

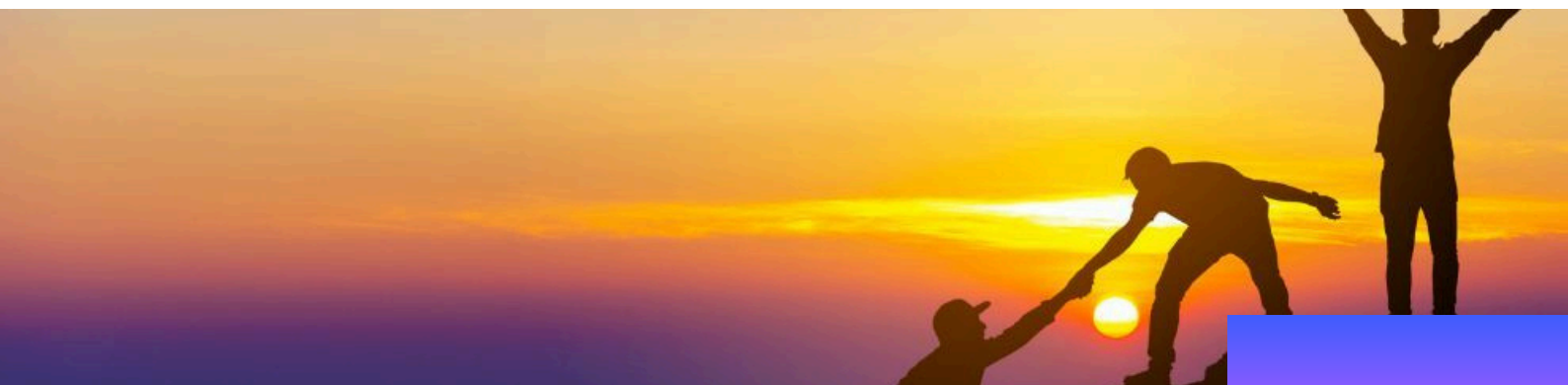


# WELLNESS COACH CHALLENGE CATALOG

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

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## Overview Challenges

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

The best part? They're easy to launch, even easier to join, and fully automated, so no manual tracking for you or your employees.

Here's how simple (and engaging) the experience is:

- Employees receive an invitation notification and see a banner about an upcoming challenge in the Challenges section.
- Challenges are clearly listed under Upcoming, Active, or Completed.
- With one tap, they can view challenge details and join the challenge.
- Progress is tracked automatically by syncing a wearable device or manually logging activity.
- Throughout the challenge, employees get in-app reminders and motivational nudges.
- A leaderboard tracks standings, keeping the competition friendly and transparent.
- The chat box lets participants connect by sharing photos, GIFs, and comments for encouragement and fun.
- Once completed, employees can view results, celebrate achievements, and see how they stacked up against colleagues.

Challenges can be joined and launched directly from the mobile app, the web portal, or even through our integrations with Slack, Microsoft Teams, and Zoom, making it effortless for everyone to participate.

## Configuration Options

**Teams vs. Individual Participation:** You can choose to have your employees participate individually or in teams.

**Teams:** Creating teams for challenges is a great way to increase collaboration and connection across your population. Options include:

- Team assignment: random, assigned by admin, or chosen by participant
- Names: we can come up with fun names or you can provide the names
- Number of participants on each team: 2 – 1,000
- Number of teams: 2 to 250
- Individual participation:
- No teams
- All participants go head-to-head on the leaderboard

# Challenges by Our 7 Pillars of Wellness

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## Physical Wellness

Help your team feel strong, energized, and mobile through movement, strength-building, flexibility, and daily energy habits that support long-term health.

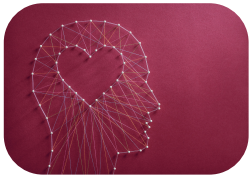
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## Emotional Wellness

Empower employees to manage stress, build resilience, and navigate emotions with confidence by giving them practical tools to stay grounded and well.

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## Mental Wellness

Support sharper focus, clearer thinking, and a stronger mindset so your team can stay motivated, balanced, and productive throughout their workday.

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## Social Wellness

Foster stronger teams through challenges that encourage connection, kindness, and a deeper sense of belonging in your workplace culture.

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## Workplace Wellness

Support career satisfaction, work-life balance, and personal growth by helping employees feel more fulfilled, focused, and supported at work.

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## Financial Wellness

Ease financial stress with approachable, empowering tools that build money confidence and support your team's long-term financial wellbeing.

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## Sleep Wellness

Help employees recharge through better sleep, rest-focused routines, and calming practices that renew energy and prevent burnout.

# Understanding Types of Challenges

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This catalog provides an overview of the different types of challenges available under our 7 Pillars of Wellness. Each challenge is assigned a tag to indicate its format and tracking method. Tags help quickly identify whether a challenge involves tracking activity (steps, minutes, calories, hydration) or engaging with content (audio/video). Understand these tags to easily navigate and select challenges that align with your wellness program goals.

## Activity Minutes

Challenges can measure the total minutes of physical activity completed each day. Activity minutes can be captured by syncing a fitness tracker or through allowed manual time entry.

## Calories Burned

Challenges that measure the number of calories expended through movement. Data is collected by syncing a compatible device.

## Content-Based

Challenges that focus on completing designated audio or video content within the app. Some challenges may combine multiple categories of content. For example, sleep and meditation sessions for a mental wellness challenge, or fitness classes and nutrition content for a healthy lifestyle challenge.

## Step Tracking

Step challenges measure the total number of steps completed each day, recorded via fitness tracker synchronization or manual entry (if allowed).

To ensure all movement counts, two conversion methods are available. The **Activity Minutes to Steps method** uses a standardized chart to convert time spent in activities like cycling or fitness classes into estimated steps. Alternatively, the **Calories Burned to Steps method** converts active movement into steps at a rate of 15 steps per 1 active calorie, excluding resting calories.

## Water Tracking

Challenges that measure daily water intake, recorded as the number of glasses logged directly in the app.

# Physical Wellness

## Challenges

For physical wellness challenges that aren't content-based, you can earn points through steps, activity minutes, or calories burned. If the challenge is a step challenge, both calories burned and activity minutes will be converted into steps so everything counts toward your goal.



