wellnesscoach
LIVE HEALTHIER, HAPPIER, LONGER.

Challenge runs:
01–21 January 2027

January's Community Challenge:
New Year, New Streak

Kick off the year with some friendly competition. Log your steps every day, build your streak, and see how you stack up against the community.

STEP CHALLENGE



HOW TO JOIN

1. Scan the QR Code or Click Here
2. Join the Challenge
3. Enable reminders and sync your device in your settings.

Note: Joining will give you full access to the challenge details.



PRIZES



The top 100 participants will be entered into a drawing, where 10 lucky winners will each receive a $25 USD gift card!

SCAN TO JOIN

Need help? Email us at **support@wellnesscoach.live**

Monthly Theme: **Start Fresh**

January **2027's Community Events**



Join our coaches in group coaching sessions, featuring meditations, yoga & stretch sessions, let's talks, and workshops.

07 THURSDAY — 12:30 PM ET

Eat Better Without Making It Complicated

Coach: Tessa Spisak
Duration: 30 mins

Register Here

12 TUESDAY — 3:30 PM ET

Feeling Stuck? Here's How to Move Forward

Coach: Lars Bodenheimer/Stefan Ravalli
Duration: 30 mins

Register Here

29 FRIDAY — 8:00 AM ET

A Meditation for People Who Can't Sit Still

Coach: Corene Summers
Duration: 15 mins

Register Here

