



# ***GAMIFICATION CHALLENGES GUIDE***

WELLWORKS FOR YOU 



## **Don't Miss Out On ➔**

Our “Flagship Challenges” are a selection of 10 highly recommended wellness challenges designed to boost engagement and promote healthy habits. These challenges are proven to set a strong foundation for any wellness program!

## **OUR FLAGSHIP CHALLENGES**

## **GET STARTED**

Boost engagement and improve wellbeing with Wellworks For You Wellness Challenges! Our immersive challenges keep employees active, motivated, and healthy.

## ***CHALLENGE CATEGORIES***



# WALKING ROUTE CHALLENGES



New Flagship Challenge:  
**Grand Adventure**

*INDIVIDUAL*

*TEAM*





## Tour Through Ireland

|                       |                                                                                                         |
|-----------------------|---------------------------------------------------------------------------------------------------------|
| <b>Challenge Type</b> | Individual                                                                                              |
| <b>Length</b>         | 12 Weeks                                                                                                |
| <b>Requirements</b>   | Participants must average 5,000 steps per day throughout the twelve (12) week challenge to earn credit. |
| <b>Waypoints</b>      | Dublin, Galway, Limerick, Cork, Waterford, and Dublin                                                   |

Get ready for a virtual walking journey across the stunning landscapes of Ireland! Begin in the vibrant streets of Dublin, then make your way through Galway, Limerick, Cork, and Waterford before returning to Dublin. Walk an average of 5,000 steps per day for twelve (12) weeks to earn credit. Immerse yourself in the charm, history, and beauty of the Emerald Isle—one step at a time! Sláinte!





## Exploring Australia

|                       |                                                                                                       |
|-----------------------|-------------------------------------------------------------------------------------------------------|
| <b>Challenge Type</b> | Individual                                                                                            |
| <b>Length</b>         | 8 Weeks                                                                                               |
| <b>Requirements</b>   | Participants must average 7,500 steps per day throughout the eight (8) week challenge to earn credit. |
| <b>Waypoints</b>      | Gold Coast, Byron Bay, Coffs Harbour, Newcastle, and Sydney                                           |

Embark on a virtual adventure through Australia! Start in the vibrant Gold Coast, wander through the beaches of Byron Bay and Coffs Harbour before reaching the iconic city of Sydney. Walk an average of 7,500 steps per day throughout the eight (8) week challenge to earn credit.





## Italy Walking Challenge

|                       |                                                                                                       |
|-----------------------|-------------------------------------------------------------------------------------------------------|
| <b>Challenge Type</b> | Individual                                                                                            |
| <b>Length</b>         | 8 Weeks                                                                                               |
| <b>Requirements</b>   | Participants must average 7,500 steps per day throughout the eight (8) week challenge to earn credit. |
| <b>Waypoints</b>      | Venice, Milan, Florence, Rome, and Naples                                                             |

Immerse yourself in Italy's rich culture, from picturesque canals and historic landmarks to world-renowned art and coastal beauty. Walk an average of 7,500 steps per day for eight (8) weeks.





## Tour De France

|                       |                                                                                                        |
|-----------------------|--------------------------------------------------------------------------------------------------------|
| <b>Challenge Type</b> | Individual                                                                                             |
| <b>Length</b>         | 8 Weeks                                                                                                |
| <b>Requirements</b>   | Participants must average 10,000 steps per day throughout the eight (8) week challenge to earn credit. |
| <b>Waypoints</b>      | Paris, Lyon, Marseille, Toulouse, Bordeaux, and Nantes                                                 |

Allez, allez! Pedal through France—on foot! This virtual journey follows the path of the iconic Tour de France, starting and finishing in Paris, with stops in Lyon, Marseille, Toulouse, Bordeaux, and Nantes along the way. Walk an average of 10,000 steps per day for eight (8) weeks to earn credit.





FLAGSHIP

## Tour of National Parks

|                       |                                                                                                                                                                                                                   |
|-----------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Challenge Type</b> | Individual                                                                                                                                                                                                        |
| <b>Length</b>         | 8 Weeks                                                                                                                                                                                                           |
| <b>Requirements</b>   | Participants must average 7,500 steps per day throughout the eight (8) week challenge to earn.                                                                                                                    |
| <b>Waypoints</b>      | Yosemite National Park, Zion National Park, Grand Canyon National Park, Rocky Mountain National Park, Yellowstone National Park, Glacier National Park, Great Smokey Mountain National Park, Acadia National Park |

Embark on a grand adventure with the Tour of National Parks eight (8) week challenge! Lace up your hiking boots and virtually explore some of the most iconic and breathtaking landscapes in the United States. Participants must average 7,500 steps per day to earn credit for completing the challenge.





## Homerun for Health & Wellness

|                       |                                                                                                                                                                             |
|-----------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Challenge Type</b> | Individual                                                                                                                                                                  |
| <b>Length</b>         | 6 Weeks                                                                                                                                                                     |
| <b>Requirements</b>   | Participants must average 10,000 steps per day throughout the six (6) week challenge to earn credit.                                                                        |
| <b>Waypoints</b>      | Fenway Park, Yankee Stadium, Citizens Bank Park, Oriole Park, Progressive Field, The Great American Ball Park, Comerica Park, Wrigley Field, PETCO Park, and Dodger Stadium |

Step up to the plate and knock it out of the park with this virtual walking tour of baseball's most iconic stadiums! Start at Fenway Park, home of the Boston Red Sox, swing by Yankee Stadium, and round the bases at classics like Wrigley Field and Oriole Park before sliding into Dodger Stadium. Walk an average of 10,000 steps per day for six (6) weeks to stay in the game.





## Moving Through the Movies

|                       |                                                                                                     |
|-----------------------|-----------------------------------------------------------------------------------------------------|
| <b>Challenge Type</b> | Individual                                                                                          |
| <b>Length</b>         | 6 Weeks                                                                                             |
| <b>Requirements</b>   | Participants must average 5,000 steps per day throughout the six (6) week challenge to earn credit. |
| <b>Waypoints</b>      | Philadelphia, PA, Des Plaines, IL, Atlanta, GA, Wichita, KS, Utah County, UT, and Hill Valley, CA   |

Lights, camera, action—it's time to walk your way through the movies! Hit the road on a virtual journey through iconic movie destinations! Start at the legendary Rocky Statue in Philadelphia, PA, and make your way through famous film settings across the country, finishing your adventure in sunny California. Walk an average of 5,000 steps per day for six (6) weeks to earn credit.





## Natural Wonders of Ohio

|                       |                                                                                                                                                                    |
|-----------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Challenge Type</b> | Individual                                                                                                                                                         |
| <b>Length</b>         | 6 Weeks                                                                                                                                                            |
| <b>Requirements</b>   | Participants must average 7,500 steps per day throughout the six (6) week challenge to earn credit.                                                                |
| <b>Waypoints</b>      | Kelleys Island, Seneca Caverns, Brandwine Falls, Rockbridge State Nature Preserve, Old Man's Cave, Glen Helen Nature Preserve, Ohio Caverns, Oak Openings Preserve |

Explore the Buckeye State's most breathtaking geological wonders on this virtual walking tour! From scenic waterfalls to ancient caves and nature preserves, discover the beauty Ohio has to offer. Walk an average of 7,500 steps per day for six (6) weeks, totaling 300,000 steps.





## Natural Wonders of Pennsylvania

|                       |                                                                                                                                                                                                                        |
|-----------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Challenge Type</b> | Individual                                                                                                                                                                                                             |
| <b>Length</b>         | 6 Weeks                                                                                                                                                                                                                |
| <b>Requirements</b>   | Participants must average 10,000 steps per day throughout the six (6) week challenge to earn credit.                                                                                                                   |
| <b>Waypoints</b>      | Ringling Rocks, Archbald Pothole State Park, Seven Tubs Nature Area, Ricketts Glen State Park, Pine Creek Gorge, Cherry Springs State Park, Coudersport Ice Mine, Kinzua Bridge State Park, Penn's Cave, Dinosaur Rock |

Discover the beauty of Pennsylvania on this virtual walking tour through its most stunning natural landmarks! From hidden caves and ancient rock formations to scenic trails and starry skies, enjoy the wonders of the Keystone State every step of the way. Walk an average of 10,000 steps per day for six (6) weeks to stay on track.



## Tour of Maryland

|                       |                                                                                                      |
|-----------------------|------------------------------------------------------------------------------------------------------|
| <b>Challenge Type</b> | Individual                                                                                           |
| <b>Length</b>         | 6 Weeks                                                                                              |
| <b>Requirements</b>   | Participants must average 10,000 steps per day throughout the six (6) week challenge to earn credit. |
| <b>Waypoints</b>      | Annapolis, Baltimore, Chesapeake City, and Ocean City                                                |

Explore the best of Maryland on this virtual walking tour! Make your way through the historic streets of Annapolis, the vibrant city of Baltimore, and the charming waterfront of Chesapeake City, before finishing at the famous Ocean City boardwalk. Walk an average of 10,000 steps per day for six (6) weeks.





## Champions of the Cape

|                       |                                                                                                                                                                                    |
|-----------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Challenge Type</b> | Individual                                                                                                                                                                         |
| <b>Length</b>         | 5 Weeks                                                                                                                                                                            |
| <b>Requirements</b>   | Participants must average 4,000 steps per day throughout the five (5) week challenge to earn credit for this walking challenge. Average 4,500 steps per day to complete the route. |
| <b>Waypoints</b>      | The Beacon of History, The Great Seashore Expedition, Brewster's Historic Trail, Woodland Wonder, Mashpee's Cultural Oasis, Gateway to Discovery                                   |

Embark on a scenic virtual journey through Cape Cod! Start in Provincetown, MA, and explore coastal gems like the Cape Cod Sanctuary, Hyannis Port, and the Nobska Lighthouse, with picturesque towns along the way. Walk an average of 4,000 steps per day for five (5) weeks to earn credit. The Cape is calling—let's go!