## Step It Up

Step Tracking

**Duration Options:** 30, 21, 14, 7, or 5 days

Sometimes the smallest steps lead to the biggest shifts. Step It Up helps you build momentum by tracking your daily steps and celebrating each one along the way. Whether you're walking around the block, pacing between meetings, or adding extra steps throughout your day, this challenge turns movement into motivation. Sync your fitness tracker or log your steps manually to watch your totals climb and your energy rise. By the end, you'll feel more active, more accomplished, and proud of every step you've taken.

## Move Your Way

Activity Minutes

**Duration Options:** 30, 21, 14, 7, or 5 days

Struggling to stay active or just need a fresh push? Move Your Way gives you the flexibility to choose how you move, walk, dance, lift, or stretch, and challenges you to keep going, one minute at a time. Track your activity minutes, climb the leaderboard, and celebrate your progress as it builds. Whether you're syncing a fitness tracker or logging your own movement, you'll stay motivated and see just how far your consistency can take you. By the end, you'll feel stronger, more energized, and proud of how much you've accomplished, your way.

## Ignite Your Energy

Calories Burned

**Duration Options:** 30, 21, 14, 7, or 5 days

Ready to fire up your fitness routine? Ignite Your Energy challenges you to get moving and feel the burn, literally. Whether you're powering through workouts or staying active throughout your day, every calorie you burn brings you one step closer to your goals. Track your calorie burn, stay motivated with real-time progress, and celebrate the energy you're building from the inside out. Sync your fitness tracker to Wellness Coach and watch your momentum grow with each move. By the end, you'll feel more energized, more powerful, and proud of everything your body can do.

# Physical Wellness

## Challenges

For physical wellness challenges that aren't content-based, you can earn points through steps, activity minutes, or calories burned. If the challenge is a step challenge, both calories burned and activity minutes will be converted into steps so everything counts toward your goal.



## Keep it Moving

Activity Minutes

**Duration Options:** 30, 21, 14, 7, or 5 days

Consistency is the key to feeling your best, and movement is the spark that keeps it going. Keep It Moving invites you to track your activity minutes and stay active at your own pace. Whether it's a walk, a stretch, or a workout, each minute builds strength, focus, and resilience. Keep showing up, keep moving, and see how steady activity can lift your energy and mood.

## Mindful Movement

Activity Minutes

**Duration Options:** 30, 21, 14, 7, or 5 days

Movement isn't just physical, it's a powerful way to reset your mind. Mindful Movement encourages you to stay active while tuning into how your body feels with every stretch, step, or workout. Track your activity minutes, stay present, and bring focus to each motion. Whether you're aiming for the leaderboard or simply moving for balance, mindful effort builds lasting strength and calm energy.

## Move for Meaning

Calories Burned

**Duration Options:** 30, 21, 14, 7, or 5 days

Move for Meaning challenges you to bring purpose to every workout. Track your calories burned as you stay active, motivated, and inspired to move for something bigger than yourself. Each calorie represents focus, strength, and progress toward better well-being. Compete on the leaderboard, push your limits, and make every movement count, because when you move with meaning, your energy creates change.

# Physical Wellness

## Challenges



### Strength Unleashed

Content Based

**Duration Options:** 30, 21, 14, 7, or 5 days

Ready to feel stronger from the inside out?

Strength Unleashed is here to help you tap into your power with energizing movement designed to build both confidence and resilience, no matter your starting point. You'll explore a balanced mix of strength-building workouts, active recovery, and mobility-focused sessions. Each day brings something new to keep your body challenged and supported, so you can stay consistent, avoid burnout, and feel good as you progress. Whether you're targeting upper body, lower body, or building full body strength, you'll move with intention and purpose. By the end, you'll feel stronger, more capable, and proud of what you've accomplished, both physically and mentally.

### Cardio Charge

Content Based

**Duration Options:** 30, 21, 14, 7, or 5 days

If you're ready to shake off sluggishness and feel more alive in your body, Cardio Charge is your invitation to get moving.

This challenge is designed to boost your cardiovascular health, ignite your energy, and help you rediscover the joy of movement. You'll explore a variety of heart-pumping sessions that build endurance, support stamina, and keep things fresh with changes in pace and intensity. Balanced with recovery and strength supporting practices, this challenge helps you stay consistent without burning out. Whether you love a good sweat or you're just getting started, each day is a new opportunity to recharge from the inside out. By the end, you'll feel more energized, confident, and proud of the power you've built through movement.

### Stretch and Recover

Content Based

**Duration Options:** 30, 21, 14, 7, or 5 days

Movement is powerful, but so is stillness.

Stretch and Recover invites you to slow down and support your body with gentle, intentional practices that help you release tightness, improve flexibility, and recover more effectively. Each session is designed to soothe sore muscles, increase mobility, and bring a greater sense of ease into your day. Whether you've been working out hard or simply sitting too much, this challenge offers the space to reset your body and reconnect with how you feel. By the end, you'll feel more limber, balanced, and ready to move through life with greater freedom.

# Physical Wellness

## Challenges



### Flexibility Focus

Content Based

**Duration Options:** 14, 7, or 5 days

When your body feels tight, everything feels harder, physically and mentally. Flexibility Focus is designed to help you loosen up, move better, and feel more at home in your body through gentle, consistent stretching. Each day offers a mix of feel good movements to support your flexibility from head to toe. With a calm and mindful pace, these sessions are safe to explore daily and ideal for all levels. There's no pressure to push, just simple stretches that help you unwind and move with greater comfort and ease. By the end, you'll feel more open, more mobile, and more at ease in your daily movement.

### Relax and Restore with Yoga

Content Based

**Duration Options:** 30, 21, 14, 7, or 5 days

When life feels rushed or overwhelming, slowing down can be the most powerful thing you do. Relax and Restore with Yoga offers a soothing blend of breath, movement, and stillness to help you unwind, reset, and feel more at home in your body. These calming yoga sessions are designed to support recovery, ease physical tension, and quiet the mind. Whether you're ending a long day, recovering from intense movement, or just need a moment to breathe, each practice creates space for presence and rest. By the end, you'll feel more open, more grounded, and more in tune with what your body and mind truly need.

