



wellnesscoach
LIVE HEALTHIER, HAPPIER, LONGER.

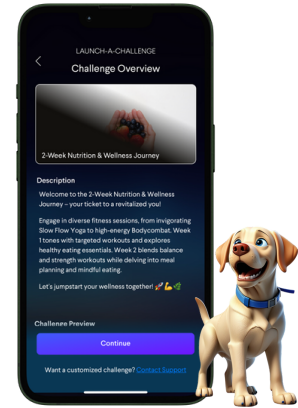


Wellness Coach Challenge Catalogue

Motivate employees to build healthy habits, while encouraging a little friendly competition across dispersed teams!



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Wellness Coach Challenge Catalogue



What to Expect

Challenges with Wellness Coach are a fun and inclusive way to motivate employees to build healthy habits while encouraging a little friendly competition across dispersed teams!

The best part? They're easy to launch, even easier to join, and fully automated—so no manual tracking for you or your employees! Employees can join, participate in, and launch their own challenges right on the mobile app, the web portal, and through our apps for Slack, Microsoft Teams, and Zoom.

Customization Options

Teams vs. Individual Participation – you can choose to have your employees participate individually or in teams.

- Teams: creating teams for challenges is a great way to increase collaboration and connection across your population. Here are some options for team settings:
 - Team assignment: random, assigned by admin, or chosen by participant
 - Names: we can come up with fun names or you can tell us the names
 - Number of participants on each team: 2 - 1,000
 - Number of teams: 2 to 250
- Individual participation:
 - No teams
 - All participants go head-to-head on the leaderboard

Challenge Duration – most of our challenges can be a custom duration, but we see the best outcomes with:

- 5 Days
- 7 Days
- 14 Days
- 21 Days
- Whole Calendar Month

Did you know?

You can create a unique challenge for your team

Seize the opportunity to tailor challenges for your team's wellness goals.

Partner with your dedicated Customer Success Executive to customize a challenge suited to your team's specific needs, helping them achieve healthier habits together.

Choose from a variety of challenges covering areas such as Mental and Physical Wellness, Nutrition, Sleep, Step Challenges, and more.



wellnesscoach
where wellness meets you.

THE ENERGIZING WALKATHON CHALLENGE

January /01-15/2023

HOW TO JOIN

- 1 Scan the QR Code
- 2 Join the Challenge
- 3 Enable notifications in the app settings to receive daily reminders



Get ready to step up your game and join us for an exhilarating journey in "StepSync: The Energizing Walkathon Challenge!" Are you ready to break free from the sedentary lifestyle and embark on a dynamic adventure with your friends, family, or colleagues? StepSync is not just any ordinary walkathon; it's a thrilling experience designed to invigorate your body, mind, and spirit! Lace up your sneakers, sync your step counters, and let's make every step count.

PRIZES:

- \$50 gift card to a leading fitness apparel store
- \$30 gift card for a healthy meal delivery service
- \$20 gift card for wellness products and accessories



FOR MORE INFO AND TO JOIN THE CHALLENGE: **SCAN THE QR ABOVE**



Challenges are a fantastic way to embark on a rewarding journey alongside your colleagues.

[Explore Challenges In The App](#)

Best Practices for Challenges



For Launching Challenges:

- Your CSE is always available to help, just let them know what you'd like to launch
- Looking for something more like self-service? [Click here to learn more](#)

For Announcing Challenges:

- Your CSE will provide you with a shareable PDF flier, which can be posted or shared to a:
 - Employee-facing Newsletter
 - Email Blast
 - Company Intranet
 - Internal channels like Slack or Teams
 - Printed as Physical signage
 - Shared on a Digital Screen via <https://challenge.wellnesscoach.live/login>

Challenge Wrap-Up:

- Always good idea to remind team that challenge is ending soon
- Your CSE will send you the challenge results with 48 hours of the challenge ending
- Share results and any prizes via same comms as announcing the challenge
 - The louder and more fun the celebration is, the more excited the team will be for the next one