## 100 Mile Challenge

FLAGSHIP

|                       |                                                                                                      |
|-----------------------|------------------------------------------------------------------------------------------------------|
| <b>Challenge Type</b> | Individual                                                                                           |
| <b>Length</b>         | 4 Weeks                                                                                              |
| <b>Requirements</b>   | Participants must average 7,000 steps per day throughout the four (4) week challenge to earn credit. |
| <b>Waypoints</b>      | New York City, Philadelphia                                                                          |

Can you walk 100 Miles in just four (4) weeks? It's time to find out! The 100 Mile challenge invites you to walk an average of 7,000 steps per day throughout the four (4) week challenge. To put it in perspective, that's like walking from Los Angeles to San Diego, from New York City to Philadelphia, or traveling the length of the Big Island of Hawaii.





## Boston Marathon

|                       |                                                                                                      |
|-----------------------|------------------------------------------------------------------------------------------------------|
| <b>Challenge Type</b> | Individual                                                                                           |
| <b>Length</b>         | 4 Weeks                                                                                              |
| <b>Requirements</b>   | Participants must average 1,500 steps per day throughout the four (4) week challenge to earn credit. |
| <b>Waypoints</b>      | Hopkinton, MA, and Boston, MA                                                                        |

Are you ready to walk 26.2 miles? This legendary marathon kicks off in Hopkinton, MA, and finishes on Boylston Street in Boston, MA! Walk an average of 1,500 steps per day throughout the four (4) week challenge to earn credit, or 1,871 steps per day to complete the full marathon distance—26.2 miles in total!





## Exploring the UK

|                       |                                                                                                      |
|-----------------------|------------------------------------------------------------------------------------------------------|
| <b>Challenge Type</b> | Individual                                                                                           |
| <b>Length</b>         | 4 Weeks                                                                                              |
| <b>Requirements</b>   | Participants must average 7,500 steps per day throughout the four (4) week challenge to earn credit. |
| <b>Waypoints</b>      | Wareham, Salisbury, Mansfield, Edinburgh, and Loch Ness                                              |

Explore the charm of the United Kingdom on this virtual walking tour! Begin in Marazion and travel through historic areas like Wareham, and Edinburgh before finishing at the mysterious Loch Ness. Walk an average of 7,500 steps per day for four (4) weeks.





## Grand Adventure

FLAGSHIP

|                       |                                                                                                      |
|-----------------------|------------------------------------------------------------------------------------------------------|
| <b>Challenge Type</b> | Individual                                                                                           |
| <b>Length</b>         | 4 Weeks                                                                                              |
| <b>Requirements</b>   | Participants must average 6,000 steps per day throughout the four (4) week challenge to earn credit. |
| <b>Waypoints</b>      | North Rim, North Kaibab Trail, Bright Angel Trail, Kachina Trail, and Prescott National Forest       |

Embark on an adventure through the breathtaking Grand Canyon! Explore iconic spots like the North Rim, trek along the North Kaibab and Bright Angel Trails, and pass through the scenic Kachina Trail and Prescott National Forest. Walk an average of 6,000 steps per day for four (4) weeks and let the canyon's stunning views inspire every step of the way!



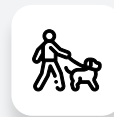


## John Muir Trail

|                       |                                                                                                      |
|-----------------------|------------------------------------------------------------------------------------------------------|
| <b>Challenge Type</b> | Individual                                                                                           |
| <b>Length</b>         | 4 Weeks                                                                                              |
| <b>Requirements</b>   | Participants must average 1,500 steps per day throughout the four (4) week challenge to earn credit. |
| <b>Waypoints</b>      | Yosemite National Park, Sierra National Forest, King's Canyon, and Sequoia National Forest           |

Embark on a virtual adventure along the scenic John Muir Trail! Begin in the breathtaking Yosemite National Park and journey through stunning wilderness on your way to Sequoia National Forest. Walk an average of 1,500 steps per day for four (4) weeks to stay on track. Let the beauty of towering trees and mountain views inspire every step of your trek!





## Stroll Through New England

|                       |                                                                                                      |
|-----------------------|------------------------------------------------------------------------------------------------------|
| <b>Challenge Type</b> | Individual                                                                                           |
| <b>Length</b>         | 4 Weeks                                                                                              |
| <b>Requirements</b>   | Participants must average 5,000 steps per day throughout the four (4) week challenge to earn credit. |
| <b>Waypoints</b>      | Plymouth, MA, Boston, MA, Portland, ME, and Bar Harbor, ME                                           |

Embrace the crisp air and vibrant fall foliage on this virtual walking journey through New England! Begin in historic Plymouth, MA, and make your way through Boston, MA, Portland, ME, and finish in scenic Bar Harbor, ME. Walk an average of 5,000 steps per day for four (4) weeks to complete the challenge.





## Appalachian Trail

|                       |                                                                                                                                |
|-----------------------|--------------------------------------------------------------------------------------------------------------------------------|
| <b>Challenge Type</b> | Team                                                                                                                           |
| <b>Length</b>         | 12 Weeks                                                                                                                       |
| <b>Requirements</b>   | Participants must average 6,000 steps per day throughout the twelve (12) week challenge to earn credit.                        |
| <b>Waypoints</b>      | Springer Mountain, Great Smoky Mountains National Park, Blue Ridge Parkway, Delaware Water Gap, Killinton Peak, Mount Katahdin |

Can you conquer the Appalachian Trail? This virtual walking tour kicks off at Springer Mountain in Georgia and journeys all the way to Mount Katahdin in Maine! Walk an average of 6,000 steps per day throughout the twelve (12) week challenge to immerse yourself in the beauty of this iconic route.





## Patriotic Walking Tour

|                       |                                                                                                                                                                  |
|-----------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Challenge Type</b> | Team                                                                                                                                                             |
| <b>Length</b>         | 12 Weeks                                                                                                                                                         |
| <b>Requirements</b>   | Participants must average 5,500 steps per day throughout the twelve (12) week challenge to earn credit.                                                          |
| <b>Waypoints</b>      | The Paul Revere House, Statue of Liberty, Independence Hall, Gettysburg Battlefield, Colonial Williamsburg, Arlington National Cemetery, and Washington Monument |

Step back in time with your team on this virtual journey through America's most historic landmarks! Start at Paul Revere's house in Boston, make your way past icons like the Statue of Liberty and Gettysburg Battlefield, and finish at the majestic Washington Monument. Walk an average of 5,500 steps per day for twelve (12) weeks to stay on course.





## Amusement Park Tour

|                       |                                                                                                                                       |
|-----------------------|---------------------------------------------------------------------------------------------------------------------------------------|
| <b>Challenge Type</b> | Team                                                                                                                                  |
| <b>Length</b>         | 8 Weeks                                                                                                                               |
| <b>Requirements</b>   | Participants must average 7,500 steps per day throughout the eight (8) week challenge to earn credit.                                 |
| <b>Waypoints</b>      | Busch Gardens, Hershey Park, Kennywood, Cedar Point, Six Flags, Holiday World & Splashin' Safari, Dollywood, Walt Disney World Resort |

Grab your sneakers, tie up those laces, and get ready to take a virtual tour of some of the most famous theme parks in the United States! Walk an average of 7,500 steps per day throughout the eight (8) week challenge, unlocking new parks and attractions along the way.





## Cruisin' Through Cali

|                       |                                                                                                       |
|-----------------------|-------------------------------------------------------------------------------------------------------|
| <b>Challenge Type</b> | Team                                                                                                  |
| <b>Length</b>         | 8 Weeks                                                                                               |
| <b>Requirements</b>   | Participants must average 7,500 steps per day throughout the eight (8) week challenge to earn credit. |
| <b>Waypoints</b>      | San Diego, San Clemente, Long Beach, Santa Monica, Santa Maria, San Jose, and San Francisco           |

Journey along the coast, passing through iconic spots like San Diego, Santa Monica, and San Francisco. Walk an average of 7,500 steps per day throughout the eight (8) week challenge to keep your team moving forward.





## Route 66 Road Trip

|                       |                                                                                                                        |
|-----------------------|------------------------------------------------------------------------------------------------------------------------|
| <b>Challenge Type</b> | Team                                                                                                                   |
| <b>Length</b>         | 8 Weeks                                                                                                                |
| <b>Requirements</b>   | Participants must average 7,500 steps per day throughout the eight (8) week challenge to earn credit.                  |
| <b>Waypoints</b>      | Chicago, IL, St. Louis, MO, Baxter Springs, KS, Chelsea, OK, Adrian, TX, Santa Rosa, NM, Winslow, AZ, Santa Monica, CA |

Hit the open road with your team on a virtual walk along the historic Route 66! Begin in Chicago, then journey through Missouri, Kansas, Oklahoma, Texas, New Mexico, and Arizona before reaching the famous Santa Monica Pier in California. Walk an average of 7,500 steps per day for eight (8) weeks to stay on track.





## Explore the Nile Valley

|                       |                                                                                                                                         |
|-----------------------|-----------------------------------------------------------------------------------------------------------------------------------------|
| <b>Challenge Type</b> | Team                                                                                                                                    |
| <b>Length</b>         | 6 Weeks                                                                                                                                 |
| <b>Requirements</b>   | Participants must average 7,500 steps per day throughout the six (6) week challenge to earn credit.                                     |
| <b>Waypoints</b>      | Cairo Egyptian Museum, Giza Pyramids, Tel El-Amarna, Abydos, Dendera, Valley of the Kings, Karnak Temple, Philae Temple, and Abu Simbel |

Gather your team for a virtual walking tour of Egypt and explore the wonders of the Nile Valley! Starting at the Egyptian Museum in Cairo, this journey takes you through iconic sites like the Giza Pyramids, Valley of the Kings, Karnak Temple, and ends at the awe-inspiring Abu Simbel. Walk an average of 7,500 steps per day for six (6) weeks to keep your team moving.





## Indulge in India

|                       |                                                                                                     |
|-----------------------|-----------------------------------------------------------------------------------------------------|
| <b>Challenge Type</b> | Team                                                                                                |
| <b>Length</b>         | 6 Weeks                                                                                             |
| <b>Requirements</b>   | Participants must average 7,500 steps per day throughout the six (6) week challenge to earn credit. |
| <b>Waypoints</b>      | Golden Temple, Red Fort, Taj Mahal, and Mysore Palace                                               |

Gather your team for a vibrant virtual tour through the wonders of India! Begin your journey at the Golden Temple, marvel at the historic Red Fort, and visit the iconic Taj Mahal before reaching the grand Mysore Palace. Walk an average of 7,500 steps per day for six (6) weeks.