### Desk Movement Breaks

Content Based

**Duration Options:** 30, 21, 14, 7, or 5 days

When you're sitting for hours, your body needs a break, and so does your brain. Desk Movement Breaks offers quick sessions you can do anytime to shake off tension, reset your energy, and feel more awake and alive. You'll explore a variety of simple, low impact movements, from light cardio to mobility and stretching, that get your blood flowing and your body moving, even in a small space. These breaks are designed to be equipment free, easy to follow, and short enough to fit between meetings or tasks. By the end, you'll feel more focused, recharged, and ready to take on the rest of your day, without ever leaving your workspace.

# Physical Wellness

## Challenges



### Hydration Boost

Water Tracking

**Duration Options:** 30, 21, 14, 7, or 5 days

Water is one of the simplest ways to support your energy, focus, and overall well being, but it's easy to overlook.

Hydration Boost helps you turn drinking water into a daily habit that sticks, one glass at a time. You'll log your water intake in the app and see your progress build as you stay consistent throughout the day. Whether you're aiming for better hydration, clearer thinking, or just more energy, this challenge is a refreshing way to show up for your health. By the end, you'll feel more alert, more refreshed, and proud of the healthy habit you've built.

### Eat Well, Feel Well

Nutrition- Content Based

**Duration Options:** 30, 21, 14, 7, or 5 days

What you eat can shape how you feel physically, mentally, and emotionally. Eat Well, Feel Well is designed to help you make confident food choices that support steady energy, mood balance, and overall well being. Each day offers easy to follow guidance to help you tune in to your body, rethink old habits, and discover a more mindful, balanced approach to eating. You'll explore small shifts that add up, like better snacks, hydration, or timing, without restriction or overwhelm. By the end, you'll feel more in sync with your body and more empowered to fuel yourself in a way that truly supports your wellness.

### Healthy Eating Essentials

Nutrition- Content Based

**Duration Options:** 14, 7, or 5 days

Healthy Eating Essentials focuses on small, meaningful shifts that contribute to long term wellness. Whether you're just starting your nutrition journey or refreshing old habits, this challenge offers clear, approachable guidance to make nourishing choices with more ease. Each day introduces an essential concept like building balanced meals, understanding portions, or improving snack choices so you can feel more confident in how you fuel your body. The goal isn't perfection, but progress that fits into real life. By the end, you'll feel more energized, informed, and empowered to support your well being through food.

# Physical Wellness

## Challenges



### The 31-Day Gut Reset

Nutrition- Content Based

**Duration Options:** 31 days

Your gut health affects everything, from digestion and energy to mood and immunity. In this 31 day challenge, you'll learn simple, science backed ways to nourish your microbiome, reduce bloating, and build long term gut friendly habits. Each day includes practical insights and a short pause for reflection, so keep a notebook handy to track your progress, jot down insights, and personalize your gut health journey. Small steps, big impact, let's get started!

### Eat The Rainbow

Nutrition- Content Based

**Duration Options:** 7 days

Healthy eating doesn't have to be bland, it can be bold, bright, and fun. Eat the Rainbow invites you to add more variety and vibrancy to your meals by focusing on a different color each day, encouraging a balanced and nourishing approach to food. You'll learn simple ways to incorporate a full spectrum of fruits, vegetables, and whole foods into your routine while exploring the health benefits each hue has to offer. One of the best parts? You'll get to share photos of your colorful meals in the chat and get inspired by what others are creating too. This playful, interactive challenge brings nutrition to life in a way that's joyful and deeply satisfying. By the end, you'll feel more energized, more creative in the kitchen, and more connected to the colorful foods that support your well being.

### Heart-Smart Living

Content Based

**Duration Options:** 5 days

Your heart does more than keep you alive, it keeps you thriving. Heart-Smart Living explores the powerful connection between your daily habits and long-term heart health. Learn how restorative sleep supports your body's repair process, how balanced nutrition fuels healthy circulation, and how managing stress protects both your heart and mind. Each day, take simple, science-backed steps toward greater vitality and resilience - because living heart-smart means caring for your whole self.

# Emotional Wellness

## Challenges



### Find Your Daily Calm

Mental Wellness- Content Based

**Duration Options:** 30, 21, 14, 7, or 5 days

Stress and overwhelm can build without us noticing. Find Your Daily Calm gives you the space to slow down, breathe, and reconnect with a sense of inner balance. These practices are designed to meet you where you are and help you feel more grounded, even on the busiest days. Each day offers a calming experience that may include breathwork, gentle mindfulness, or moments of quiet reflection. You'll discover how small shifts in awareness and presence can help you feel more emotionally centered and clear headed. By the end, you'll have a toolkit of practices you can return to whenever you need a reset, and a deeper connection to calm that you can carry into daily life.

### Inner Strength, Outer Shine

Mental Wellness- Content Based

**Duration Options:** 14, 7, or 5 days

When life gets heavy, whether you're facing change, loss, or uncertainty, inner strength becomes your anchor. Inner Strength, Outer Shine is a supportive space to regroup, reflect, and rebuild emotional resilience through grounding practices that help you move forward with care. Each day offers thoughtful tools like calming techniques, guided reflections, and gentle mindset shifts to help you process challenges and reconnect with your sense of purpose. These practices are here to help you stay centered and steady, no matter what life throws your way. You'll come away with a deeper sense of calm, strength, and self trust to carry with you through difficult times and beyond.

### Breathe and Reset

Sleep- Content Based

**Duration Options:** 14, 7, or 5 days

Sometimes the fastest way to calm is also the simplest. Breathe and Reset guides you through daily breath focused practices that ease tension, quiet the mind, and help you feel more grounded in the moment. Each session introduces simple breathing techniques you can use anytime stress rises, whether you're between meetings, feeling overwhelmed, or just need a mental refresh. You'll explore calming, energizing, and balancing breathwork that supports emotional clarity and inner steadiness. You'll finish the challenge with go to tools to shift your state, support your nervous system, and create more ease in your day.

# Emotional Wellness

## Challenges



### Thankful Heart

Mental Wellness - Content Based

**Duration Options:** 14, 7 or 5 days

Gratitude has the power to shift how we see ourselves, others, and the world around us. Thankful Heart invites you to slow down and notice the good, both big and small, through intentional and uplifting daily practices. You'll explore guided reflections, simple journaling prompts, and mindfulness tools that help you connect with what truly matters. Whether you're starting your day or winding down, each session offers a gentle reset for the heart and mind. This challenge encourages lasting gratitude habits that support emotional well being, strengthen relationships, and boost overall positivity.