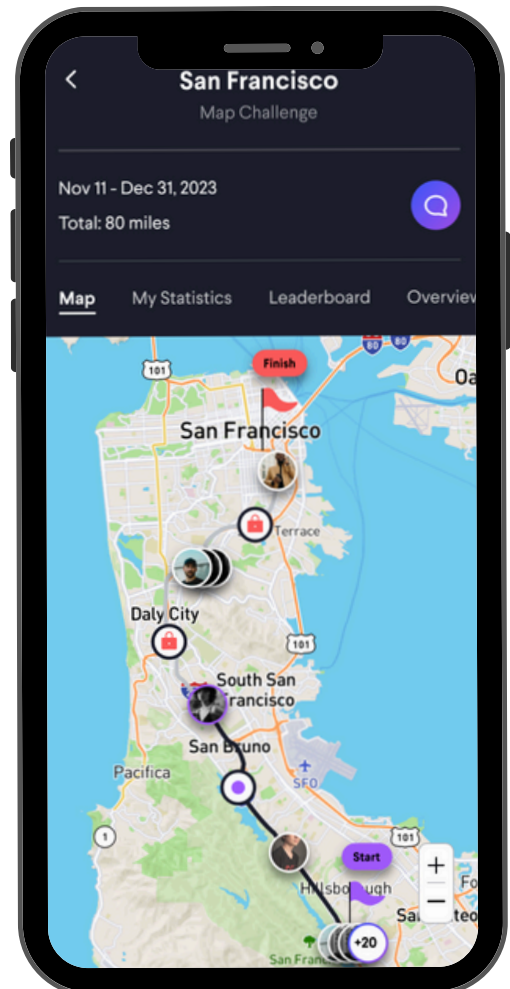
INTRODUCING: Map-Based Challenges

Transform local walks into global adventures. Available in over 100 languages, map based challenges connects users to an interactive world map all while fostering personal wellness.

Global Exploration at Your Fingertips: Embark on an interactive walking adventure with our map-based challenges. Connect with others through lively chats, climb up the leaderboard in friendly competition, and track your milestone achievements on the map.

Elevate Employee Engagement: Transform your team's well-being into a rewarding journey. Win challenges and earn exclusive rewards, fostering a culture of health and motivation. It's more than just a challenge; it's an incentive to thrive!

Inspiring Behavioral Change: Unlock a healthier workforce through transformative behavioral shifts. Our approach focuses on nurturing positive habits, leading to lasting well-being among employees.





Mindfulness & Wellness

Challenges



Boost Your Mental Health Challenge

Duration: 5 or 30 days

Over the next 30 days, you will be invited to complete a unique daily session to get a little mental health boost as we address 7 proven ways to improve mental health: Meditation, Sleep, Eating Healthy, Staying Active, Gratitude, Stress Reduction, Finding Meaning and Purpose.



Celebrating Gratitude Challenge

Duration: 7 days

Dive into the heart of appreciation with our Celebrate Gratitude Challenge! Our curated gratitude meditations guide you on a transformative journey, leading you to the very core of your heart, where appreciation resides. Each meditation is crafted to illuminate the countless blessings that surround you, allowing a profound sense of gratitude to permeate your very being. Step in, let gratitude anchor your spirit, and emerge with a heart brimming with appreciation.



A Conversation Around Juneteenth

Duration: 5 days

Over the next 5 days, this challenge will introduce you to the fundamental framework of Diversity, Equity and Inclusion, and empower you to become an advocate in your own community.

*Custom challenge available





Mindfulness & Wellness

Challenges



Celebrating Hispanic Heritage Month Challenge

Duration: 5 days

Embark on a 5-day journey in recognition of Hispanic Heritage Month. Each day, we'll delve into a distinctive theme, spotlighting the remarkable achievements and invaluable contributions of Hispanics to our society. Rise to the challenges of each day, cultivating a profound understanding of Hispanic heritage and its cultural significance. Join us in commemorating Hispanic Heritage Month as we navigate the vibrant and multifaceted world of Hispanic culture.



Identity & Wellness: Path to Mental Health Challenge

Duration: 5 days

We invite you to embark on a journey of self-discovery and mental well-being. Through engaging in mental health-related sessions, we'll explore topics that revolve around memory enhancement, maintaining a healthy work-life balance, and nurturing your individual identity.



