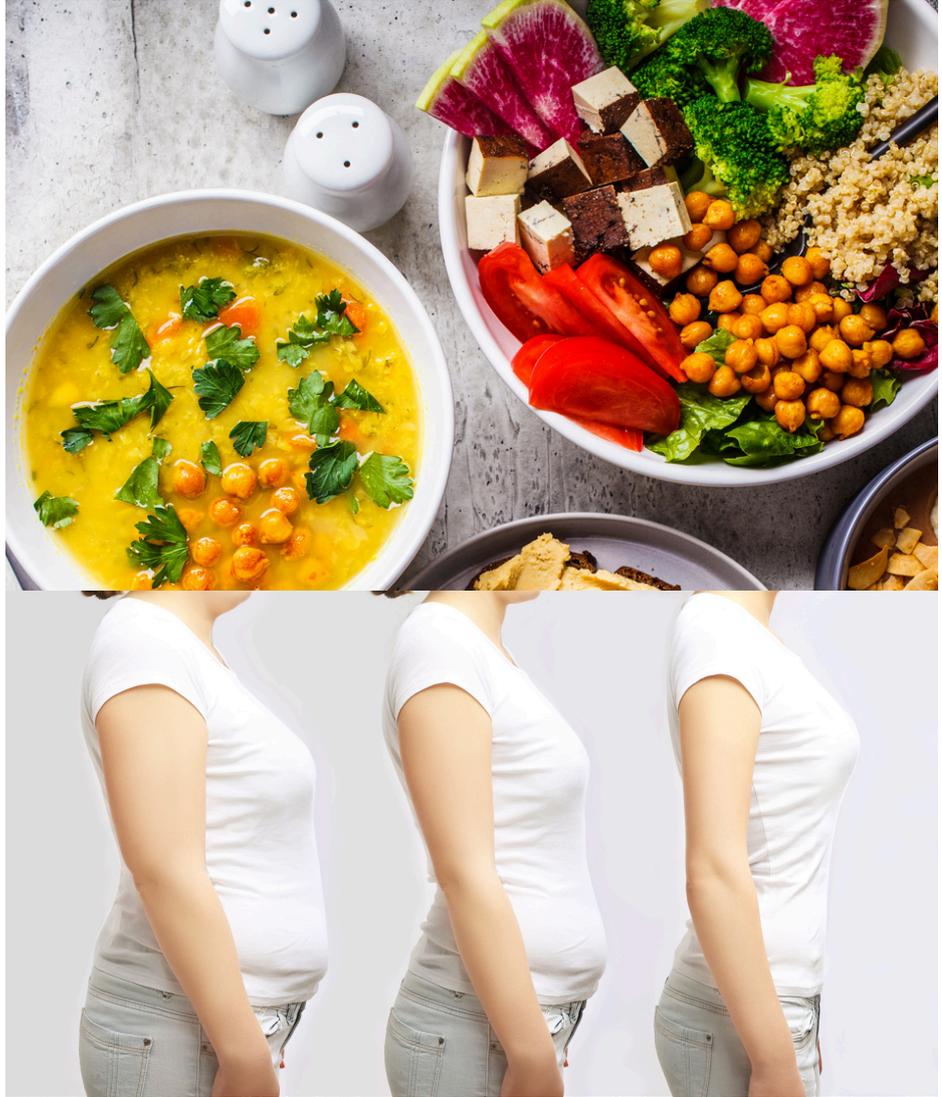

WELCOME



WELLBE 8 WEEK DIET CHALLENGE GUIDE

www.wellbe.co.in



YOU DON'T HAVE TO EAT LESS.
YOU JUST HAVE TO EAT RIGHT!



Welcome to Your Journey!

Welcome to Wellbe 8 week diet challenge.

We aren't here to give you a boring diet; we're here to help you understand how food can be your best friend.

Whether you are 25 and want to build muscle or 55 and want to manage your health, this program is for you.

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WHY THIS CHALLENGE?

Most people think that losing weight or getting healthy means starving themselves or taking "magic" pills and injections.

We do things differently.

Our program is 100% natural and focused on one simple thing: Learning to eat the right way.

We believe that nutrition is not about subtraction; it's about nourishment.

Instead of punishing your body by staying hungry, we teach you how to balance your plate with the essential vitamins and minerals you've been missing. When you stay hydrated and stick to a consistent routine, something amazing happens—your body stops "fighting" you

By feeding yourself correctly, your mind stays sharp, your hormones find their balance, and your body naturally lets go of excess weight because it finally feels safe and fueled. **This isn't a "crash diet"—it's a life protocol to help you eat better, feel energised and lead a much happier, healthier life.**



-
- ✗ No "Magic" Pills
 - ✗ No Injections
 - ✗ No Starving

WHAT DO YOU GET?