### Anxiety Release

Mental Wellness- Content Based

**Duration Options:** 21, 14, or 7 days

Anxiety can show up in all kinds of ways: tightness in the chest, racing thoughts, or just a sense of unease. When it does, it helps to have simple, supportive tools ready. This challenge gives you a daily space to pause, reset, and regain your sense of balance. Each day, you'll explore calming breathwork, grounding exercises, and mindfulness techniques designed to create space between you and anxious thoughts. You'll also receive short, science informed videos that help you better understand what anxiety is and why it happens. These moments of practice and learning work together to support your emotional well being, wherever you are, and however you're feeling. With consistent practice, you'll build confidence in your ability to meet anxiety with awareness, self compassion, and calm.

### Tension to Tranquility

Mental Wellness- Content Based

**Duration Options:** 30, 21, 14, 7, or 5 days

Stress can build quietly in the background of daily life. Tension to Tranquility offers a gentle invitation to pause and reconnect through soothing meditations that help quiet the mind and release emotional pressure. Each day features a short, guided practice designed to relax your nervous system, support mindful awareness, and encourage a greater sense of peace. Whether you're starting your day or winding down, these sessions offer space to breathe and reset. With consistent practice, you'll cultivate a more centered mindset, improved focus, and a calmer way to meet life's demands.

# Emotional Wellness

## Challenges



## Emotional Recharge

Mental Wellness- Content Based

**Duration Options:** 14, 7, or 5 days

When emotional fatigue sets in, it's important to make space for healing and renewal. Emotional Recharge offers gentle meditations to help you pause, reflect, and restore your energy from within. Each day includes a short, calming session to support emotional clarity, self awareness, and inner peace. These guided moments encourage a reset so you can move through your day with a greater sense of stability and calm. With regular practice, you'll feel more emotionally grounded, more present, and better equipped to respond to life with clarity and care.

## The Happiness Boost

Mental Wellness, Fitness, Nutrition- Content Based

**Duration Options:** 14, 7, or 5 days

Happiness isn't just a feeling, it's something you can cultivate with daily habits that support your mind and body.

The Happiness Boost brings together movement, mindfulness, and nourishing choices to help you feel more energized, grounded, and uplifted. Each day offers a blend of accessible practices that may include mood boosting movement, calming techniques, or supportive nutrition tips. The goal isn't perfection, it's to explore what helps you feel better, one small shift at a time. With a well rounded focus on how you fuel your body and care for your mind, this challenge helps you build habits that feel good and last. By the end, you'll feel more balanced, more resilient, and more connected to what makes you feel truly well.

# Mental Wellness

## Challenges

### Focused and Ready

Mental Wellness- Music

**Duration Options:** 14, 7, or 5 days

In a world full of distractions, staying focused is a superpower. Focused and Ready helps you strengthen your ability to concentrate with simple, sustainable tools. Each day invites you to explore focus building practices like breathwork, mindfulness, short resets, and music designed to support mental clarity. Whether you're heading into a big project or just want to feel more present, this challenge helps reduce mental fatigue and build lasting habits for clear, focused attention.

### The Stress Reset

Mental Wellness, Fitness - Content Based

**Duration Options:** 30 days

Stress can build quietly, but it doesn't have to take over. The Stress Reset gives you the space to pause, breathe, and support your nervous system with gentle, restorative practices that bring relief to both body and mind. You'll explore a mix of calming techniques and light movement, like stretching and mindful flow, to help you shift out of stress and into a more grounded state. Each day offers a moment to slow down, let go, and reconnect with a sense of ease, no matter what life throws your way. By the end, you'll feel more centered, more resilient, and better equipped to meet your day with calm and clarity.

### Mental Refresh

Mental Wellness- Music

**Duration Options:** 14, 7, or 5 days

A busy mind needs a break. Mental Refresh gives you space to pause and recharge with soothing daily support for your mental well being. Each day offers calming tools like guided meditations, light reflection, and relaxing music to help you slow down and reset. Whether you're starting your day or winding down, you'll find simple ways to feel more grounded and clear headed. You'll finish feeling more balanced, focused, and ready to meet the day with a refreshed perspective.

# Mental Wellness

## Challenges

### Calm the Mind

Mental Wellness- Content Based

**Duration Options:** 30, 21, 14, 7, or 5 days

When life feels noisy, your breath can be an anchor. Calm the Mind offers daily tools to reduce mental clutter and bring more stillness into your day. This challenge includes calming meditations and breathing exercises to help you slow down and shift from reactivity to reflection. Each session is designed to ease stress and guide you into a more peaceful headspace. You'll finish with go to techniques you can return to anytime you need mental calm, focus, or grounding.

### Anchor Your Energy

Mental Wellness- Content Based

**Duration Options:** 14, 7, or 5 days

When everything around you feels uncertain, finding stability within becomes essential. Anchor Your Energy offers daily practices to help you feel more rooted, resilient, and present, no matter what the day brings. You'll explore grounding meditations, breathwork, and simple mindset tools that support emotional steadiness and self regulation. Each session invites you to return to your center and respond with clarity instead of overwhelm. By the end, you'll have a toolkit of inner resources to help you stay calm, collected, and connected through all of life's twists and turns.

### Break the Burnout Loop

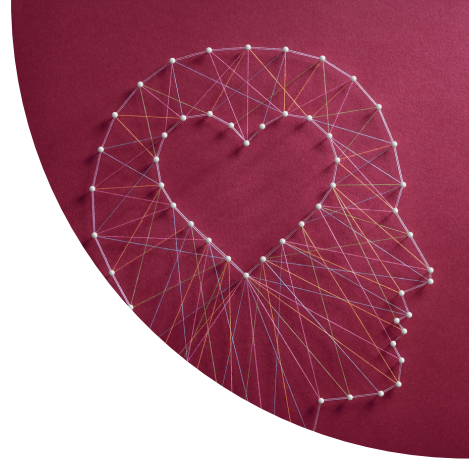
Mental Wellness, Sleep, Fitness- Content Based

**Duration Options:** 30, 21, 14, 7, or 5 days

Burnout isn't just about feeling tired. It's a cycle that affects your body, your focus, and your overall well being. This challenge gives you daily tools to interrupt the loop and restore balance, one small habit at a time. You'll explore guided movement for energy regulation, mindfulness to shift your state, and sleep support to help your system reset. Each practice is designed to be accessible and grounding, whether you're navigating work stress or feeling close to overwhelm. By the end, you'll have a toolkit to help you stay steady, prioritize rest, and protect your mental and physical health in the long term.