Seven Days of Thanks: A Gratitude Adventure

Duration: 7 days

Embark on a 7-Day Gratitude Journey and discover the transformative power of thankfulness. Over the course of a week, you'll embark on a soul-enriching adventure that will illuminate the beauty in each day. Through daily reflections, practices, and mindful moments, you'll nurture a heart full of appreciation. Join us as we journey together, embracing gratitude, and cultivating a brighter, more joyful perspective on life.

*Custom challenge available





Mindfulness & Wellness

Challenges



The Give-Back Challenge

Duration: 3 days

Welcome to the Giving-Back Challenge! This enlightening 3-day experience is designed to immerse you in the practice of mindfulness, with a special focus on the joys and benefits of giving and self-care. Each day is themed to guide you through a unique aspect of mindfulness and service: Nurturing Yourself and Others: On the first day, you'll delve into the art of self-care and its impact on your ability to care for others. You'll explore activities and practices that replenish your own mental and emotional reserves, enabling you to be more present and supportive in your interactions with others.



Unity in Diversity: A Celebration of Pride, Allyship, and Love

Duration: 7 days

This 7 Day Community Challenge will help us explore the importance of Pride, the LGBTQIA+ community, and how each and everyone of us can be effective allies.



Take Control of Your Digital Life Challenge

Duration: 7 days

This 7 Day Challenge will show you how to stop letting technology distract, fatigue and stress you out so you can reclaim it as a tool to live your best life.

*Custom challenge available





Mindfulness & Wellness

Challenges



The Gift of Giving & Receiving Challenge

Duration: 5 days

Get into the holiday spirit with our 5-day "Gift of Giving & Receiving" challenge! Over the course of five days, we will embark on a transformative journey to cultivate gratitude, spread kindness, and build meaningful connections. Each day, you will engage in a guided meditation focused on a specific theme to help you embrace the true essence of giving and receiving. Let's make this holiday season extra special! Join us and let the giving begin!



Mindful Moments: A Week of Meditation

Duration: 7 days

Are you ready to discover the power of mindfulness and experience the profound benefits of meditation? During this 7-day challenge, you will embark on a journey of self-discovery and inner exploration through the practice of meditation. Each day, you will engage in a guided meditation session designed to help you cultivate mindfulness, reduce stress, and enhance your overall well-being.



Feel the Love Challenge

Duration: 5 or 7 days

Everyone is invited to enjoy each day's unique session to find love and appreciation in their life.

*Custom challenge available





Mindfulness & Wellness

Challenges



Zombie to Zen Revolution: From Chaos to Mind Control

Duration: 7 days

This 7-day challenge is crafted to guide you from a scattered, zombie-like state to a state of serene mindfulness. Each day of the challenge provides you with tailored mindfulness practices, empowering you to center your mind amidst the chaos of daily life. Engage in daily mindfulness practices aimed at fostering a profound sense of inner peace and clarity. By dedicating just a few minutes each day to these practices, you unlock the power of mindfulness, discovering a newfound sense of calm and focus that permeates every aspect of your life.



Grateful Moments: A Week of Mindful Appreciation

Duration: 7 days

This challenge will take you through the different ways in which we can cultivate more gratitude for ourselves, for others, and our planet.

*Custom challenge available





Mindfulness & Wellness

Challenges



Identity & Wellness: Path to Mental Health Challenge

Duration: 5 days

We invite you to embark on a journey of self-discovery and mental well-being. Through engaging in mental health-related sessions, we'll explore topics that revolve around memory enhancement, maintaining a healthy work-life balance, and nurturing your individual identity.



Meditation Journey

Duration: 10 days

For the next 10 days, you'll be guided through a meditation practice that will help you explore yourself and to overcome roadblocks that we all commonly have in our lives.



Movement

Challenges



Run Your First 5K Challenge

Duration: 4 weeks

Hello, Future 5K Champ! Are you ready to lace up those sneakers, find your stride, and embark on a fantastic four-week journey to 5K victory? Welcome to the 5K Bliss Challenge – your ultimate training adventure that will have you crossing that finish line with a big smile and a sense of accomplishment! Over the next four weeks, you'll experience a well-rounded program designed to help you prepare for that exhilarating 5K run. Each week will feature:

****Run It Out:**** You'll tackle three enjoyable runs per week, gradually building your stamina and endurance. Let's lace up, stretch it out, and meditate our way to 5K greatness. Remember, the journey is just as amazing as the destination!



