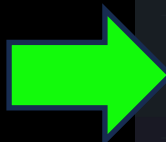
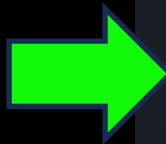
- WHO ARE YOU?
- ELIMINATE BUSY
- DAILY JOURNAL
- WIND-DOWN ROUTINE
- RESTING HEART RATE
- A POINT IN TIME
- SQUATS SQUAD
- AB ATTACK
- PUSH UPS
- CALF RAISES
- DIPS
- CONSISTENT BEDTIME
- ROTATE AND BREATHE
- LOW OR NO CAFFEINE
- MOBILISE THE SPINE
- DAILY MEDITATION
- CALF STRETCH
- DRINK ONLY WATER
- SCREEN FREE BEFORE BED
- MOVE OUTDOORS
- GET UP AND MOVE
- MOVE FOR 40
- BE EXCEPTIONAL
- HAMSTRING STRETCH
- LOOSEN THE GLUTES
- QUADRICEPS STRETCH
- BREATHWORK

Resources

Whatsapp Link: <https://chat.whatsapp.com/HHz6Vlwfk7s7h2uUdD9OIL>

Zoom Link: <https://us06web.zoom.us/j/2413408927>

WELLTEAM GLOBAL CHALLENGE



Global	Country	Company	Team	SuperStat	2023	Yearly
Position	Name	Country	Points	Lifetime Rank		
1	Glen Winkler	Australia	10018	Star 3		
2	Rob Sarovic	Australia	9164	Star 1		
3	David Watts	Australia	9060	Star 2		
4	Howard Bohlin	Australia	5865	Master 5		
5	John Fahy	Ireland	5502	Champion 4		
6	Justin Stewart-Rattray	Australia	4158	Professional 6		
7	Trent Williams	Australia	4047	Professional 7		
8	Richard Ferme	Australia	3918	Professional 8		
9	Daryl Knight	Australia	3252	Professional 10		
10	Harley Cole-Puls	Australia	2616	Semi-Pro 13		

EARN IT
WEAR IT
LIVE IT





WELLTEAM
WELLTEAM
WELLTEAM
WELLTEAM
WELLTEAM

TAKE ACTION

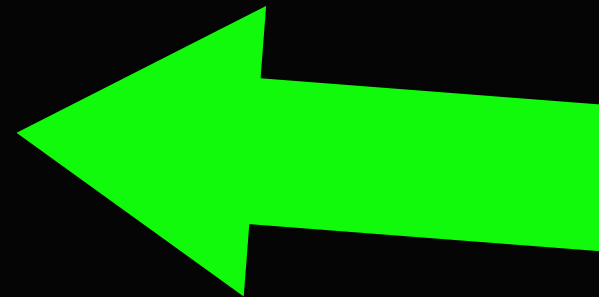
WWW.WELLTEAM.ME





TAKE BACK CONTROL
FOR MORE ENERGY, DRIVE, MOTIVATION.
WELCOME TO WELLTEAM.

Get Started 

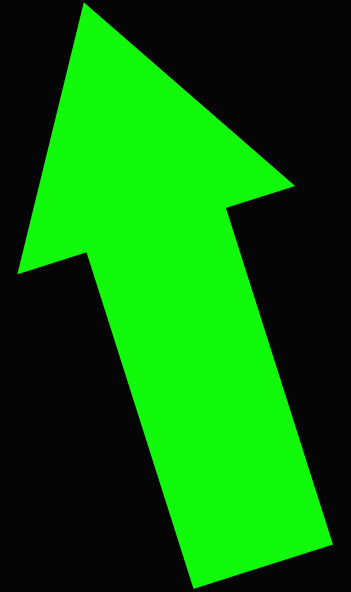


PEOPLE LEADERS





TAKE BACK CONTROL
FOR MORE ENERGY, DRIVE, MOTIVATION.
WELCOME TO WELLTEAM.



[Get Started](#) 

WELCOME BACK!

Ready to go? Let's get started!

 SIGN IN WITH GOOGLE

 SIGN IN WITH FACEBOOK

Or, log in with your email

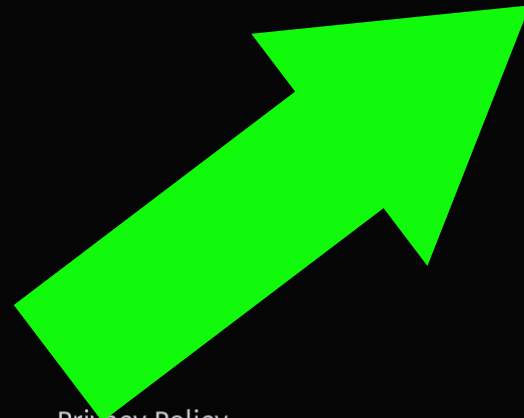
 Log in with Email

NOT YET A MEMBER?

Create an account today and
get your **FREE 14 day trial.**

START YOUR 14 DAY FREE TRIAL →

SET UP A CORPORATE ACCOUNT →



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My Company


Dashboard My Profile ▾ Programs ▾ Events Articles ▾ Scorecard Leaderboard **Company**

Company Details

Name: **Wellteam**

Address: **PO Box 3710**


Phone: **0447666691**

Joining Code: **PIUHUT** 

Division: **Wellteam Pty Ltd**

Contact Name: **Troy Flower**

Offer: **3 months membership (paid upfront)**

Joining Link: **<https://www.wellteam.me/PIUHUT>** 

SEND INVITATION

User List



Bond, James Bond



Bhumin Patel

**10 minutes of
action beats a
lifetime of
regret**





WELLTEAM

WELLTEAM.ME

WELLTEAM