# Mental Wellness

## Challenges



### Pause for Purpose

Mental Wellness- Content Based

**Duration Options:** 14, 7, or 5 days

When life moves fast, it's easy to lose sight of what really drives you. Pause for Purpose creates space to reflect, reconnect, and reset your focus with intention. Each day invites you to slow down and explore mindfulness, journaling, and guided prompts to clarify your values and direction. You'll build awareness around your habits and start shaping your days in ways that feel more meaningful and aligned. This is your chance to step into a more intentional mindset and build routines that support your purpose, one small pause at a time.

### Mindful Miles

Mental Wellness- Content Based

**Duration Options:** 30, 21, 14, 7, or 5 days

Sometimes the best way to reset your mind is to move your body. Mindful Miles combines gentle walking with guided mindfulness to help you slow down, breathe deeper, and reconnect with yourself. Each walk offers a chance to tune into the present moment whether you're outdoors or on a treadmill using prompts that calm your thoughts and sharpen your awareness. You'll explore a range of themes like gratitude, intention, and emotional balance while staying active. Step by step, this challenge helps you build a mindful walking habit that supports both mental clarity and everyday wellbeing.

### Nature Heals

Mental Wellness- Content Based

**Duration Options:** 7 or 5 days

When life feels hectic, turning to nature can be a powerful way to reset. Nature Heals invites you to pause, breathe, and rediscover the calming influence of the outdoors. Each day includes meditations, reflections, or mindful prompts inspired by the beauty, rhythms, and grounding presence of the natural world. Whether you're sitting by a window, walking outside, or simply imagining a peaceful landscape, this challenge helps you find moments of connection and ease. By the end, you'll feel more rooted, relaxed, and refreshed through small, intentional moments with nature.

# Social Wellness

## Challenges



### Gratitude in Action

Mental Wellness- Content Based

**Duration Options:** 14, 7, or 5 days

Gratitude isn't just a feeling, it's a practice that can uplift your mood and strengthen your sense of connection. Gratitude in Action gives you simple, inspiring ways to express appreciation in your daily life. Each day offers a practical prompt, reflection, or mindful moment that encourages you to recognize the good and share it with others. Whether you're writing a note, noticing small joys, or practicing mindful gratitude, these actions create ripple effects of positivity. This challenge supports emotional resilience, reduces stress, and helps you cultivate a more grateful way of living.

### Stronger Together

Mental Wellness- Content Based

**Duration Options:** 14, 7, or 5 days

Healthy relationships are essential to wellbeing. Stronger Together helps you strengthen the bonds that matter most through daily practices that encourage empathy, communication, and appreciation. Each day invites you to reflect, reach out, or try a connection-boosting activity to support stronger personal and professional relationships. Whether you're deepening friendships, navigating conflict, or simply showing up more fully, this challenge supports meaningful connection. You'll build habits that foster emotional closeness, mutual respect, and lasting support.

### The Gift of Giving & Receiving

Mental Wellness- Content Based

**Duration Options:** 5 days

The holidays are a natural time to reflect on how we connect with others. The Gift of Giving and Receiving is a meaningful challenge that encourages both acts of kindness and the ability to receive care with openness. Each day offers a thoughtful prompt or practice to help you express gratitude, give intentionally, and deepen your sense of connection. Whether you're reaching out to others or honoring your own needs, this challenge supports emotional and social wellbeing. You'll walk away with practical ways to cultivate generosity, build community, and embrace the power of giving and receiving.

# Social Wellness

## Challenges



### Lift Every Voice

Mental Wellness- Content Based

**Duration Options:** 5 days

Your voice matters. Lift Every Voice is a celebration of authenticity, identity, and connection, featuring inspiring sessions, guided reflections, and meditations. Each day invites you to explore your inner truth while honoring the voices and perspectives of others. Whether you're processing personal experiences or building empathy across differences, this journey nurtures belonging and shared humanity. It's a meaningful way to support both personal and collective wellbeing by embracing presence, expression, and understanding.

### Celebrate Women's History Month

Mental Wellness- Content Based

**Duration Options:** 5 days

This month, honor the achievements and experiences of women past and present. Celebrate Women's History Month offers a curated collection of class replays led by expert coaches, each sharing insights on resilience, leadership, wellness, and personal growth. From storytelling to stress relief, each session provides a space to reflect, learn, and connect with topics that uplift women's wellbeing and wisdom. Whether you're tuning in for inspiration or support, this challenge invites you to celebrate women's contributions in all their forms. It is more than reflection. It is a call to empowerment, growth, and collective care.

### Celebrate Black Excellence

Mental Wellness- Content Based

**Duration Options:** 5 days

Honor Black History Month by reflecting on the voices, stories, and leadership that have shaped generations. This special challenge features replays of live sessions led by wellness experts, each offering thoughtful tools for healing, self-discovery, and empowerment. You'll explore topics like mindfulness, purpose, identity, and strength in the face of adversity. Whether you're showing support, seeking inspiration, or honoring your own experience, this is a space to learn, reflect, and grow. Each session invites meaningful connection, insight, and celebration of Black excellence in everyday life.

# Social Wellness

## Challenges



### Pride in Every Step

Steps Tracking

**Duration Options:** 30, 21, 14, 7, or 5 days

June is a time to move with purpose and pride. Pride in Every Step is a step tracking challenge that celebrates individuality, inclusivity, and the power of community. Every step you take helps honor visibility, strength, and self-expression. Join your team in walking forward together, supporting a world where everyone belongs and every voice matters.

### Neurodiversity Celebration

Mental Wellness- Content Based

**Duration Options:** 5 days

Every mind is unique. Neurodiversity Celebration invites you to explore and appreciate the many ways people experience and process the world, with daily supportive mindfulness practices. Each day highlights ideas and actions that promote inclusion, deepen understanding, and help build more compassionate spaces at work and beyond. Whether you're navigating your own journey or supporting others, this experience helps strengthen empathy, insight, and connection across differences.

