

Sample report. The layout and the privacy rules are exactly what Wellora produces for your program. The program, the members and every number here are made up, to show you the format. This reporting is part of an upcoming Wellora release.



Community Movement and Wellbeing Impact Report

Autumn Walking Program · Anand's Walkers · 8-week term

Prepared for Maroondah City Council · 21 Jun to 2 Aug 2026

Across the 8-week term, an average of 84% of Anand's Walkers' 42 members checked in each week.

Active days ran about 18% above the group's own starting point, and 9 members who had gone quiet came back to the group. These are changes we observed in a single group over one term, not proof the program alone caused them.

84%

Average weekly participation, of 42 enrolled members

+18%

Active days vs each member's own starting point (24 of 42 had data in both windows)

9

Members came back after a quiet spell of 14 days or more

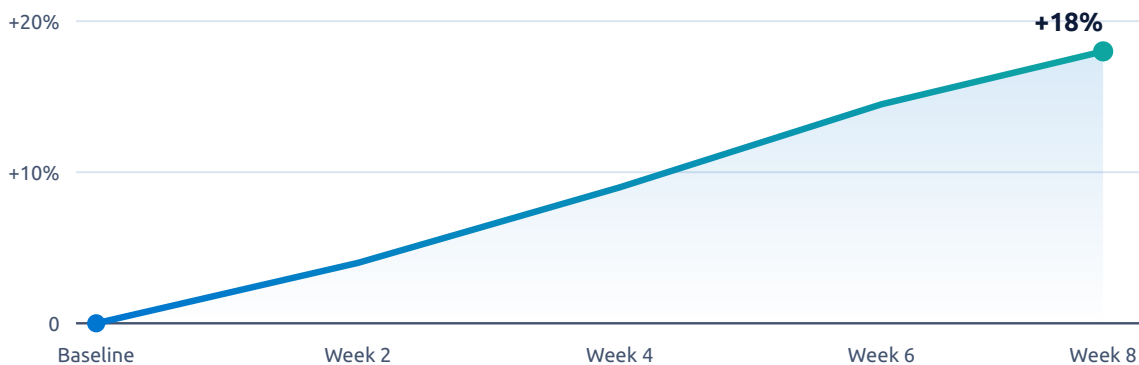
42 residents enrolled across the Maroondah area

31 of 42 shared aggregate movement 27 of 42 shared aggregate wellbeing any group under 8 is hidden

You see the group's story, never any one person's numbers, journal or weight.

Movement figures rely on a phone or watch, so residents without one are under-counted here.

MOVEMENT, THE CHANGE WE CAN SEE



Change in active days for the **24 of 42** members with data in both the first two weeks and the last two, each measured against their own starting point. Members who left earlier are not counted, which can lift this figure. A single group over one term, so this is an association, not proof of cause.

For context, national guidance suggests adults aim to be active on most days. Shown as context only, not a target Wellora claims to deliver.

WHO IS SHOWING UP



■ Strong
 ■ Steady
 ■ Building
 ■ No data yet

Participation bands for all 42 enrolled members, by weekly check-in. Over the term the group moved toward Strong and Steady. The Building share falls because members moved up into Steady and Strong, not because they left. Bands, not health data: this says who is taking part, never anyone's numbers.

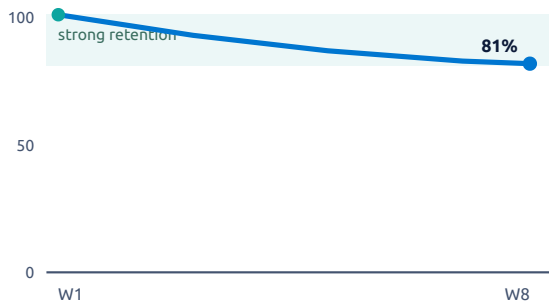
Any band with fewer than 8 members is merged upward before a report is shown.

AGAINST WHAT THIS PROGRAM SET OUT TO DO

PROGRAM OBJECTIVE (HOST'S WORDS)	WHAT THE DATA SHOWS	FRAMEWORK DOMAIN
Get less active residents moving regularly	84% kept a weekly walking rhythm across the term, and active days ran about 18% above each member's own starting point.	Healthy
Reduce isolation among older residents	71% used a Connect slot most weeks, and 9 members returned after a quiet spell.	Connected
Sustain participation across the whole term	About 4 in 5 were still checking in by week 8, and engagement held even in weeks with no organised walk.	Participating

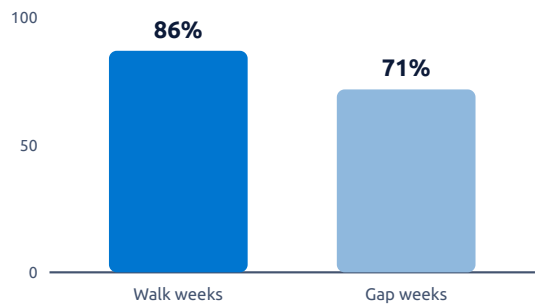
The objectives on the left are the host's own words from the funding agreement, editable to match your Council Plan wording. The middle column is filled from participation and change data only. Mapped to the Victorian Public Health and Wellbeing Outcomes Framework. Figures are group participation and change against each member's own baseline: association, not proof.