Step Challenge

Duration: 7, 8, 12, 14, 15, 21, 28, 30, 31 days

Get ready to walk! Join this walking challenge and get as many steps in as you can over the next 7 days.

Please note: steps are not the only way to move up this leaderboard! Not everyone is a walker or runner, so this challenge allows activity conversion. What this means is every 1 calorie that you sync to your connected health app during this challenge will convert to 15 steps on the leaderboard. So jump in the pool for some swimming, put on your dancing shoes, don't be afraid to pump some iron, or even just log some upper body fitness!

*Custom challenge available



Movement

Challenges



Yoga Challenge

Duration: 5 or 7 days, 3 weeks

This invigorating challenge is designed to help you cultivate courage, find peace amidst uncertainty, boost energy levels, release tension, and promote overall well-being. Each day, you will embark on a new yoga session tailored to enhance different aspects of your mind and body.



Stretch it Out Challenge

Duration: 5 days

Over the next 5 days, this challenge will guide you through quick stretch practices to help you stay motivated and moving through the week.



Seated Stretching Challenge

Duration: 7 days

This seated stretching challenge will help you to release the stiffness and tension that can build up when you sit for too long and bring more mindfulness to your posture.

*Custom challenge available





Movement

Challenges



Festive Fit Challenge: Stay Healthy this Season

Duration: 14 days

Step into the world of the Festive Fit Challenge: Your Ultimate Holiday Wellness Experience! Brace yourself for a two-week journey filled with mind-boosting, body-transforming, and soul-nourishing activities. Dive headfirst into our curated sessions, where we'll unravel the secrets of mental fortitude, unlock the power of mindfulness, and ignite your fitness flame.



Fitness Challenge

Duration: 7 days

Over the next 7 days, this challenge will guide you through quick movement sessions to help you stay motivated and moving through the week.



LES MILLS Challenge

Duration: 7 days

Over the next seven days, this challenge will guide you through a LES MILLS session per day to help you stay motivated and move through the week.



Breathe & Flow

Duration: 30 days

Join the "Breathe and Flow" 30-Day Challenge! Stretch away tension with seated exercises targeting restless legs, lower back pain, and neck stiffness. Improve mobility and find peace through yoga sessions.



Stress & Anxiety

Challenges



Inner Resilience for Stress Mastery

Duration: 5, 45 days

Embark on a transformative journey with our Stress Release Challenge, guided by Coach John Siddique. Throughout this challenge, you'll explore a diverse range of meditation practices, each lasting between 20 to 35 minutes. Your daily sessions will begin with a seated mindful exercise, leading into invaluable insights and guidance from Coach John, designed to equip you with the tools to navigate stress in a healthy and enduring manner. This challenge is tailored to accommodate meditators of all skill levels, though newcomers to meditation may find the exercises particularly enlightening.



Refresh from Stress

Duration: 5 days

This 5 Day Stress Management Challenge will allow you to overcome stress, leaving you feeling refreshed.



Stress Mastery: Move & Meditate

Duration: 5 to days

This Mind & Body Stress Relief Challenge will allow you to overcome stress with the help of meditation and movement.

*Custom challenge available





Stress & Anxiety

Challenges



Overcome Stress with Your Breath

Duration: 21 days

This 21 Day Stress & Anxiety Relief Challenge will allow you to overcome stress, leaving you feeling refreshed.



Intentional Stress Relief

Duration: 7, 14 Days Level 1, 2

This Stress Relief Challenge will allow you to overcome the stresses we commonly deal with at work.



Meditation for Stress Release

Duration: 5 days

This 5 Day Stress Relief Challenge will allow you to overcome stress with the help of meditation.



Nutrition

Challenges



Basics of Nutrition

Duration: 5,30 days

Over the next 30 days, this challenge will guide you through a daily nutrition session to help you understand the basics of nutrition!



Secrets of Nutrition

Duration: 5,14 days

Unlock the secrets to a healthier you with our immersive 5-day nutrition challenge! Dive into a holistic journey where you'll explore the essence of healthy eating, master meal planning on a budget, and gain savvy snacking skills.



Mindful Nutrition

Duration: 5 days

Over the next 5 days, this challenge will guide you through a daily nutrition session to help you understand the basics of nutrition!