## Pacific Crest Trail Adventure

|                       |                                                                                                                               |
|-----------------------|-------------------------------------------------------------------------------------------------------------------------------|
| <b>Challenge Type</b> | Team                                                                                                                          |
| <b>Length</b>         | 6 Weeks                                                                                                                       |
| <b>Requirements</b>   | Participants must average 7,500 steps per day throughout the six (6) week challenge to earn credit.                           |
| <b>Waypoints</b>      | Campo, Ca, Mt. San Jacinto State Park, Crater Lake National Park, Mount Hood Wilderness, Bridge of the Gods, Stevens Pass, WA |

Lace up your boots and hit the trail! In the six (6) week Pacific Crest Trail Adventure, your team will embark on a virtual journey along the legendary Pacific Crest Trail (PCT). From California's sun-kissed deserts to the snow-capped peaks of the Cascades, you'll trek through some of the most breathtaking landscapes in North America.





## Rhythmic Road Trip

FLAGSHIP

|                       |                                                                                                                             |
|-----------------------|-----------------------------------------------------------------------------------------------------------------------------|
| <b>Challenge Type</b> | Team                                                                                                                        |
| <b>Length</b>         | 6 Weeks                                                                                                                     |
| <b>Requirements</b>   | Participants must average 7,500 steps per day throughout the six (6) week challenge to earn credit.                         |
| <b>Waypoints</b>      | Madison Square Garden, Grand Ole Opry, Red Rocks Parks and Amphitheatre, The Gorge Amphitheatre, The Sphere, Hollywood Bowl |

It's time to take the stage! In the six (6) week Rhythmic Road Trip Team Walking challenge, you and your band will be traveling virtually across the country to “perform” at the most iconic venues across the United States. From the bright lights of Madison Square Garden to the open skies of Red Rocks Park and Amphitheater. Can your team stay in the spotlight and keep the crowd cheering?





## Triple Crown Challenge

|                       |                                                                                                     |
|-----------------------|-----------------------------------------------------------------------------------------------------|
| <b>Challenge Type</b> | Team                                                                                                |
| <b>Length</b>         | 6 Weeks                                                                                             |
| <b>Requirements</b>   | Participants must average 7,500 steps per day throughout the six (6) week challenge to earn credit. |
| <b>Waypoints</b>      | Louisville, KY, Baltimore, MD, and Elmont, NY                                                       |

Saddle up for a walking race through the legendary Triple Crown tracks! Begin at the Kentucky Derby in Louisville, KY, ride through Baltimore, MD for the Preakness Stakes, and dash to the finish line at the Belmont Stakes in Elmont, NY. Walk an average of 7,500 steps per day for six (6) weeks to earn credit.





## Halloween Haunts

|                       |                                                                                                                                                                                                    |
|-----------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Challenge Type</b> | Team                                                                                                                                                                                               |
| <b>Length</b>         | 5 Weeks                                                                                                                                                                                            |
| <b>Requirements</b>   | Participants must average 10,000 steps per day throughout the five (5) week challenge to earn credit.                                                                                              |
| <b>Waypoints</b>      | Eastern State Penitentiary, Fort Mifflin, Gettysburg Battlefield, Moundsville Penitentiary, Waverly Hills Sanatorium, Bobby Mackey's Music World, Villisca Axe Murder House, and The Stanley Hotel |

Gather your team of ghouls and goblins for a spooky virtual tour of America's most haunted locations! Trek through eerie sites like Eastern State Penitentiary, Gettysburg Battlefield, Waverly Hills Sanatorium, and the infamous Stanley Hotel. Walk an average of 10,000 steps per day for five (5) weeks to stay on track.



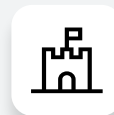


## Exploring Jamaica

|                       |                                                                                                                |
|-----------------------|----------------------------------------------------------------------------------------------------------------|
| <b>Challenge Type</b> | Team                                                                                                           |
| <b>Length</b>         | 4 Weeks                                                                                                        |
| <b>Requirements</b>   | Participants must average 7,000 steps per day throughout the four (4) week challenge to earn credit.           |
| <b>Waypoints</b>      | Negril, Cousins Cove, Montego Bay, Rio Bueno, Ochos Rios, Port Antonio, Long Bay, Kingston, and Treasure Beach |

Bask in the island sunshine as you and your teammates embark on a tropical tour through paradise! Start in Negril, soak up the vibes in Montego Bay, dance through Ocho Rios, and wind your way to the lively streets of Kingston before kicking back at Treasure Beach. Walk an average of 7,000 steps per day with your team throughout the four (4) week challenge to keep the good times rolling.





## Tour of European Castles

FLAGSHIP

|                       |                                                                                                                                                           |
|-----------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Challenge Type</b> | Team                                                                                                                                                      |
| <b>Length</b>         | 4 Weeks                                                                                                                                                   |
| <b>Requirements</b>   | Participants must average 7,500 steps per day throughout the four (4) week challenge to earn credit.                                                      |
| <b>Waypoints</b>      | Frederiksborg Castle (Denmark),<br>Neuschwanstein Castle (Germany),<br>Windsor Castle (England),<br>Alcazar of Segovia (Spain),<br>Pena Palace (Portugal) |

Pack your bags for the Tour of European Castles Walking challenge. In this four (4) week team challenge, you and your fellow travelers will journey through the grand halls of Frederiksborg Castle in Denmark, the royal rooms of Windsor Castle in England, the fairy-tale spires of Neuschwanstein Castle in Germany and more. Participants must average 7,500 steps per day to earn credit for completing the challenge.



# **WALKING INTERVAL CHALLENGES**

**INDIVIDUAL**

**TEAM**





## Spring into Summer

|                       |                                                                                                                                  |
|-----------------------|----------------------------------------------------------------------------------------------------------------------------------|
| <b>Challenge Type</b> | Individual                                                                                                                       |
| <b>Length</b>         | 12 Weeks                                                                                                                         |
| <b>Intervals</b>      | Interval 1: Average 5,000 steps per day<br>Interval 2: Average 7,500 steps per day<br>Interval 3: Average 10,000 steps per day   |
| <b>Requirements</b>   | Participants must meet the average daily step requirement specified for each interval to earn credit for this walking challenge. |

Get ready for the sunny days ahead with the Spring into Summer walking challenge! Over 12 weeks, gradually increase your daily steps through three intervals, finishing strong at 10,000 steps per day. Establish a consistent walking routine and step your way into summer feeling your best.





## King of the Hill

|                       |                                                                                                                                                     |
|-----------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Challenge Type</b> | Individual                                                                                                                                          |
| <b>Length</b>         | 12 Weeks                                                                                                                                            |
| <b>Intervals</b>      | <b>Interval 1:</b> Average 5,000 steps per day<br><b>Interval 2:</b> Average 7,500 steps per day<br><b>Interval 3:</b> Average 10,000 steps per day |
| <b>Requirements</b>   | Participants must meet the average daily step requirement specified for each interval to earn credit for this walking challenge.                    |

It's time to conquer the hill, one step at a time! Start small and build momentum over 12 weeks as you gradually increase your steps in three intervals, finishing strong at 10,000 steps per day. Push yourself beyond your usual pace, climbing higher with every step until you reach the summit.





# Race to the Finish

|                       |                                                                                                                                                                           |
|-----------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <i>Challenge Type</i> | Individual                                                                                                                                                                |
| <i>Length</i>         | 8 Weeks                                                                                                                                                                   |
| <i>Intervals</i>      | Interval 1: Average 4,000 steps per day<br>Interval 2: Average 6,000 steps per day<br>Interval 3: Average 8,000 steps per day<br>Interval 4: Average 10,000 steps per day |
| <i>Requirements</i>   | Participants must meet the average daily step requirement specified for each interval to earn credit for this walking challenge.                                          |

End your wellness program on a high note with this exciting individual challenge! Over eight (8) weeks, gradually increase your steps through four intervals, building up to 10,000 steps per day. This challenge is all about creating consistent walking habits that last beyond the finish line. Lace up, hit your stride, and earn credit for completing this final push toward wellness success





## Couch to 5K

|                       |                                                                                                                                  |
|-----------------------|----------------------------------------------------------------------------------------------------------------------------------|
| <b>Challenge Type</b> | Individual                                                                                                                       |
| <b>Length</b>         | 6 Weeks                                                                                                                          |
| <b>Intervals</b>      | Interval 1: Average 2,500 steps per day<br>Interval 2: Average 5,000 steps per day<br>Interval 3: Average 7,000 steps per day    |
| <b>Requirements</b>   | Participants must meet the average daily step requirement specified for each interval to earn credit for this walking challenge. |

Build momentum step-by-step with the Couch to 5K Walking Challenge! Start with a goal of 2,500 steps per day, and gradually increase your steps each week, working toward an average of 7,000 steps per day by the end of the six (6) week challenge—enough to complete a 5K daily.





## Health is Wealth

|                       |                                                                                                                                  |
|-----------------------|----------------------------------------------------------------------------------------------------------------------------------|
| <b>Challenge Type</b> | Individual                                                                                                                       |
| <b>Length</b>         | 6 Weeks                                                                                                                          |
| <b>Intervals</b>      | <b>Interval 1:</b> Average 5,000 steps per day<br><b>Interval 2:</b> Average 6,000 steps per day                                 |
| <b>Requirements</b>   | Participants must meet the average daily step requirement specified for each interval to earn credit for this walking challenge. |

Invest in yourself this tax season with the Health is Wealth walking challenge! Over six (6) weeks, boost your activity by gradually increasing your daily steps. Start with 5,000 steps per day and finish strong with 6,000 steps per day. Even during the busiest time of year, consistency is the best investment.





## Kick It Up!

|                       |                                                                                                                                                     |
|-----------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Challenge Type</b> | Individual                                                                                                                                          |
| <b>Length</b>         | 6 Weeks                                                                                                                                             |
| <b>Intervals</b>      | <b>Interval 1:</b> Average 5,000 steps per day<br><b>Interval 2:</b> Average 7,500 steps per day<br><b>Interval 3:</b> Average 10,000 steps per day |
| <b>Requirements</b>   | Participants must meet the average daily step requirement specified for each interval to earn credit for this walking challenge.                    |

Lace up your cleats and get ready to score big with the Kick It Up! walking challenge! Over six (6) weeks, level up your activity by progressing through three intervals, finishing strong with 10,000 steps per day. Just like in soccer, consistency is key—each step builds your endurance and brings you closer to your goal.