Our program is designed to help you lose weight, improve fitness and manage long-term health conditions through the power of nutrition.

We provide expert nutritionist guidance and personalised meal plans to guide you how to eat for your specific goals.

Your Nutritionist Consultation Schedule

Initial Consultation (30 Minutes): Your journey begins with a thorough health review. During this first appointment, your nutritionist will review your goals and create your personalised weekly plan.

Weekly Follow-Ups (10 Minutes): Stay on track with quick, weekly check-ins. These sessions allow us to monitor your progress, adjust your plan and provide the accountability you need to succeed.

How to Get Started

- **Download:** Get the Wellbe 360 App on your smartphone.
- **Join:** Select and book the “8-Week Challenge” directly within the app.
- **Schedule:** Immediately pick your time slots for your Initial Consultation and all Weekly Follow-ups.

With the Wellbe 360 app, professional support is always at your fingertips. No phone calls, no waiting—just a seamless way to master your health.

WELLBE 360 APP

This app is more than just a tracker; it's like having a health coach in your pocket 24/7. Here's how it helps you stay on track:

Your Personalised Meal Plan: No more searching through emails or losing papers. Your customised diet plan is issued and updated directly inside the app.

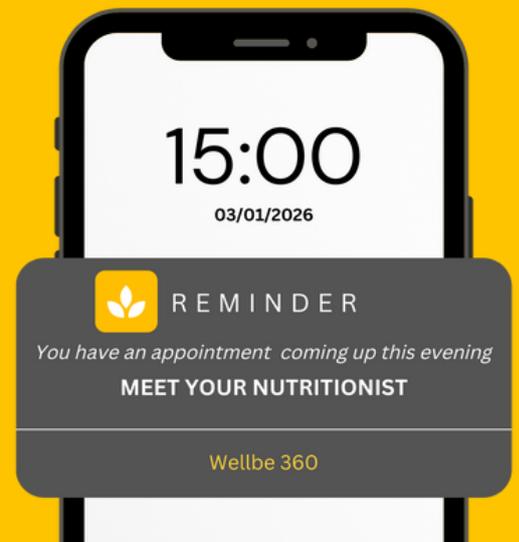
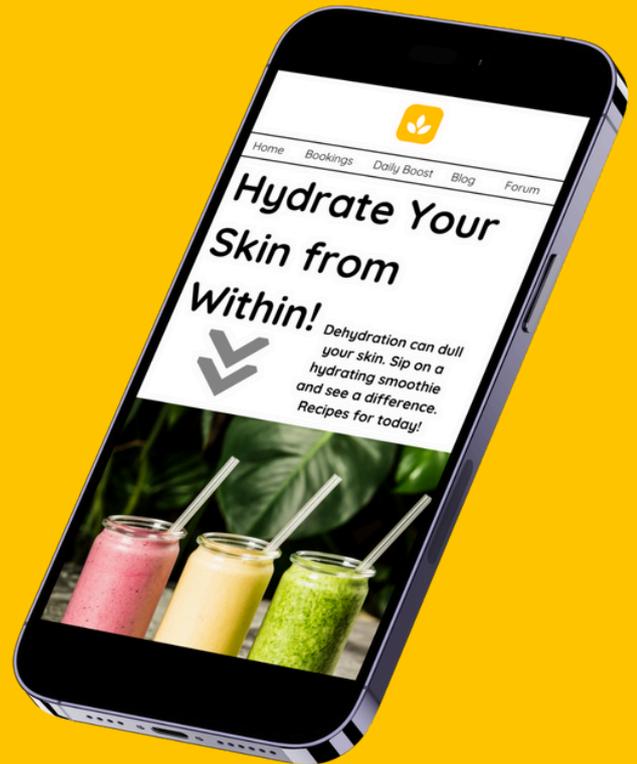
Daily Reminders: We know life in Chennai is busy! The app will send you gentle pings for:

Food: Reminding you when it's time to nourish your body.

Movement: A little nudge to stay active.

Motivation: Daily quotes to keep your mindset positive.

Direct Sync: Remember to connect your Fitbit or fitness monitors so your dedicated nutritionist can be made aware.



EXCLUSIVE KNOWLEDGE:

Not Just "Another" Health Blog

We don't want you to just follow a plan; we want you to understand the 'Why' behind it. But don't worry—you don't need a medical degree to read our updates!

Science, Simplified: We take the latest evidence from medical specialists and top nutritionists and translate that "doctor-talk" into simple, practical advice you can actually use.