Master of Nutrition

Duration: 21 days

Over the next 21 days, this challenge will guide you through a daily nutrition session to help you understand the fundamentals of nutrition!

*Custom challenge available



Hydration

Challenges



Hydration Challenge

Duration: any day amount

Welcome to the Hydration Challenge, where we embark on a journey towards optimal well-being through the power of hydration! Picture this: a refreshing oasis in the midst of your busy day, where each sip of water revitalizes your body and mind. With this challenge, we're not just encouraging you to drink more water; we're empowering you to transform your relationship with hydration, turning it into a cornerstone of your daily routine.

By committing to prioritize your hydration, you're not only quenching your thirst but also nourishing your body, enhancing your focus, and revitalizing your energy levels. So, let's raise our glasses (of water, of course) and embark on this journey together. Here's to hydration, health, and happiness!

*Custom challenge available





Work Wellness

Challenges



Work-Life Balance Refresh Challenge

Duration: 7 days

Embark on a transformative 7-day work-life balance challenge to unlock a harmonious work-life balance using mindfulness and simple movements. This unique challenge is designed to empower you with easy yet effective techniques of self-care that seamlessly integrate into your daily routine.



Wellness at Work Challenge

Duration: 7 days

This 5-Day challenge will help incorporate wellness into your work day, leaving you refreshed and energized for the day ahead.



Feel Your Best at Work Challenge

Duration: 7 days

Over this 7 day challenge, you'll be guided through a mindfulness practice focused on the workplace as well as a nightly practice to help you get better sleep.



DEIB in the Workplace Challenge

Duration: 7 days

Embark on a 7-day journey to deepen your understanding and engagement with Diversity, Equity, Inclusion, and Belonging (DEIB). Dive into daily themes that explore cultural sensitivity, tackle stereotypes, address barriers to equity, and highlight the importance of allyship.

*Custom challenge available





Mind And Body

Challenges



Serenity Stride Challenge

Duration: 5 days

Welcome to our 5-day walking meditation challenge! Over the next five days, you will have the opportunity to connect with yourself, your body, and the natural world around you through guided walking meditations. Each day, we will provide you with a unique meditation designed to help you tune into your senses, ground yourself in the present moment, and cultivate a deeper sense of mindfulness and awareness.



Mental Health Boost Challenge

Duration: 3, 5, 7, 14, and 30 days

Everyone is invited to join each day's unique session to get a little mental health boost as we address 7 proven ways to improve mental health during Mental Health Awareness Month: Meditation, Sleep, Eating Healthy, Staying Active, Gratitude, Stress Reduction, Finding Meaning and Purpose.



Relaxation Revolution Challenge

Duration: 5 days

This 5 Days of Mind & Body Stress Relief Challenge will allow you to overcome stress with the help of meditation and movement.

*Custom challenge available



Mind And Body

Challenges



Self-Care Sanctuary Challenge

Duration: 5 days

Over the next 5 days, you'll get to enjoy a variety of sessions focused on nutrition, financial wellness and sleep to let go of stress and welcome in balance into their life.



Break out of Burnout Challenge

Duration: 5 days

Ready to break free from burnout? Join our energizing challenge packed with stress-busting sessions that'll leave you refreshed and revitalized. From rapid stress relief and anxiety-taming techniques to skyrocketing your productivity and embracing relaxation, this journey is your ticket to a renewed sense of well-being. Say hello to a happier, healthier you!



A Week of Wellness Challenge

Duration: 5 days

Over the next seven days, this challenge will guide you through two movement sessions each day to help you stay motivated and moving through the week!



Journey to Wellness Challenge

Duration: 7 days

Over the next 7 days you'll get to enjoy mindfulness practices, stretch sessions and various movement classes to help get your mind and body feeling great.



Mind And Body

Challenges



From Adversity to Renewal Challenge

Duration: 7 days / 14 days

This challenge is a fourteen-day journey designed to guide you from hardship to a refreshed and resilient place. Each day, you will be gently led through mindfulness practices that ground your thoughts, promote healing, and clear the mental clutter that adversity can leave behind.