## Move to the Music

|                       |                                                                                                                                                                                                       |
|-----------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Challenge Type</b> | Individual                                                                                                                                                                                            |
| <b>Length</b>         | 8 Weeks                                                                                                                                                                                               |
| <b>Intervals</b>      | <b>Interval 1:</b> Average 5,000 steps per day<br><b>Interval 2:</b> Average 7,000 steps per day<br><b>Interval 3:</b> Average 8,500 steps per day<br><b>Interval 4:</b> Average 10,000 steps per day |
| <b>Requirements</b>   | Participants must meet the average daily step requirement specified for each interval to earn credit for this walking challenge.                                                                      |

You'll be moving to the music and trekking to the tunes on this eight (8) week musical adventure! Get motivated through music as you walk your way through classic hits from 1960 through 2010. Listen to a different decade of music each week as you gradually increase your average daily steps starting with 5,000 and pushing yourself to reach an average of 10,000 daily steps by weeks seven and eight!





## Pace to Race

|                       |                                                                                                                                                                                                       |
|-----------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Challenge Type</b> | Individual                                                                                                                                                                                            |
| <b>Length</b>         | 4 Weeks                                                                                                                                                                                               |
| <b>Intervals</b>      | <b>Interval 1:</b> Average 5,000 steps per day<br><b>Interval 2:</b> Average 7,000 steps per day<br><b>Interval 3:</b> Average 8,500 steps per day<br><b>Interval 4:</b> Average 10,000 steps per day |
| <b>Requirements</b>   | Participants must meet the average daily step requirement specified for each interval to earn credit for this walking challenge.                                                                      |

Ready to take your walking game up a notch? The Pace to Race Interval Walking challenge is designed to help you transition from walking to running over four (4) weeks. Gradually increase your intensity week by week, pushing yourself to move faster and go further until you're ready to run by the end of the challenge. Whether you're a casual walker or seasoned runner, this challenge is all about improving your endurance and speed. Lace up those shoes and let's get moving toward the finish line!





## Walktoberfest

|                       |                                                                                                                                  |
|-----------------------|----------------------------------------------------------------------------------------------------------------------------------|
| <b>Challenge Type</b> | Individual                                                                                                                       |
| <b>Length</b>         | 4 Weeks                                                                                                                          |
| <b>Intervals</b>      | <b>Interval 1:</b> Average 5,000 steps per day<br><b>Interval 2:</b> Average 10,000 steps per day                                |
| <b>Requirements</b>   | Participants must meet the average daily step requirement specified for each interval to earn credit for this walking challenge. |

It's time to swap the steins for sneakers or hiking boots, and embrace the fall spirit with the Walktoberfest challenge! Over the course of four (4) weeks, challenge yourself to increase your daily steps from 5,000 to 10,000 as you enjoy the crisp autumn air.





## Football Frenzy

|                       |                                                                                                                                                                                                        |
|-----------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Challenge Type</b> | Team                                                                                                                                                                                                   |
| <b>Length</b>         | 8 Weeks                                                                                                                                                                                                |
| <b>Intervals</b>      | <b>Interval 1:</b> Average 5,000 steps per day<br><b>Interval 2:</b> Average 7,000 steps per day<br><b>Interval 3:</b> Average 10,000 steps per day<br><b>Interval 4:</b> Average 12,000 steps per day |
| <b>Requirements</b>   | Participants must meet the average daily step requirement specified for each interval to earn credit for this walking challenge.                                                                       |

Gather your team for the Football Frenzy walking challenge. Rep your favorite football squad as you ramp up your daily steps over the course of eight (8) weeks, finishing with a touchdown-worthy 12,000 steps per day.



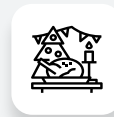


## The Great Tax Hike

|                       |                                                                                                                                  |
|-----------------------|----------------------------------------------------------------------------------------------------------------------------------|
| <b>Challenge Type</b> | Team                                                                                                                             |
| <b>Length</b>         | 8 Weeks                                                                                                                          |
| <b>Intervals</b>      | Interval 1: Average 5,000 steps per day                                                                                          |
| <b>Requirements</b>   | Participants must meet the average daily step requirement specified for each interval to earn credit for this walking challenge. |

Tackle the pressure of tax season with your team in The Great Tax Hike! Over eight (8) weeks, aim to average 5,000 steps per day to stay active, manage stress, and keep those extra pounds at bay. Rally your teammates, take it one step at a time, and hike your way to a healthier season—because every step adds up!





## Turkey Trot to Christmas

|                       |                                                                                                                                  |
|-----------------------|----------------------------------------------------------------------------------------------------------------------------------|
| <b>Challenge Type</b> | Team                                                                                                                             |
| <b>Length</b>         | 6 Weeks                                                                                                                          |
| <b>Intervals</b>      | Interval 1: Average 5,000 steps per day<br>Interval 2: Average 7,500 steps per day<br>Interval 3: Average 10,000 steps per day   |
| <b>Requirements</b>   | Participants must meet the average daily step requirement specified for each interval to earn credit for this walking challenge. |

Avoid those holiday pounds with the Turkey Trot to Christmas team walking challenge! Over six (6) weeks, gradually increase your daily steps through three intervals, reaching 10,000 steps per day by the end. From Thanksgiving feasts to Christmas celebrations, keep your team motivated and moving through the season.



# WEIGHT MANAGEMENT CHALLENGES

**INDIVIDUAL**

**TEAM**

**TEAM/INDIVIDUAL**





## Maintain Don't Gain

|                       |                                                                                                                                                                                                                                                                                                 |
|-----------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Challenge Type</b> | Individual                                                                                                                                                                                                                                                                                      |
| <b>Length</b>         | 7 Weeks                                                                                                                                                                                                                                                                                         |
| <b>Requirements</b>   | You must weigh in on the Wellness Portal on the start and end dates of the challenge, and at least once a week throughout the challenge. In an effort to encourage and promote healthy living, you must either maintain or lose weight by the final weigh-in to become eligible for any prizes. |

Avoid those holiday pounds by participating in this individual Maintain Don't Gain challenge. The goal is to maintain your weight throughout the holiday season.





## Spring Slimdown

|                       |                                                                                                                                                                        |
|-----------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Challenge Type</b> | Individual                                                                                                                                                             |
| <b>Length</b>         | 6 Weeks                                                                                                                                                                |
| <b>Requirements</b>   | You must log your weight on the Wellness Portal once a week throughout the entire length of the challenge. You must also lose or maintain your current healthy weight! |

What better time to get ready for summer than now? The goal of this weight management challenge is to create healthy habits that encourage you to lose those extra pounds or maintain your current healthy weight throughout the length of the challenge.





## Mission Slimpossible

|                       |                                                                                                                   |
|-----------------------|-------------------------------------------------------------------------------------------------------------------|
| <b>Challenge Type</b> | Team                                                                                                              |
| <b>Length</b>         | 6 Weeks                                                                                                           |
| <b>Requirements</b>   | You must weigh in on the Challenge Dashboard at least once per week and maintain or lose weight during that time. |

Your mission, should you choose to accept it: begin your journey toward a healthier and happier tomorrow. Our goal is to kick off the New Year on a positive note by maintaining or losing weight in the Mission Slimpossible Challenge. Together, we'll prove that no mission is impossible when it comes to your health.





## Slim for Summer

|                       |                                                                                                                                         |
|-----------------------|-----------------------------------------------------------------------------------------------------------------------------------------|
| <b>Challenge Type</b> | Team or Individual                                                                                                                      |
| <b>Length</b>         | 8 Weeks                                                                                                                                 |
| <b>Requirements</b>   | You must weigh in on the Challenge Dashboard at least once per week and maintain or lose weight throughout the length of the challenge. |

Get ready to feel your best this summer! In the Slim for Summer Challenge, you'll be encouraged to maintain or lose weight while working toward your personal health goals.



# HEALTHY HABIT CHALLENGES



New Flagship Challenges:



**Don't Wait – Hydrate!**



**Game of Life**

**INDIVIDUAL**



 **Flagship**



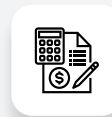


## Deter Diabetes

|                       |                                                                                                                                                                                                                                            |
|-----------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Challenge Type</b> | Individual                                                                                                                                                                                                                                 |
| <b>Length</b>         | 8 Weeks                                                                                                                                                                                                                                    |
| <b>Requirements</b>   | <b>Pass/Fail:</b> Individuals must complete all healthy habits by the end of the challenge. Habits can be completed in any order.                                                                                                          |
| <b>Habits</b>         | <ul style="list-style-type: none"><li>• Get Moving</li><li>• Balance Your Plate</li><li>• Manage Your Stress</li><li>• Snack Healthy</li><li>• Go for a Walk</li><li>• Substitute Junk with Fresh</li><li>• Get Strong, Eat Well</li></ul> |

Build lifelong habits that support diabetes prevention and management with this eight (8) week individual challenge! Each week, complete a new healthy habit designed to improve your nutrition, movement, stress management, or overall wellbeing. Stay consistent throughout the challenge, one habit at a time, and create sustainable changes that will help you manage or prevent diabetes for life.





## Financial Wellness

|                       |                                                                                                                                                                                                                                                         |
|-----------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Challenge Type</b> | Individual                                                                                                                                                                                                                                              |
| <b>Length</b>         | 8 Weeks                                                                                                                                                                                                                                                 |
| <b>Requirements</b>   | <b>Pass/Fail:</b> Individuals must complete all healthy habits by the end of the challenge. Habits can be completed in any order.                                                                                                                       |
| <b>Habits</b>         | <ul style="list-style-type: none"><li>• Develop a Budget</li><li>• Cut Out the Unnecessary</li><li>• No Spending Once a Week</li><li>• Carry Cash</li><li>• Coupons/Bargains</li><li>• Pay Bills First</li><li>• Automate Savings, Get Advice</li></ul> |

Take control of your finances with the Financial Wellness Challenge! Over eight (8) weeks, develop positive financial habits that set the foundation for long-term stability and success. Each week introduces a new habit designed to help you budget, cut unnecessary expenses, save effectively, and make smarter financial decisions. Complete each habit to earn credit and gain the skills to manage your money with confidence.