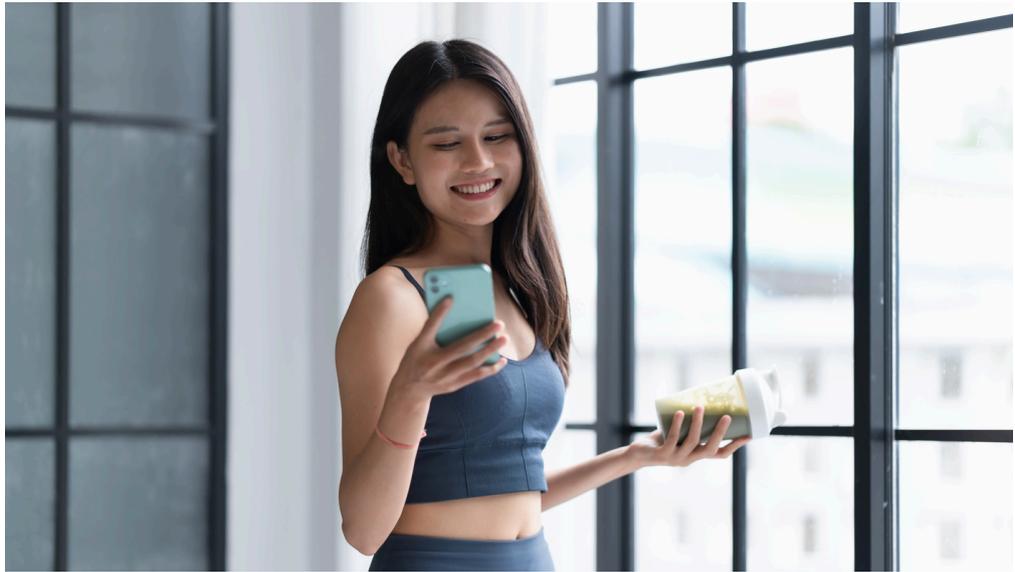
Latest Evidence: No old-school myths. You get information based on the most current health research.

General Wellbeing: From gut health to better sleep, we share interesting blogs that keep your "knowledge levels" as high as your "energy levels."

Trusted Info: The internet is full of confusing health advice. We act as your filter, giving you only what is true, safe and effective.



FREQUENTLY ASKED QUESTIONS



To ensure a smooth start to your challenge, here are answers to some common questions:

01 HOW DO I SCHEDULE MY APPOINTMENTS?

Scheduling your initial 30-minute consultation and all subsequent 10-minute weekly follow-ups is easy:

Go to the "Book Now" section within your Wellbe 360 app. There, you will be able to find and select the available timings of your allocated nutritionist to book your sessions.

02

HOW SOON SHOULD I BOOK MY FIRST APPOINTMENT?

It is critical that you book your first appointment quickly to start your journey and make the most of your purchase.

Booking Window: You must book your first appointment within two weeks of purchasing the program.

Late Booking Policy: If your first appointment is booked after the initial two-week period, you may be required to pay an extra fee.

03

WHAT IF I MISS MY WEEKLY FOLLOW-UP SESSION?

We understand that schedules can change. Please prioritise your weekly sessions as they are vital for adjusting your plan and ensuring progress.

Rescheduling: You can cancel or reschedule your weekly follow-up session up to five (5) hours before the scheduled time. You must reschedule it to another date within the same week.

Missed Session: If you miss the session without rescheduling within the five-hour window, the session will be considered missed, and you will catch up during your session the following week.

Queries: Even if you miss a session, don't hesitate to contact us through email (support@wellbe.co.in) with any urgent queries.

04

CAN I CONTACT MY NUTRITIONIST IN BETWEEN THE WEEKLY FOLLOW-UPS?

Yes, if you have any queries or need quick guidance between your scheduled 10-minute weekly sessions, you can contact our support team.

Action: Please email your query to support@wellbe.co.in

We strive to reply to all queries within 48 hours.

05

CAN I GET A REFUND FOR THE PROGRAM?

We offer a short window for refunds to allow you to experience the initial stages of the program risk-free.

Refund Window: You can receive a full refund within the first two (2) weeks of the program purchase date.

Policy: After this two-week window has passed, there will be no further refunds due to the long-term, commitment-based nature of the program and the resources allocated upon enrollment.

NAMMA FOOD, OUR WAY



Many people fear that dietitians will ask them to eat only oats or salads. Don't worry!

We focus on:

- Using local, home-cooked food.
- Making you feel energised, not starved.
- Fixing the "hidden" nutrition gaps that cause tiredness and illness.

Success Tips for Chennai Makkal

1. **Don't Hide the "Treats":** Had a wedding biryani or a filter coffee? It's okay! Log it in the app. We are here to help you manage it, without judging.
2. **Water, Water, Water:** Our Chennai heat is no joke. Keep a bottle with you at all times.
3. **Be Patient:** Real health takes time. By Week 4, you'll start feeling the difference in your energy levels!

TRANSFORM YOUR HEALTH FOR GOOD

THANK YOU



CONTACT US

www.wellbe.co.in

Email: Support@wellbe.co.in

Phone: 0091 7598 333 333