Wellness During the Holidays Challenge

Duration: 5 days

Dive into the holiday spirit with our bite-sized wellness challenge! Each day, choose a mood-boosting activity: Mindful Moments Acts of Kindness Nourish & Savor Move & Groove Dealing with Family. Complete one daily challenge, and score 30 extra points for your rewards stash! Let's sleigh this season together!



Love, Mindfulness and Movement

Duration: 7 days

Over the next seven days, this challenge will guide you through a love-focused mindful session, a mindfulness practice, and a movement session to help you stay motivated and moving through the week.



Mind Body Harmony

Duration: 5 days

Over the next 5 days, you'll get to enjoy various sessions to help get your mind and body feeling great.

*Custom challenge available



Mind And Body

Challenges



New Year Nourishment Challenge

Duration: 5 days

Welcome to the New Year Nourishment Challenge! Embrace a healthier you with our daily nutrition activities. Each day offers three options, and while completing all three is encouraged, only one is required to count for the day.



Rest & Refresh Challenge

Duration: 21 days

Welcome to your Rest & Refresh Challenge! Each day, you'll have the option to complete sessions that focus on meditation, workplace and finance, stretching, and various types of movement. Each day of the challenge, you will be presented with 5 different wellness sessions.



A wellness Expedition Challenge

Duration: 5 days

Embark on a 5-day wellness exploration, immersing yourself in mindful practices, invigorating movement classes, and rejuvenating sleep sessions. Stay motivated and energized throughout the week as you discover the path to holistic harmony and vitality.



Flowing with Change

Duration: 5 days, 7 days

If change feels uncertain, impossible or just plain scary, these daily exercises and yoga sessions will give you the tools you need to confidently transform any area of your life that feels stuck.

*Custom challenge available



Mind And Body

Challenges



Fall Into Self-Care

Duration: 7 days

Step into the cozy embrace of autumn with our "Fall into Self-Care" challenge! This is your invitation to savor the changing colors and cooler breezes of the season while nurturing your complete well-being. The journey combines warming gratitude meditations with thoughtful journaling exercises, allowing you to explore what fills your heart with thankfulness. We also incorporate mindfulness practices and movement sessions, ranging from stretching to cardio and strength training, designed to invigorate your body as the days grow shorter.



Love Yourself Well

Duration: 7 days

Welcome to "Love Yourself Well," a transformative 7-day self-care challenge crafted to ignite a holistic approach to your well-being. This is an invitation to prioritize yourself and embark on a journey of self-discovery and care.



Moving Mindfully for Mind and Body

Duration: 7 days

Over the next seven days, this challenge will guide you through a wellness session and movement class each day to help you stay motivated and moving through the week!

*Custom challenge available



Sleep

Challenges



Get the Best Sleep of Your Life Challenge

Duration: 5, 7, 14, or 21 days

Join our "Get the Best Sleep of Your Life" Sleep Challenge and experience nights of rejuvenating rest like never before. Discover expert tips, routines, and habits that will help you achieve the most refreshing sleep you've ever had. Say goodbye to tossing and turning, and say hello to a well-rested, energized you!



Sleep Well, Feel Well Challenge

Duration: 5 days

Join our challenge focused on building better sleep habits! Each day, you'll have the option to complete sessions like Bedtime Stories, Guided Sleep Practices, and Sleep Music.



Restful Nights Challenge

Duration: 10 days

Welcome to your 7 Days of Better Sleep! Over the next week, you'll have a variety of wellness sessions to complete for this challenge. Be sure to complete each session all the way through to the end.

*Custom challenge available





Finance

Challenges



Fundamentals of Personal Finance

Duration: 10 days

Over the next seven days, this challenge will guide you through a daily personal finance session to help you stay on track with your personal finances!



Financial Planning Month Challenge

Duration: 10 days

Over the next 5 days, this challenge will guide you through a daily personal finance session to help you stay on track with your personal finances!



Finance Tips for a Brighter Future

Duration: 10 days

Over the next five days, this challenge will guide you through a daily personal finance session to help you stay on track with your personal finances!



Journey Towards Fiscal Independence

Duration: 10 days

Embark on a 5-day journey aimed at bolstering your financial foundation and guiding you toward fiscal independence. Each day is divided into two sessions: one focusing on personal finance fundamentals to build a solid base, and the other delving into advanced strategies for wealth accumulation, savvy investments, and smart retirement planning.

*Custom challenge available