## Holiday Saving Spree

|                       |                                                                                                                                                                                                                                                                                             |
|-----------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Challenge Type</b> | Individual                                                                                                                                                                                                                                                                                  |
| <b>Length</b>         | 4 Weeks                                                                                                                                                                                                                                                                                     |
| <b>Requirements</b>   | <b>Pass/Fail:</b> Individuals must complete four (4) habits by the end of the challenge. Habits can be completed in any order.                                                                                                                                                              |
| <b>Habits</b>         | <ul style="list-style-type: none"><li>• Do Your Research</li><li>• Plan Holiday Travel in Advance</li><li>• Create a Gift Budget</li><li>• Declutter Old Items</li><li>• Bargains &amp; Rewards Programs</li><li>• Stock Up Early</li><li>• Limit Dining Out</li><li>• Get Crafty</li></ul> |

The holidays can be a magical time—but they often come with financial stress. The Holiday Saving Spree challenge is here to help you take control of your spending and build smart money habits that will last a lifetime. Over four (4) weeks, you'll tackle a new habit each week, like budgeting, using coupons, getting crafty, and making thoughtful shopping lists. Complete at least four (4) habits and enjoy the holiday season without breaking the bank. Spend wisely, stress less, and make the most of this festive time!





## Just for the Health of It

|                       |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              |
|-----------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Challenge Type</b> | Individual                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   |
| <b>Length</b>         | 8 Weeks                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      |
| <b>Requirements</b>   | <b>Points Based:</b> Individuals must complete enough habits to total 100 points by the end of the challenge. Habits can be completed in any order.                                                                                                                                                                                                                                                                                                                                          |
| <b>Habits</b>         | <ul style="list-style-type: none"> <li>• Walk</li> <li>• Clean Teeth</li> <li>• Cardio</li> <li>• Veggie Week</li> <li>• Earlier Riser</li> <li>• Family Time</li> <li>• Strength Training</li> <li>• Park Further Away</li> <li>• Drink Water</li> <li>• Food Shopping</li> <li>• No Seconds</li> <li>• Snack Healthy</li> <li>• To-Do List</li> <li>• Eat Breakfast</li> <li>• Pack Your Lunch</li> <li>• Meditate</li> <li>• Take the Stairs</li> <li>• Preventative Screening</li> </ul> |

Shake things up Just for the Health of It! This challenge is all about building a well-rounded healthy lifestyle by completing fun and impactful habits across fitness, nutrition, mental wellness, and more. Rack up 100 points by tackling different healthy habits, because - Why not?





## Self Care Sundays

|                       |                                                                                                                                                                                                                                                                                 |
|-----------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Challenge Type</b> | Individual                                                                                                                                                                                                                                                                      |
| <b>Length</b>         | 8 Weeks                                                                                                                                                                                                                                                                         |
| <b>Requirements</b>   | <b>Pass/Fail:</b> Individuals must complete all healthy habits by the end of the challenge. Habits must be completed in order.                                                                                                                                                  |
| <b>Habits</b>         | <ul style="list-style-type: none"><li>• Mindful Morning</li><li>• Move Your Body</li><li>• Nourish Your Body</li><li>• Declutter and Organize</li><li>• Hydrate and Refresh</li><li>• Set Intentions or Goals</li><li>• Rest and Recharge</li><li>• Social Connection</li></ul> |

Prioritize yourself with the Self Care Sundays challenge! Over eight (8) weeks, carve out time each Sunday to focus on your physical and mental well-being. For each week's theme complete a habit that fits into your lifestyle, completing a total of 8 habits to recharge, refresh, and build lasting self-care routines. Sundays don't work for your schedule? Pick any day of the week that allows you to carve out time for yourself!





## The Road to Going Green

|                       |                                                                                                                                                                                                                                                                                                        |
|-----------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Challenge Type</b> | Individual                                                                                                                                                                                                                                                                                             |
| <b>Length</b>         | 8 Weeks                                                                                                                                                                                                                                                                                                |
| <b>Requirements</b>   | <b>Points Based:</b> Individuals must complete enough habits to total 100 points by the end of the challenge. Habits can be completed in any order.                                                                                                                                                    |
| <b>Habits</b>         | <ul style="list-style-type: none"><li>• Turn off the Faucet</li><li>• Reuse Paper</li><li>• Alternative Transportation</li><li>• Opt for Recycled Materials</li><li>• Write Your Representatives</li><li>• Meatless Mondays</li><li>• Carry a Water Bottle</li><li>• Switch Your Light Bulbs</li></ul> |

Over eight (8) weeks, complete eco-friendly habits designed to reduce waste, conserve energy, and promote mindful living. From unplugging devices and taking shorter showers to Meatless Mondays and composting food scraps, each habit earns you points. Collect 100 points to complete the challenge and make meaningful changes toward a greener future!





## Why Weight?

|                       |                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |
|-----------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Challenge Type</b> | Individual                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |
| <b>Length</b>         | 8 Weeks                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |
| <b>Requirements</b>   | <b>Points Based:</b> Individuals must complete enough habits to total 100 points by the end of the challenge. Habits can be completed in any order.                                                                                                                                                                                                                                                                                                                           |
| <b>Habits</b>         | <ul style="list-style-type: none"> <li>• Fight the Food Police</li> <li>• Fitness Test</li> <li>• Team Spirit</li> <li>• Sleep</li> <li>• Strength Training</li> <li>• Mindful Meals</li> <li>• Perfect Prep</li> <li>• Why Workout</li> <li>• Invest in Success</li> <li>• Just a Little Extra</li> <li>• Local Flavor</li> <li>• Set Whole-Person Goals</li> <li>• Learn to Be Lean</li> <li>• Take Care of Your Body</li> <li>• Table Talk</li> <li>• Hydration</li> </ul> |

Maintaining a healthy weight is key to feeling your best, reducing health risks, and improving your overall well-being. Over the eight (8) week challenge build lasting habits that support weight management. Each completed habit earns points, with the goal to reach 100 points by the end of the challenge. With the freedom to choose habits that fit your lifestyle, you'll set yourself up for long-term success.





## Adventure Awaits

|                       |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   |
|-----------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Challenge Type</b> | Individual                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        |
| <b>Length</b>         | 6 Weeks                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |
| <b>Requirements</b>   | <b>Points Based:</b> Individuals must complete enough habits to total 100 points by the end of the challenge. Habits can be completed in any order.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |
| <b>Habits</b>         | <ul style="list-style-type: none"> <li>• Check Out a Local Farmers Market</li> <li>• Birdwatching</li> <li>• Neighborhood</li> <li>• Attend a Local Outdoor Event</li> <li>• Share Your Latest Adventure</li> <li>• Outdoor Stretch or Yoga Session</li> <li>• Scenic Bike Ride</li> <li>• Join a Guided Hike</li> <li>• Outdoor Fitness Class</li> <li>• Weekend Getaway</li> <li>• Try a New Water Activity</li> <li>• Walk 10,000 Steps in One Day</li> <li>• Try a High Adrenaline Activity</li> <li>• Camp Overnight</li> <li>• Road Trip</li> <li>• Community Fitness Event</li> <li>• Learn a New Outdoor Skill</li> <li>• Disconnect from Social-Media</li> <li>• Volunteer</li> <li>• Plan a Family Adventure</li> </ul> |

Fuel your adventurous spirit and embrace new experiences with the six (6) week Adventure Awaits challenge! Step out of your comfort zone, connect with nature, and explore activities that promote well-being and personal growth. Your mission is to earn 100 points by the end of the challenge by completing as many of the available activities as you like!





## Expanding Your Horizons

|                       |                                                                                                                                                                                                                         |
|-----------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Challenge Type</b> | Individual                                                                                                                                                                                                              |
| <b>Length</b>         | 6 Weeks                                                                                                                                                                                                                 |
| <b>Requirements</b>   | <b>Pass/Fail:</b> Individuals must complete all healthy habits by the end of the challenge. Habits must be completed in order.                                                                                          |
| <b>Habits</b>         | <ul style="list-style-type: none"> <li>• Explore</li> <li>• Choose Your New Skill</li> <li>• Learn and Prepare</li> <li>• Dive In</li> <li>• Practice, Practice Some More</li> <li>• Reflect, and Set a Goal</li> </ul> |

Embark on a journey of personal growth and discover something new with the Expanding Your Horizons Challenge! Over six (6) weeks, you'll choose your focus, prepare your tools, and dive into practice. Along the way, reflect on your progress and set goals to keep moving forward. The path to growth isn't always easy, but you'll build new skills that can last a lifetime.





## Get Your sELF Off the Shelf

|                       |                                                                                                                                                                                                                                               |
|-----------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Challenge Type</b> | Individual                                                                                                                                                                                                                                    |
| <b>Length</b>         | 4 Weeks                                                                                                                                                                                                                                       |
| <b>Requirements</b>   | <b>Pass/Fail:</b> Individuals must complete four (4) habits by the end of the challenge. Habits can be completed in any order.                                                                                                                |
| <b>Habits</b>         | <ul style="list-style-type: none"> <li>• Trim the Tree Training Exercises</li> <li>• Winter Wonderland Walks</li> <li>• Jingle Bell Jumps</li> <li>• Snowman Stretches</li> <li>• Reindeer Run</li> <li>• Santa's Strength Circuit</li> </ul> |

Get your sELF off the shelf and jump into some healthy habits! This six (6) week individual challenge is designed to help you stay active and incorporate movement into your routine during the busy holiday season. Don't let the holiday rush sideline your fitness—get your sELF off the shelf and stay moving!





## iWorkout Challenge

|                       |                                                                                                                                                                                          |
|-----------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Challenge Type</b> | Individual                                                                                                                                                                               |
| <b>Length</b>         | 6 Weeks                                                                                                                                                                                  |
| <b>Requirements</b>   | <b>Pass/Fail:</b> Individuals must complete all healthy habits by the end of the challenge. Habits must be completed in order.                                                           |
| <b>Habits</b>         | <ul style="list-style-type: none"><li>• Walk</li><li>• Cardio</li><li>• Strength Training</li><li>• Upper Body Workout</li><li>• Lower Body Workout</li><li>• Circuit Training</li></ul> |

Discover the power of variety with the iWorkout challenge! Over six (6) weeks, you'll try a new type of workout each week—whether it's strength training, cardio, yoga, or circuit training. Explore exercises you enjoy while learning the importance of a well-balanced fitness routine. Complete each habit in the order provided to pass the challenge. By the end, you'll have built a diverse workout program that keeps you motivated.





