



WELLNESS CHALLENGES

GO BEYOND STEPS AND ENCOURAGE A HEALTHY LIFESTYLE

Each of our 6-week themed challenges has participants tracking daily activity along with two additional wellness metrics, and the leaderboard displays progress in points instead of steps! Our easy to use tools makes tracking progress fun and keeps user's data private.

CURRENT CHALLENGE OPTIONS

Mindfulness



Track

- Sleep
- Mood
- Physical Activity

Healthy Weight



Track

- Nutrition
- Weight (weekly)
- Physical Activity

General Nutrition



Track

- Nutrition
- Water
- Physical Activity

Nutrition & Mood



Track

- Nutrition
- Mood
- Physical Activity

Nutrition & Sleep



Track

- Nutrition
- Sleep
- Physical Activity

OPTION ADD-ONS

Add these optional features to your challenge.

Reflections

Earn additional points daily by sharing:

- Journal entries
- Photos

Educational Questions

Earn additional points by correctly answering biweekly pop-up questions.

PROMOTIONAL MATERIALS

- Email Templates
- Digital Poster (sample below)