### BIPOC & Beyond

Steps Tracking

**Duration Options:** 30, 21, 14, 7, or 5 days

July is BIPOC Mental Health Month, a time to recognize, honor, and uplift diverse experiences of mental well-being. BIPOC & Beyond invites you to walk with purpose, using each step as a moment of care, connection, and empowerment. Whether you walk solo or with others, your movement becomes a statement of resilience and community. Together, we celebrate progress, healing, and the ongoing journey toward mental wellness for all.

# Social Wellness

## Challenges



### Move Together

Activity Minutes

**Duration Options:** 30, 21, 14, 7, or 5 days

When we move together, we grow stronger, physically, mentally, and as a community. Move Together encourages you to track your daily activity minutes and stay consistent alongside others. Whether you're walking, stretching, dancing, or working out, each minute brings a boost of energy and a sense of connection. Join in, support one another, and feel the power of collective movement as we stay active and inspired together.

### Stride With Pride

Steps Tracking

**Duration Options:** 30, 21, 14, 7, or 5 days

Celebrate Pride Month with purpose and movement in Stride With Pride. Each step you take symbolizes strength, inclusivity, and connection – a reminder that well-being grows when we move with pride and support one another. Walk solo, with friends, or alongside your team as you track your steps and lift each other up. Together, we honor diversity, build resilience, and move forward, every step a celebration of pride and progress.

### 12 Days of Kindness

Content Based

**Duration Options:** 12 days

This challenge invites you to spread positivity and build connections through small, intentional gestures. By dedicating a few minutes each day to kindness and reflection, you'll cultivate a habit of generosity and experience the joy that comes from giving. Embrace this opportunity to make a difference and discover how mindful acts of kindness can create lasting change.

# Workplace Wellness

## Challenges



### Break to Boost

Mental Wellness, Fitness- Content Based

**Duration Options:** 30 days

Feeling scattered or overwhelmed? Break to Boost offers a path to reclaim your calm and recharge your energy right in the flow of your workday. This challenge blends mindfulness with gentle movement, helping you reset your mind and body in just a few minutes each day. You'll try easy-to-integrate tools that support clarity, reduce tension, and restore balance without overhauling your schedule. By the end, you'll feel more grounded and resilient, ready to carry your new habits forward for long-term work-life harmony.

### Stretch at Your Desk

Fitness- Content Based

**Duration Options:** 14, 7, or 5 days

Your desk doesn't have to be a barrier to feeling better. Stretch at Your Desk helps you bring movement into your workday with easy, accessible stretches that release tension from sitting, improve circulation, and support posture. Each session is short, practical, and designed for small spaces, perfect for a midday reset or a quick break between meetings. Whether you're easing a stiff neck or waking up tired muscles, these guided movements support physical wellness right where you are. Just a few minutes can go a long way in helping you feel more refreshed, focused, and ready for whatever comes next.

### Daily Workday Recharge

Sleep- Content Based

**Duration Options:** 21, 14, or 7 days

Even on the busiest days, small moments of rest can make a big difference. Daily Workday Recharge offers guided tools to help you reset, refocus, and recharge, no matter where you are in your workday. You'll explore practices like mindful pauses, breathing techniques, and short relaxation audio sessions designed to ease mental fatigue and improve clarity. Some practices support better transitions between work and rest, helping you wind down at the end of the day. This challenge is perfect for anyone looking to reduce stress and boost resilience with just a few intentional minutes of recovery at a time.

# Workplace Wellness

## Challenges



### Calm Commutes and Meetings

Mental Wellness- Content Based

**Duration Options:** 14, 7, or 5 days

The moments before a meeting or during a busy commute can set the tone for your entire day. Calm Commutes and Meetings is designed to help you move through these workday transitions with greater focus, balance, and calm. This challenge includes a variety of short meditations and mindful audio practices - ideal for preparing for meetings, unwinding after calls, or staying centered while commuting. Each practice supports emotional clarity, presence, and more thoughtful engagement with others. Whether you're navigating a hectic schedule or want to feel more grounded between tasks, this is your toolkit for staying calm, clear, and connected throughout the workday.

### After Hours Recovery

Sleep, Fitness- Content Based

**Duration Options:** 30, 21, 14, 7, or 5 days

When the workday ends, your recovery begins. After Hours Recovery is designed to help you transition into rest with ease through gentle, supportive practices that calm the nervous system and promote deep relaxation. Each day offers a mix of light stretching, mindful breathing, guided meditations, or sleep-focused tools to help you let go of tension and prepare for quality rest. These moments of care create space for your body to recharge and your mind to reset. Perfect for evenings or any time you need a break, this challenge gives you simple ways to end your day feeling more grounded, balanced, and ready to rest.

# Financial Wellness

## Challenges



### Money Clarity Boost

Finances- Content Based

**Duration Options:** 7 days

Feeling overwhelmed by finances is more common than you think. Money Clarity Boost is designed to help you get grounded, informed, and empowered one step at a time. Each day offers practical tips and short reflection moments to help you understand your spending, spot patterns, and build a stronger foundation. You'll walk away with clearer insight into where your money goes, what matters most to you, and how to move forward with intention. This challenge is your opportunity to turn financial fog into focus, and build a more confident relationship with your money.

### Smart Cents

Finances- Content Based

**Duration Options:** 14, 7, or 5 days

Small choices add up. Smart Cents is your guide to building everyday money habits that support long-term stability and peace of mind. Each day brings practical, bite-sized insights to help you rethink spending, save more intentionally, and align your actions with your goals. Whether you're just starting to pay closer attention or fine tuning what's already working, this challenge helps you feel more organized and in control. It's a chance to simplify, reset, and let your financial choices reflect what matters most to you.

### Money Moves

Finances- Content Based

**Duration Options:** 7 days

If you're ready to shift from intention to action, Money Moves is here to help. This challenge breaks personal finance down into clear, doable steps that add up to real change. You'll explore smart strategies for managing money day-to-day, growing savings, and making choices that align with your financial goals. Each session helps you build consistency, confidence, and clarity in how you handle your finances. Perfect for anyone looking to get organized and move forward with purpose, this challenge makes your next financial steps easier to take.