## Going Green

|                       |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |
|-----------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Challenge Type</b> | Individual                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |
| <b>Length</b>         | 6 Weeks                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |
| <b>Requirements</b>   | <b>Points Based:</b> Individuals must complete enough habits to total 100 points by the end of the challenge. Habits can be completed in any order.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |
| <b>Habits</b>         | <ul style="list-style-type: none"> <li>• Start a Compost Bin</li> <li>• Plant a Tree</li> <li>• Grow Something Edible</li> <li>• Unplug Devices</li> <li>• Conserve Water in the Bathroom</li> <li>• Turn Off Extra Lights</li> <li>• Use Reusable Bags and Containers</li> <li>• Visit a Local Farmers Markets</li> <li>• Organize a Clothing Swap</li> <li>• Use Public Transportation or Walk</li> <li>• Replace a Lightbulb</li> <li>• Try a Meatless Monday</li> <li>• Set Up a Rain Barrel</li> <li>• Hang Dry Laundry</li> <li>• Donate Unused Items</li> <li>• Open Your Windows</li> <li>• Join a Community Clean Up</li> <li>• Use Natural Cleaners</li> <li>• Recycle E-Waste</li> <li>• Reduce Food Waste for One Meal</li> </ul> |

Become more environmentally aware with the Going Green Healthy Habits Challenge. Throughout the six (6) weeks, complete healthy habits that focus on sustainable actions. From reducing energy consumption to supporting local communities, learn how small changes can make a big impact!





## Living a Sustainable Life

|                       |                                                                                                                                                                                                                                                                                                                                                                                                                                                                          |
|-----------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Challenge Type</b> | Individual                                                                                                                                                                                                                                                                                                                                                                                                                                                               |
| <b>Length</b>         | 6 Weeks                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |
| <b>Requirements</b>   | <b>Pass/Fail:</b> Individuals must complete eighteen (18) healthy habits by the end of the challenge. Habits can be completed in any order.                                                                                                                                                                                                                                                                                                                              |
| <b>Habits</b>         | <ul style="list-style-type: none"> <li>• Conserve Energy</li> <li>• Minimize Miles</li> <li>• Shop with a Reusable Bag</li> <li>• Veggie Week</li> <li>• Ditch the Dryer</li> <li>• Plant a Tree, Flowers, or Plant</li> <li>• Tidy Up Your Workspace</li> <li>• Stretch Break</li> <li>• Donate to Food Pantry</li> <li>• Read an Article or Listen to a Podcast</li> <li>• Safety First</li> <li>• Meet with an Accountant/Seek Advice</li> <li>• And More!</li> </ul> |

Live your best life while making smarter, more sustainable choices! Over six (6) weeks, complete habits designed to help you conserve energy, embrace transparency, connect with nature, and more. From minimizing miles to improving cybersecurity, each habit builds toward a healthier, more intentional lifestyle. Complete at least three (3) habits a week to earn credit and start living sustainably—because small, mindful actions today lead to a brighter future!





## Movement Matters

|                       |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                |
|-----------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Challenge Type</b> | Individual                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     |
| <b>Length</b>         | 6 Weeks                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        |
| <b>Requirements</b>   | <b>Points Based:</b> Individuals must complete enough habits to total 100 points by the end of the challenge PLUS one (1) associated eLearning Series. Habits can be completed in any order.                                                                                                                                                                                                                                                                                                                                   |
| <b>Habits</b>         | <ul style="list-style-type: none"> <li>• Low Impact Cardio</li> <li>• Stretching</li> <li>• Techniques for a Healthy and Happy Back</li> <li>• Take a Stretch Break</li> <li>• Upper Body</li> <li>• Understanding the Benefits of Ergonomics eLS</li> <li>• Core Exercises</li> <li>• Low Back Health eLS</li> <li>• Take a Movement Break</li> <li>• Creating an Action Plan eLS</li> <li>• Body Scan Exercises</li> <li>• Body Scan eLS</li> <li>• Rearrange Your Workspace Your Bone &amp; Joint Health Webinar</li> </ul> |

Take charge of your muscle, bone, and joint health! Over six (6) weeks, complete habits that build strength, improve flexibility, and manage pain—like low-impact cardio, stretching, ergonomic tweaks, healthy snacking, and mindfulness. Dive deeper with the Learning Center series, covering topics like ergonomics and injury prevention.





## Mindful Bingo

|                       |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |
|-----------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Challenge Type</b> | Individual                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |
| <b>Length</b>         | 5 Weeks                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          |
| <b>Requirements</b>   | <b>Pass/Fail:</b> Individuals must complete five (5) habits by the end of the challenge. Habits can be completed in any order.                                                                                                                                                                                                                                                                                                                                                                                   |
| <b>Habits</b>         | <ul style="list-style-type: none"> <li>• Morning Mantra</li> <li>• Make Your Bed Mindfully</li> <li>• Appreciation Note</li> <li>• Take Time to Do a Hobby</li> <li>• Mindful Walk Outdoors</li> <li>• Motivational Podcast</li> <li>• Meditate</li> <li>• You Matter</li> <li>• Try Beginners Yoga</li> <li>• Mindfulness Exercises</li> <li>• De-Clutter Your Space</li> <li>• Call a Friend or Family Member</li> <li>• Try a New Healthy Recipe</li> <li>• Game Night</li> <li>• Acts of Kindness</li> </ul> |

Over the next five (5) weeks, complete at least one (1) habit from your BINGO card each week to stay in the game. Whether it's practicing gratitude, meditating, or getting creative, each habit helps you stay present and stress-free. At the end of the challenge, submit your "winning" journal entry to your Wellness Coordinator, reflecting on your experience playing Mindful BINGO.





## #HealthyDeskLife

|                       |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |
|-----------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Challenge Type</b> | Individual                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                |
| <b>Length</b>         | 4 Weeks                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   |
| <b>Requirements</b>   | <b>Points Based:</b> Individuals must complete enough habits to total 100 points by the end of the challenge. Habits can be completed in any order.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |
| <b>Habits</b>         | <ul style="list-style-type: none"> <li>• Clear Your Desk</li> <li>• Organize Digital Files</li> <li>• Tidy Up Cables and Tech Gadgets</li> <li>• Set Up a Paper System</li> <li>• Unsubscribe from Email Clutter</li> <li>• Create a "Reset Ritual"</li> <li>• Adjust Your Chair Height</li> <li>• Set Screen at Eye Level</li> <li>• Use a Footrest</li> <li>• Switch to a Supportive Keyboard and Mouse</li> <li>• Check Your Lighting</li> <li>• "Posture Checks"</li> <li>• 5-Min Breathing Exercises</li> <li>• Use a Standing Desk</li> <li>• Active Lunch Break</li> <li>• Boundaries for Screen Time</li> <li>• Refresh the Air</li> <li>• Sensory-Friendly Workspace</li> <li>• Reduce Multitasking</li> <li>• Declutter Stress Triggers</li> <li>• Wind-Down Routine</li> </ul> |

Your workspace plays a key role in your well-being and productivity. Over the four (4) week #HealthyDeskLife challenge, adopt simple habits to transform your work environment into a health-enhancing space. From improving ergonomics and reducing clutter to incorporating movement breaks and refreshing your surroundings, these small changes will boost both your comfort and focus. Take the time to invest in a workspace that supports your health and productivity, and experience the benefits of a healthier, more balanced workday!





## Abs for August

|                       |                                                                                                                                                                                                                                                                                                                                                                                                                                                                |
|-----------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Challenge Type</b> | Individual                                                                                                                                                                                                                                                                                                                                                                                                                                                     |
| <b>Length</b>         | 4 Weeks                                                                                                                                                                                                                                                                                                                                                                                                                                                        |
| <b>Requirements</b>   | <b>Pass/Fail:</b> Individuals must complete fifteen (15) healthy habits by the end of the challenge. Habits can be completed in any order.                                                                                                                                                                                                                                                                                                                     |
| <b>Exercises</b>      | <ul style="list-style-type: none"> <li>• Plank</li> <li>• Side Plank</li> <li>• Hand Plank</li> <li>• Crunch</li> <li>• Bicycle Crunch</li> <li>• Butterfly Crunch</li> <li>• Stable Reverse Crunch</li> <li>• Lying Side Crunch</li> <li>• Toe Taps</li> <li>• Superman</li> <li>• Mountain Climbers</li> <li>• Flutter Kicks</li> <li>• Toe Touch</li> <li>• Oblique Twist</li> <li>• Ankle Side Bends</li> <li>• Knee Tucks, V-Sit, Glute Bridge</li> </ul> |

Strengthen your core and boost your fitness! This challenge encourages you to complete abdominal workouts throughout the month, focusing on building a stronger core over four (4) weeks. Complete at least 15 ab-focused habits in any order to earn participation credit. Whether you're aiming for better posture, enhanced stability, or a sculpted core, every workout brings you closer to your goal.



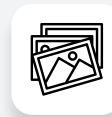


## Better Sleep Challenge

|                       |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             |
|-----------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Challenge Type</b> | Individual                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |
| <b>Length</b>         | 4 Weeks                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     |
| <b>Requirements</b>   | <b>Pass/Fail:</b> Individuals must complete eight (8) healthy habits by the end of the challenge. Habits can be completed in any order.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     |
| <b>Habits</b>         | <ul style="list-style-type: none"> <li>• Cool Down Your Bedroom</li> <li>• Evening Bath</li> <li>• Turn Off TV/Electronics</li> <li>• Bedtime Beverage</li> <li>• Relaxing Noise to Wind Down</li> <li>• Stop Drinking Caffeine Before Bed</li> <li>• Clear Out Clutter</li> <li>• Blue Light Blocker Glasses</li> <li>• Wash Away Your Stress</li> <li>• Daily Wake Times</li> <li>• Centering Breath</li> <li>• Daytime Exercise</li> <li>• Quick Stretch Before Bed</li> <li>• Wash Your Sheets</li> <li>• Brain Dump Technique</li> <li>• Grab a Book</li> <li>• Walk After Dinner</li> <li>• Dim the Lights</li> </ul> |

Better sleep is attainable! The journey starts from making small tweaks to your lifestyle during the day all the way up to the evening hours. Complete various healthy habits throughout your day to set yourself up for better quality sleep over the course of the next four (4) weeks.