MOMENTUM HELD



Share of the 42 enrolled members checking in each week. In week 8 about 81% were still checking in, so the group stayed engaged the whole term, the signal a sign-in sheet cannot show.

MEMBERS KEPT SHOWING UP BETWEEN WALKS



In weeks with an organised walk, 86% of members checked in. In weeks with none on the calendar, 71% still did. Based on 5 walk weeks and 3 gap weeks (weeks, not members). A single group, so this is what we observed, not proof of cause.

About 280 active member-weeks logged across 42 members over 8 weeks.

A sign-in sheet records who was in the room on the day. **This records whether each member kept checking in week to week, and how their own movement changed against their own starting point.** This was the first Autumn term, so these figures set the baseline for future rounds.

WELLBEING ENGAGEMENT

WELLBEING SURVEY ON THE ROADMAP

1,180

mood check-ins logged across the term

63%

of members active that week used the Connect slot at least weekly

Today Wellora reports wellbeing **engagement**: that people checked in and reached out, never the content of a check-in. The bands members tap are a self-reported mood check-in, not a clinical score. A validated group wellbeing survey (the Short Warwick and Edinburgh Mental Wellbeing Scale) is on the roadmap and will be added as an opt-in survey, shown group-only. We do not present the daily mood tap as a clinical or outcome measure.

WHAT WE LEARNED THIS TERM

How the term went, read against the figures in this report.

WHAT WORKED

- An average of 84% of the 42 members checked in each week, and about 81% were still checking in by week 8, so the group held together across the whole term.
- In weeks with an organised walk on the calendar 86% checked in, against 71% in weeks with none. We cannot say the walks caused that on their own, but participation ran higher when a walk was on.
- 9 members came back after a quiet spell of 14 days or more, the kind of return a sign-in sheet would never catch.
- The "no data yet" share fell from 24% in week 1 to 11% by week 8, so more of the group settled into a weekly rhythm as the term went on.

WHAT WAS HARDER

- The +18% lift in active days covers only the 24 of 42 members with data in both the first and last two weeks, so it speaks for a little over half the group, not everyone enrolled.
- Week 1 had the largest "no data yet" band at 24%, so a good part of the group took a few weeks to get set up and sharing, and the early figures understate what was really happening.
- Movement figures rely on a phone or watch, so any member walking without one is under-counted here.
- Wellbeing here is taking part, not feeling better. We can see people showed up and reached out, but a validated wellbeing survey is still only on Wellora's roadmap, so we are not claiming a change in how anyone felt.

WHAT WE WOULD TRY NEXT TERM

- Help members get their check-ins set up in week 1 rather than over the first fortnight, to close that early "no data yet" gap sooner and bring more of the group into the movement figures.
- Keep at least one organised walk on the calendar most weeks, given how much higher participation was in walk weeks (86%) than in weeks without one (71%).
- Make more of the Connect slot, which 63% of active members used most weeks and where 22 members left a note, as a simple way for the group to stay in touch between walks.
- When the wellbeing survey lands, add it as an opt-in at the start and end of term so next round can report how members felt, not only that they took part.

This is the program lead's own reflection, not a Wellora-calculated figure. In the full release, each host writes their own, grounded in the figures shown here.

A MOMENT FROM THE PROGRAM

"Partway through the term, a member who had been keeping mostly to home started walking every day and shared it with the group."

Across the term, 22 members left a note or a reply in a Connect slot.

Host observation, shared with the member's permission. Illustrative. Member notes sit outside the aggregate data and are never used to describe any individual's health figures.

METHODS AND LIMITATIONS

HOW TO READ THIS REPORT

What this is. A participation and self-reported wellbeing record for one 8-week program, built from members' daily check-ins.

Windows. Baseline is each member's first two weeks. Change is the final two weeks against that baseline, for members present in both.

How many people each figure covers. Every figure names the number of members behind it. Movement change uses the 24 of 42 members with data in both windows.

What the wellbeing bands are. A self-reported mood check-in on a simple scale, not a clinical score. Moving up a band means members reported feeling better, not a diagnosis.

Privacy. You see group participation, self-reported bands, and change against each member's own baseline, never any individual's raw health data, journal text or weight. Any group under 8 is hidden, and overlapping groups are hidden together so a small group cannot be worked out by subtraction.

Consent and source. Movement comes from Apple Health on an opt-in basis. Members choose what to share, by category, and can withdraw at any time.

Honesty. This is a single group, not a controlled trial, so figures show change alongside the program, not proof the program alone caused it. Movement from a phone or watch is a proxy, not a validated activity measure.

Safety. No injuries or safety incidents were reported over the 8 weeks.

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Program

Autumn Walking Program
Prepared for Maroondah City Council