# Financial Wellness

## Challenges



### Grow Your Wealth Mindset

Finances- Content Based

**Duration Options:** 5 days

How you think about money shapes how you use it. Grow Your Wealth Mindset offers simple, empowering tools to help you explore your financial beliefs and create a more supportive relationship with money. Each day includes a choice of sessions so you can engage in a way that fits your needs. You'll learn how to reframe scarcity thinking, set clearer goals, and take small, intentional steps toward financial wellbeing. This challenge is here to help you build a mindset that supports sustainable growth and real life results.

### The Financial Reset

Finances- Content Based

**Duration Options:** 30 days

Sometimes the best way forward is a fresh start. The Financial Reset helps you rethink your relationship with money and put new habits into practice that reflect your goals. You'll explore foundational financial topics like budgeting, debt, and credit, while also learning about investing, tax strategies, and long-term planning. Each day offers clear, actionable insights to help you manage your finances with less stress and more direction. Whether you're starting over or simply realigning with what matters most, this challenge empowers you to take control of your financial future.

### Level Up Your Financial Superpowers

Finances- Content Based

**Duration Options:** 10 days

Financial wellness doesn't have to be overwhelming. This challenge guides you through straightforward, empowering practices to help you take control of your spending, build better money habits, and plan for the future with clarity. Each day offers useful insights and a small, meaningful action to boost your financial confidence and create real momentum. Whether you're saving for something big or just want more peace of mind, this is your moment to build the money mindset that moves you forward.

# Financial Wellness

## Challenges



### Invest in Yourself

Finances- Content Based

**Duration Options:** 30, 21, 14, 7, or 5 days

You are your most valuable asset. Invest in Yourself is designed to help you strengthen your financial foundation while supporting personal growth and wellbeing. Each day introduces simple actions that guide you toward wiser decisions, whether you're budgeting, building skills, or planning for the future. You'll reflect on your goals, learn how to align money choices with your values, and explore ways to build security from the inside out. This challenge is all about creating a more intentional, empowered relationship with your finances one that supports every area of your life.



# Sleep Wellness

## Challenges



### The Best Sleep of Your Life

Sleep- Content Based

**Duration Options:** 30, 21, 14, 7, or 5 days

Great sleep doesn't just happen it's built with intention. This challenge is designed to help you create the habits, environments, and mindsets that support truly restful nights. You'll explore calming evening practices, gentle guidance for better sleep hygiene, and practical tips that make falling asleep and staying asleep easier. Whether you're struggling with rest or simply want to feel more refreshed, each day offers a small, supportive step toward better sleep. Expect to build a more consistent wind down routine, reduce sleep disruptors, and wake up feeling clearer, calmer, and more energized.

### Lights Out

Sleep- Content Based

**Duration Options:** 14 or 7 days

If sleep has been elusive, this is your moment to reset. Lights Out offers a focused, supportive experience to help you unwind, quiet your mind, and ease into sleep more naturally. Each evening, you'll choose from meditations, soothing sleep music, or gentle bedtime stories, all crafted to guide your body and brain into rest mode. This challenge helps you create a nighttime routine that promotes relaxation, reduces overstimulation, and supports quality sleep. Whether you're recovering from restless nights or simply want to improve your sleep hygiene, Lights Out offers a peaceful path to better rest.

### Catch Those Zzzs

Sleep- Content Based

**Duration Options:** 30, 21, 14, 7, or 5 days

Tired of feeling tired? Catch Those Zzzs is a gentle and encouraging journey to help you wind down, relax, and sleep more soundly. This challenge offers a soothing mix of meditations, bedtime stories, and relaxing music to ease the transition from a busy day into restful sleep. You'll create simple evening habits that support your natural sleep rhythm and help quiet your mind before bed. Whether your goal is to fall asleep faster or wake up more refreshed, this challenge gives you the space and tools to build better sleep, one night at a time.

# Sleep Wellness

## Challenges



### Calm Nights, Clear Mornings

Sleep- Content Based

**Duration Options:** 21, 14, 7, or 5 days

How you end your day and how you begin the next both shape your wellbeing. Calm Nights, Clear Mornings offers a soothing mix of evening wind-downs and energizing morning meditations to help you sleep better and wake with intention. Each day includes one short practice to quiet the mind at night and another to start your day with focus and calm. This balanced rhythm supports emotional clarity, deeper rest, and a more mindful approach to daily life. It's a simple yet powerful way to reset your inner compass and bring more ease to your evenings and mornings.

### Recharge with Rest & Recovery

Sleep, Fitness- Content Based

**Duration Options:** 30, 21, 14, 7, or 5 days

Rest is essential for progress, especially when life feels full. Recharge with Rest & Recovery blends calming sleep practices with gentle movement to support your body and mind. Each day includes a sleep-focused session and a light practice like stretching or mobility work to help reduce tension and promote recovery. This mix is ideal for winding down, improving sleep quality, and maintaining wellness without overexertion. It's a refreshing way to care for yourself, build resilience, and renew your energy with intention.

### Balance Your Day

Sleep, Nutrition, Fitness- Content Based

**Duration Options:** 30, 21, 14, 7, or 5 days

Some days feel scattered before they even begin, but even small, intentional shifts can help you feel more in control. Balance Your Day is designed to help you reset, recharge, and move forward with steadiness, no matter what's on your plate. This flexible challenge offers daily practices across our wellness pillars including sleep, nutrition, movement, mental and emotional care, workplace well-being, and social connection. You'll rotate through grounding meditations, mood boosters, focus tools, food and movement tips, and rest rituals, all chosen to help you feel more centered and supported throughout the day. This challenge isn't about doing everything perfectly. It's about creating a rhythm that works for you: one that brings structure, nourishment, and meaningful moments into your routine.

# Sleep Wellness

## Challenges



### Holiday Harmony

Sleep, Finances- Content Based

**Duration Options:** 14, 7, or 5 days

The holidays can be joyful, but they can also bring stress, expectations, and overwhelm. Holiday Harmony offers a gentler path through the season with simple practices to help you rest, reset, and stay grounded. You'll find calming sleep content, mindful reflections, and supportive tools to ease financial tension and emotional fatigue. Each day offers options to pause, recharge, and reconnect with what really matters during this time of year. This challenge helps you protect your peace and make room for rest, connection, and meaning all season long.