## Collage of Happiness

|                       |                                                                                                                                |
|-----------------------|--------------------------------------------------------------------------------------------------------------------------------|
| <b>Challenge Type</b> | Individual                                                                                                                     |
| <b>Length</b>         | 4 Weeks                                                                                                                        |
| <b>Requirements</b>   | <b>Pass/Fail:</b> Individuals must complete all healthy habits by the end of the challenge. Habits must be completed in order. |
| <b>Habits</b>         | <ul style="list-style-type: none"> <li>• Take Photos</li> <li>• Assemble Collage</li> <li>• Submit Collage</li> </ul>          |

Capture the moments that bring you joy with the Collage of Happiness challenge! Focusing on what brings happiness and recognizing the good in your life can reduce stress, improve mental health, and boost overall well-being. Over four (4) weeks, take photos of things that make you happy at least three (3) times per week. At the end of the challenge, compile your photos into a beautiful collage that reflects your journey. Share your collage to celebrate the positive moments you've uncovered and the impact they've had on your health!





## Community Wellness

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|                       |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                |
|-----------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Challenge Type</b> | Individual                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     |
| <b>Length</b>         | 4 Weeks                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        |
| <b>Requirements</b>   | <b>Points Based:</b> Individuals must complete enough habits to total 100 points by the end of the challenge. Habits can be completed in any order.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            |
| <b>Habits</b>         | <ul style="list-style-type: none"> <li>• Get a Library Card</li> <li>• Visit a Community Garden</li> <li>• Take a Class</li> <li>• Volunteer for a Cause</li> <li>• Attend a Farmers Market</li> <li>• Eat at a Local Restaurant</li> <li>• Shop at a Local Store</li> <li>• Visit a Local Park</li> <li>• Attend a Community Event</li> <li>• Find Your Local Doctor or Dentist</li> <li>• Take Public Transportation</li> <li>• Learn about Local History</li> <li>• Join a Local Club or Group</li> <li>• Visit a Local Art Gallery</li> <li>• Attend a Town Hall or Civic Meeting</li> <li>• Support a Local Nonprofit</li> <li>• Take a Fitness Class at a Local Studio</li> <li>• Host a Neighborhood Gathering</li> <li>• Join a Local Online Group or Forum</li> </ul> |

Discover new ways to get involved with the Community Wellness Healthy Habits Challenge. Over four (4) weeks, dive into local activities that reveal all the hidden gems your community has to offer. From supporting local businesses to volunteer opportunities that make a difference. Get ready to celebrate the vibrant spirit of your neighborhood!





## Complaints to Compliments

|                       |                                                                                                                                                                                                                                                                                                        |
|-----------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Challenge Type</b> | Individual                                                                                                                                                                                                                                                                                             |
| <b>Length</b>         | 4 Weeks                                                                                                                                                                                                                                                                                                |
| <b>Requirements</b>   | <b>Points Based:</b> Individuals must complete enough habits to total 100 points by the end of the challenge. Habits can be completed in any order.                                                                                                                                                    |
| <b>Habits</b>         | <ul style="list-style-type: none"><li>• Tune In</li><li>• Brainstorm Solutions</li><li>• Focus on You</li><li>• Be Assertive</li><li>• Positive Attitude</li><li>• Learn to Adapt</li><li>• Judge Less</li><li>• Self-Compassion</li><li>• Channel Your Energy</li><li>• Keep Moving Forward</li></ul> |

Complaining can negatively affect our physical and mental wellbeing. In this challenge, you will complete various healthy habits over the course of four (4) weeks that will help you overcome stressful situations and lead to a more fulfilling life.





## Cooking Challenge

|                       |                                                                                                                                                                                                                                                                                                                                                                     |
|-----------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Challenge Type</b> | Individual                                                                                                                                                                                                                                                                                                                                                          |
| <b>Length</b>         | 4 Weeks                                                                                                                                                                                                                                                                                                                                                             |
| <b>Requirements</b>   | <b>Points Based:</b> Individuals must complete enough habits to total 50 points by the end of the challenge. Habits can be completed in any order.                                                                                                                                                                                                                  |
| <b>Habits</b>         | <ul style="list-style-type: none"> <li>• Snack Healthy</li> <li>• Cook Breakfast</li> <li>• Teach Your Child a New Skill</li> <li>• Cook Lunch</li> <li>• Pinterest a New Recipe</li> <li>• Social Media Bonus</li> <li>• Add a Veggie</li> <li>• Lose the Salt</li> <li>• Cookbook</li> <li>• Grocery List</li> <li>• Grocery Bonus</li> <li>• Smoothie</li> </ul> |

Sharpen your skills in the kitchen! Over the next four (4) weeks, complete different healthy cooking habits designed to help you build routines that will last a lifetime. From meal prepping and mindful eating to trying new recipes and cooking with whole ingredients, each habit brings you closer to a healthier, more confident approach to food.





## Digital Detox

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|-----------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Challenge Type</b> | Individual                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          |
| <b>Length</b>         | 4 Weeks                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             |
| <b>Requirements</b>   | <b>Points Based:</b> Individuals must complete enough habits to total 100 points by the end of the challenge. Habits can be completed in any order.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 |
| <b>Habits</b>         | <ul style="list-style-type: none"> <li>• Monitor Screen Time</li> <li>• Turn Off Non-Essential Notifications</li> <li>• Schedule Screen Breaks</li> <li>• Use Airplane Mode for Focus</li> <li>• Declutter Your Digital Life</li> <li>• Digital-Free Morning Routine</li> <li>• Tech-Free Dinner Time</li> <li>• Limit Streaming Time</li> <li>• Outdoor Screen-Free Activity</li> <li>• Enjoy a Screen-Free Hobby</li> <li>• Create a Reading Challenge</li> <li>• Take a Nature Walk</li> <li>• Phone-Free Workout</li> <li>• Prioritize Face-to-Face Connections</li> <li>• Family Game Night</li> <li>• Host a Screen-Free Gathering</li> </ul> |

Ready to unplug and recharge? Throughout the four (4) week Digital Detox challenge, complete daily habits that help promote a healthier relationship with technology. Find new ways to relax, refocus, and connect with those around you, both at work and in your personal life. Say goodbye to endless scrolling and hello to a healthier, more balanced lifestyle!





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## Don't Wait – Hydrate!

|                       |                                                                                                                                                                                                                                                                                                                                                                                                |
|-----------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Challenge Type</b> | Individual                                                                                                                                                                                                                                                                                                                                                                                     |
| <b>Length</b>         | 4 Weeks                                                                                                                                                                                                                                                                                                                                                                                        |
| <b>Requirements</b>   | <b>Points Based:</b> Individuals must complete eight (8) of the available healthy habits by the end of the challenge. Habits can be completed in any order.                                                                                                                                                                                                                                    |
| <b>Habits</b>         | <ul style="list-style-type: none"> <li>• Morning Kickstart</li> <li>• Hydration Buddy</li> <li>• Swap It Out</li> <li>• Track &amp; Sip</li> <li>• Infused Refreshment</li> <li>• Meal Hydration</li> <li>• Mindful Sipping</li> <li>• Hydration Boost Foods</li> <li>• Electrolyte Balance</li> <li>• Evening Wind Down</li> <li>• Hydration Habit Stack</li> <li>• Bedtime Bottle</li> </ul> |

Fuel your body, refresh your mind, and build sustainable hydration habits in this four-week hydration challenge! Each week, you'll choose two simple yet powerful habits designed to boost your water intake, leaving you energized, clear-headed, and on track for a healthier lifestyle. From sipping smarter to swapping sugary drinks, these habits can be done in any order—giving you the flexibility to create your own path to success. By the end of the challenge, you'll have completed eight healthy hydration practices and set the stage for lasting wellbeing. Cheers to a more hydrated you!





## Game of Life

FLAGSHIP

|                       |                                                                                                                                                                                                                                 |
|-----------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Challenge Type</b> | Individual                                                                                                                                                                                                                      |
| <b>Length</b>         | 4 Weeks                                                                                                                                                                                                                         |
| <b>Requirements</b>   | <b>Pass/Fail:</b> Individuals must complete three (3) of the available healthy habits each week by the end of the challenge. Habits can be completed in any order.                                                              |
| <b>Habits</b>         | <ul style="list-style-type: none"><li>• Nutrition &amp; Eating Guidelines</li><li>• Breathing and Meditation Techniques</li><li>• Effective Communication Strategies</li><li>• Sleep, Movement, &amp; Everything Else</li></ul> |

Make incorporating healthy habits into your life a game! Each week brings a new focus area with simple tasks to complete. One week you may dive into nutrition, another week may be the perfect time to focus on meditation, communication, or movement. Use the week to complete the tasks, check it off, then move on to the next week's focus. By the end of four weeks, you'll have stacked healthy habits in multiple areas of your life—making wellness both fun and achievable.





## Harvest Your Health

|                       |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   |
|-----------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Challenge Type</b> | Individual                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        |
| <b>Length</b>         | 4 Weeks                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |
| <b>Requirements</b>   | <b>Points Based:</b> Individuals must complete enough habits to total 100 points by the end of the challenge. Habits can be completed in any order.                                                                                                                                                                                                                                                                                                                                               |
| <b>Habits</b>         | <ul style="list-style-type: none"> <li>• Walk</li> <li>• Eat Your Veggies</li> <li>• Earlier Riser</li> <li>• Strength Training</li> <li>• Drink Water</li> <li>• No Seconds</li> <li>• To-Do List</li> <li>• Pack Your Lunch</li> <li>• Sleep</li> <li>• Clean Teeth</li> <li>• Cardio</li> <li>• Family Time</li> <li>• Park Further Away</li> <li>• Food Shopping</li> <li>• Snack Healthy</li> <li>• Eat Breakfast</li> <li>• Meditate to Destress</li> <li>• Preventive Screening</li> </ul> |

Boost your wellbeing this fall by collecting 100 pumpkins — or points — through healthy habits! Over four (4) weeks, complete activities like cardio, family time, packing lunches, and eating breakfast. Each habit is worth a different number of pumpkins—complete them in any order to reach 100 and earn credit.





