

Reconnect Reset Recharge

Tim Jack Adams



greenx7

phn
GOLD COAST

An Australian Government Initiative





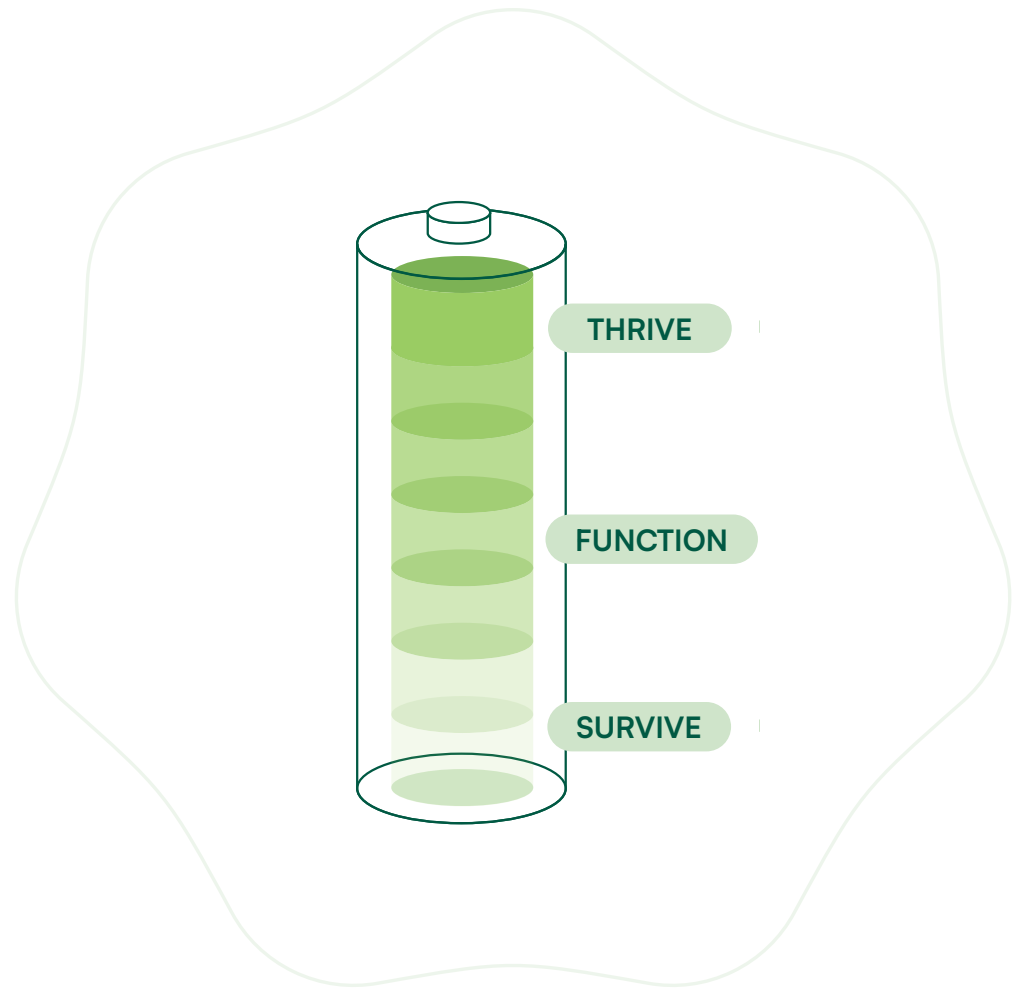


gx7
Tools



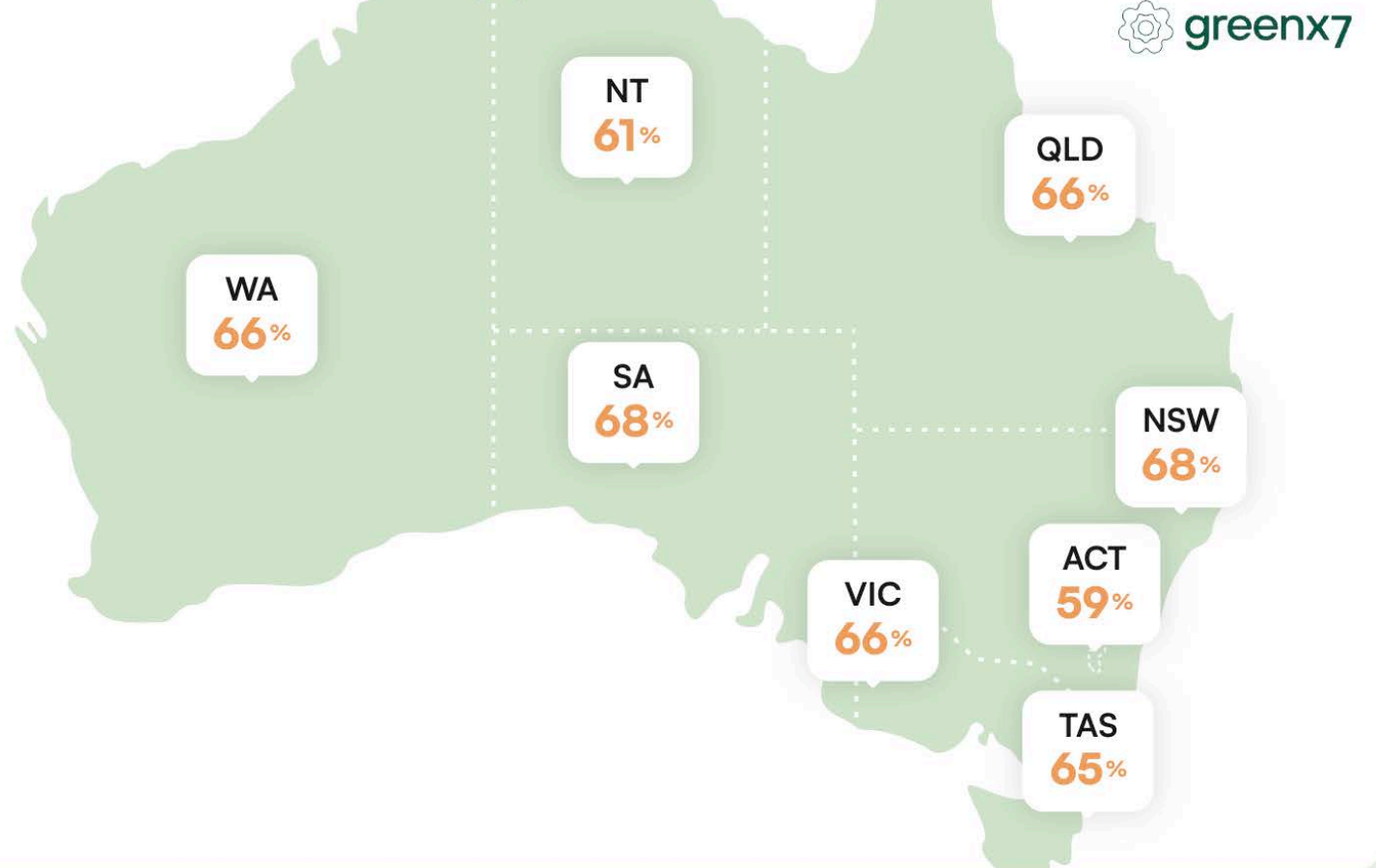


How's **your** battery?



Aussie average battery score

66%



67%



66%



72%

66%



18-24

63%



25-34

66%



35-44

66%



45-54

70%



55-64

69%



65+

Start your
Battery Check™





To thrive and
not just survive.





Waking
up feeling
recharged.





Having energy,
enthusiasm and
vitality to move!





Mindfully
eating food
that nourishes
mind and body.





Having a positive
outlook on life.





Finding the
fun in life and
doing it often.





The connection
you have in your
relationships.





Feeling
connected
to your friends.



Do you want
to play a
card game?



Choose one
card you're
feeling good
about.

Reflect on why.



**What's one
card would like
to improve on
this week?**

**Why. What.
When. Where.**



Our Mission

**To reconnect people to themselves,
others and nature to support an
Everyday Wellness lifestyle.**



Connect
with us



Email

info@greenx7.com

Socials

[@greenx7.com](https://www.instagram.com/greenx7.com)

www.greenx7.com