



Key



nomergy
WELLNESS TECHNOLOGY

YOUR 8 WEEK JOURNEY

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ONBOARDING

Time to get to know you and your goals.

- You will enter the goals that you want to achieve.
- Pick a journey they you want to go on. More journeys will be added over time.
- Life is about energy and we want to increase yours – Here is where you rate your current energy levels.





ONBOARDING

Time to get to know you and your goals.

- Answer some key questions that will allow us to match your meal and exercise plan to your lifestyle.





YOUR PERSONAL WELLNESS DIARY

Diary

- Your profile pic, goal weight and wellness goals all appear here.
- Weekly Progress Tracker to ensure you are improving week on week.
- Sync with your wearable tech device.
- Transformation video to show off your results!





TIME TO EAT RIGHT

Nutritionist

- 600 new recipes.
- All perfectly designed to match a members goals.
- Dietician approved 100% matched to dietary requirements.
- Ability to refresh meals to find another option.
- Add to favourites list.





MAKE YOUR OWN MENU

Nutritionist

- Members will be given the different food groups to pick a food from with the correct quantity needed for their meal.
- Once selected they can save the meal and have created their own meal – To their match their goal
- Create your own shopping list of all the ingredients you need.





TIME TO WORKOUT

Trainer

- Choice between home or gym workouts daily.
- Save your favourites to your own lists.
- Clear instructions including videos on each exercise.
- Section to enter your own training notes.





IT'S ALL ABOUT MINDSET

Guru

- Mindset content in the form of audio, articles and videos.
- Relationship, Career, Health and Fitness and Finance assistance.
- Personal Development through gamification.
- Unlock a better you!





IT'S TIME TO CONNECT

Community

- Community gives you access to other members to motivate each other.
- Create an online community of members all with the same goal of self-improvement.
- Members have access to online trainers and nutritionists.
- Post results and weekly challenges.





FIND THE CLASS THAT'S RIGHT FOR YOU!

Scheduler

- View club classes.
- Book a session direct from the app.
- Choose your trainer.
- Choose between classes and Personal trainer sessions.





DON'T MISS A CHALLENGE!

Notifications

- Receive the latest challenges and news as push notifications. Don't miss a challenge!