## Healthy Aging

|                       |                                                                                                                                                                                                                                                                                          |
|-----------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Challenge Type</b> | Individual                                                                                                                                                                                                                                                                               |
| <b>Length</b>         | 4 Weeks                                                                                                                                                                                                                                                                                  |
| <b>Requirements</b>   | <b>Pass/Fail:</b> Individuals must complete three (3) of the available healthy habits each week by the end of the challenge. Weeks must be marked “completed” in order.                                                                                                                  |
| <b>Habits</b>         | <ul style="list-style-type: none"><li>• Week 1: Foundation Building – Daily Wellness Basics</li><li>• Week 2: Strength &amp; Sleep – Building Better Habits</li><li>• Week 3: Mind &amp; Mood – Emotional Wellness</li><li>• Week 4: Active Living – Community &amp; Self-Care</li></ul> |

Embrace habits that support healthy aging and set the foundation for lifelong well-being! This four (4) week Healthy Aging challenge invites you to integrate small, impactful actions into your daily life. Each week offers six (6) new habits to choose from, focusing on preventive care, movement, mental wellness, and healthy nutrition. Choose three (3) habits to complete each week. By the end of the challenge, you'll build routines that boost your energy, maintain strength, reduce stress, and support long-term vitality.





## Mind Matters

FLAGSHIP

|                       |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |
|-----------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Challenge Type</b> | Individual                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            |
| <b>Length</b>         | 4 Weeks                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |
| <b>Requirements</b>   | <b>Points Based:</b> Individuals must complete enough habits to total 100 points by the end of the challenge. Habits can be completed in any order.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   |
| <b>Habits</b>         | <ul style="list-style-type: none"> <li>• One Hour of Me Time</li> <li>• Get Moving Outdoors</li> <li>• Challenge Your Mind</li> <li>• Nurture Connections</li> <li>• Talk It Out</li> <li>• Escape into a Good Book</li> <li>• Find Your Peaceful Place</li> <li>• Prioritize Your Sleep</li> <li>• Unplug from Social-Media</li> <li>• Give Back and Volunteer</li> <li>• Listen to Some Music</li> <li>• Get Creative</li> <li>• Mindful Meditation</li> <li>• Fuel Your Body with Nutrition</li> <li>• Check-in With Your Doctor</li> <li>• Reflect and Journal</li> <li>• Declutter Your Space, Declutter Your Mind</li> <li>• Hydrate for Mental Clarity</li> <li>• Practice Gratitude</li> <li>• Enjoy Some Sunshine</li> </ul> |

Just like we exercise our bodies, it's crucial to care for our minds too. Over the four (4) week Mind Matters Healthy Habits challenge adopt small, impactful habits that improve your mindset and create a healthier mental environment. By focusing on simple, day-to-day changes, from refreshing your surroundings to nurturing positive routines, you'll experience the benefits of prioritizing your mental health. Your mind matters, and this is your opportunity to invest in it!





## Prompts for Positivity

|                       |                                                                                                                                                                                                                                                                                                                                           |
|-----------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Challenge Type</b> | Individual                                                                                                                                                                                                                                                                                                                                |
| <b>Length</b>         | 4 Weeks                                                                                                                                                                                                                                                                                                                                   |
| <b>Requirements</b>   | <b>Pass/Fail:</b> Individuals must complete twelve (12) habits by the end of the challenge. Habits can be completed in any order.                                                                                                                                                                                                         |
| <b>Habits</b>         | <ul style="list-style-type: none"> <li>• Everyday Happiness</li> <li>• Thankful</li> <li>• Emotions</li> <li>• Learn Something</li> <li>• Take Action</li> <li>• Positivity &amp; Hope</li> <li>• Time to Listen</li> <li>• Abstract Art</li> <li>• Reflect</li> <li>• Friendship</li> <li>• Positive Life</li> <li>• Thankful</li> </ul> |

Over four (4) weeks, take a moment each day to reflect and journal about the good around you. Complete a total of twelve (12) prompts throughout the challenge to earn credit toward your Wellness Program. Grab a notebook, start your journey today, and discover how small moments of gratitude can make a big impact!





## Smart About Spending

|                       |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |
|-----------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Challenge Type</b> | Individual                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |
| <b>Length</b>         | 4 Weeks                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          |
| <b>Requirements</b>   | <b>Points Based:</b> Individuals must complete enough habits to total 100 points by the end of the challenge. Habits can be completed in any order.                                                                                                                                                                                                                                                                                                                                                                                              |
| <b>Habits</b>         | <ul style="list-style-type: none"> <li>• Get Advice</li> <li>• Develop a Budget</li> <li>• Cut Out the Unnecessary</li> <li>• No Spending One Day</li> <li>• Carry Cash</li> <li>• Use Coupons and Bargains</li> <li>• Pay Bills First</li> <li>• Automate Your Savings</li> <li>• Drink Water</li> <li>• Only Shop with a List</li> <li>• Pack Your Lunch</li> <li>• A Night In</li> <li>• Take Stock in What You Have</li> <li>• Walk to Your Destination</li> <li>• Run Errands In One Go</li> <li>• Contribute Towards Retirement</li> </ul> |

Be savvy with your money and build smarter spending habits with the Smart About Spending challenge! Over four (4) weeks, complete various financial habits designed to help you manage expenses, prioritize savings, and make thoughtful purchases. Each habit earns you points toward your goal. Collect 100 points to complete the challenge and set yourself up for smarter financial decisions moving forward!





## Spell It Out to Work It Out

|                       |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              |
|-----------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Challenge Type</b> | Individual                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   |
| <b>Length</b>         | 4 Weeks                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      |
| <b>Requirements</b>   | <b>Pass/Fail:</b> Individuals must complete eight (8) habits by the end of the challenge. Habits can be completed in any order.                                                                                                                                                                                                                                                                                                                                                                                                                                                                              |
| <b>Habits</b>         | <ul style="list-style-type: none"> <li>• Ab Crunches</li> <li>• Burpees</li> <li>• Curls</li> <li>• Dips</li> <li>• Elevations</li> <li>• Flutter Kicks</li> <li>• Glute Bridges</li> <li>• High Knees</li> <li>• Inch Worm Push Ups</li> <li>• Jumping Jacks</li> <li>• Kick Backs</li> <li>• Lunges</li> <li>• Mountain Climbers</li> <li>• Over Head Press</li> <li>• Push-Ups</li> <li>• Quick Feet</li> <li>• Run in Place</li> <li>• Squat</li> <li>• Toe Touches</li> <li>• Under Arm Focus</li> <li>• V-Sits</li> <li>• Wall Sits</li> <li>• Super Man</li> <li>• Yoga</li> <li>• Zig-Zag</li> </ul> |

Can you spell “Achievement”? Pick a word, name, or phrase to spell out over the four (4) week challenge. Each letter corresponds to a different exercise, spell out your chosen word throughout the challenge! Complete at least two (2) workouts per week to spell out at least eight (8) letters by the end. Get creative with your word choice and enjoy a fun, active way to stay fit!





## Step It Up

|                       |                                                                                                                                     |
|-----------------------|-------------------------------------------------------------------------------------------------------------------------------------|
| <b>Challenge Type</b> | Individual                                                                                                                          |
| <b>Length</b>         | 4 Weeks                                                                                                                             |
| <b>Requirements</b>   | <b>Pass/Fail:</b> Individuals must complete all available habits by the end of the challenge. Habits can be completed in any order. |
| <b>Habits</b>         | <ul style="list-style-type: none"><li>• Exercise</li><li>• Cardio</li><li>• Walk</li><li>• HIIT Workout</li></ul>                   |

Get moving and stay on track with the Step It Up challenge! Over four (4) weeks, challenge yourself to complete a variety of workouts—Cardio, HIIT, Walking, and Strength Training. To earn credit, you'll need to complete all four workout types at least once throughout the challenge. Mix it up, stay motivated, and build a well-rounded fitness routine that keeps you stepping toward your goals.





## Stretch Break

|                       |                                                                                                                                                                                                                  |
|-----------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Challenge Type</b> | Individual                                                                                                                                                                                                       |
| <b>Length</b>         | 4 Weeks                                                                                                                                                                                                          |
| <b>Requirements</b>   | <b>Pass/Fail:</b> Individuals must complete three (3) of the available healthy habits each week by the end of the challenge. Weeks must be marked “completed” in order.                                          |
| <b>Habits</b>         | <ul style="list-style-type: none"> <li>• Week 1: Gentle Stretches</li> <li>• Week 2: Upper Body for Posture and Mobility</li> <li>• Week 3: Lower Body</li> <li>• Week 4: Full Body Dynamic Stretches</li> </ul> |

Loosen up and improve your flexibility with the Stretch Break challenge! Over four (4) weeks, incorporate a variety of stretches into your routine to relieve tension, boost mobility, and feel your best. Complete the challenge by practicing daily stretches.





## Working Towards Wellness

|                       |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     |
|-----------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Challenge Type</b> | Individual                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          |
| <b>Length</b>         | 4 Weeks                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             |
| <b>Requirements</b>   | <b>Points Based:</b> Individuals must complete enough habits to total 100 points by the end of the challenge. Habits can be completed in any order.                                                                                                                                                                                                                                                                                                                                                 |
| <b>Habits</b>         | <ul style="list-style-type: none"> <li>• Walk</li> <li>• Get Offline</li> <li>• Set Goals</li> <li>• Cardio</li> <li>• Earlier Riser</li> <li>• Try Something New</li> <li>• Strength Training</li> <li>• Family Time</li> <li>• Drink Water</li> <li>• Gym Workout</li> <li>• Meal Prep</li> <li>• Food Shopping</li> <li>• Pack Your Lunch</li> <li>• Snack Healthy</li> <li>• Mirror Work</li> <li>• Meditate to Destress</li> <li>• More Fruits and Veggies</li> <li>• Eat Breakfast</li> </ul> |

It's not about perfection—it's about progress. Take it one step at a time, and build the foundation for lifelong wellness! The Working Towards Wellness challenge encourages you to build lasting healthy habits over four (4) weeks. From staying active and fueling your body with nutritious foods to practicing mindfulness and spending time with loved ones, every habit you complete earns points. Working towards 100 points, build sustainable habits that will last a lifetime. Remember - you're worth the work!



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