# Seasonal & Special Events

## Challenges



### Spring into Wellness

Sleep, Fitness, Nutrition- Content Based

**Duration Options:** 30, 21, 14, 7, or 5 days

A new season is the perfect time to reset. Spring into Wellness is designed to help you shake off the heaviness of winter and step into brighter days with more energy, clarity, and intention. Each day, you'll explore a new piece of your wellness puzzle, through movement, mindfulness, nourishing food, or better sleep. From fitness sessions to calming meditations and nutrition boosts, this challenge helps you bloom in all areas of life. Whether you're starting fresh or getting back on track, this is your season to grow, thrive, and feel your best.

### Fall Into Self-Care

Mental Wellness, Fitness- Content Based

**Duration Options:** 7 days

Autumn is a natural time to turn inward and this challenge helps you do just that. Through calming gratitude meditations, reflective journaling, and supportive mindfulness practices, you'll explore what it means to truly care for yourself. Gentle stretches, energizing strength, and cardio sessions offer a physical reset as the days grow cooler. Each day invites you to pause, reconnect, and build habits that support balance and gratitude all season long.

### Elevate Your New Year

Mental Wellness- Content Based

**Duration Options:** 7 days

A new year brings a fresh chance to reset, refocus, and realign with what truly matters. Elevate Your New Year is your invitation to step into this next chapter with clarity and purpose. Each day explores a thoughtful practice to support your mindset and wellbeing, from grounding meditations and reflection prompts to habit building tools and vision setting exercises. Whether you're setting goals or simply looking to feel more present, this challenge offers space to tune in and move forward with intention. It's a powerful way to begin the year feeling more centered, motivated, and supported.

# Seasonal & Special Events

## Challenges



### Step-tember

Steps Tracking

**Duration Options:** 30 days

Let's get stepping this September. Step-tember is a fun and energizing challenge to help you stay active, consistent, and connected through daily step tracking. Whether you're walking around the block or pacing during meetings, every step counts toward your progress. This challenge supports simple, sustainable ways to build more movement into your day. Rally coworkers and friends for some extra motivation as you celebrate your progress one step at a time.

### Sleigh Your Steps

Steps Tracking

**Duration Options:** 30, 21, 14, 7 or 5 days

Celebrate the season with movement that keeps you feeling your best. Sleigh Your Steps is a December step-tracking challenge designed to help you stay active, energized, and connected during the holidays. Whether you're walking off the cookie tray or just adding extra steps between gatherings, each day invites you to move mindfully and celebrate your progress. It's the perfect way to stay grounded and uplifted during one of the busiest times of year.

### March Movement Madness

Active Minutes

**Duration Options:** 31 days

Get ready to shake off the winter slump and spring into action. March Movement Madness is an activity minutes challenge that celebrates all kinds of movement whether it's walking, dancing, stretching, swimming, or something totally your own. Simply sync your fitness tracker and let your unique routine count. There's no one way to do it, just your way. This is your month to build momentum and celebrate every active minute.

# Seasonal & Special Events

## Challenges



### The Gratitude Season

Mental Wellness- Content Based

**Duration Options:** 21, 14, or 7 days

November is the perfect time to slow down and take stock of the good around you. The Gratitude Season invites you to explore the science and soul of thankfulness through meditations, reflections, and daily reminders to notice the positive. Whether you're expressing appreciation for loved ones or finding small joys in your day, this challenge supports emotional resilience and presence. It's a powerful way to close the year with perspective, connection, and a fuller heart.

### Boost Your Mental Health

Sleep, Fitness, Nutrition- Content Based

**Duration Options:** 14 days

This challenge is designed to help you feel more balanced, clear headed, and emotionally strong. You'll explore meditation, mindful movement, sleep strategies, and calming music all curated to support your mental and emotional wellbeing. Whether you're building a new habit or reinforcing one that helps you feel grounded, each day offers practical ways to recharge and reset. Discover how small, consistent shifts can have a big impact on your mood and mindset.

### Holiday Hustle

Steps Tracking

**Duration Options:** 30, 21, 14, 7, or 5 days

The holiday season often throws our routines off balance, but Holiday Hustle is here to help you stay grounded through it all. This step-tracking challenge is your go-to for staying active, even when schedules shift and energy dips. Whether you're walking off a big meal or fitting in steps between errands, you'll keep momentum going with your team by your side. It's about consistency, energy, and making movement feel doable during the busiest time of year.

# Seasonal & Special Events

## Challenges



### Year-End Wind Down

Activity Minutes

**Duration Options:** 30, 21, 14, 7, or 5 days

End the year feeling grounded, peaceful, and clear. With gentle daily activity minutes, you create moments of mindfulness, release stress, and transition gracefully into a new chapter. Move at your own pace with stretches, walks, yoga, or low-impact workouts. Reconnect with yourself during the holiday rush and find calm through consistent movement.

### Equinox Energizer

Activity Minutes

**Duration Options:** 30, 21, 14, 7, or 5 days

Find your rhythm between movement and renewal with Equinox Energizer. Track your daily activity minutes, challenge teammates, and keep your momentum strong as you rise on the leaderboard. Each minute, from workouts to walks, boosts endurance, focus, and balance. Push yourself, stay consistent, and recharge your body and mind as you power toward your goals.

### Resolutions in Motion

Activity Minutes

**Duration Options:** 30, 21, 14, 7, or 5 days

A new year means new energy and a fresh start. In Resolutions in Motion, every active minute brings you closer to your goals. Whether you're walking, dancing, or getting in a quick workout, consistent movement builds confidence and momentum for the months ahead. Commit to your well-being, stay in motion, and let this be the year your resolutions truly take shape.

# Seasonal & Special Events

## Challenges



### Rain or Shine, We Move

Activity Minutes

**Duration Options:** 30, 21, 14, 7, or 5 days

Nothing can stop your momentum. Not the rain, not the cold, not even a busy day. In *Rain or Shine, We Move*, you'll track your daily activity minutes to celebrate consistency over perfection. Every bit of movement counts, whether it's a workout indoors, a walk in the drizzle, or stretching between meetings. Show up for yourself each day and prove that dedication shines brighter than the weather.

### Mental Health Awareness Week

Content Based

**Duration Options:** 7 days

Mental Health Awareness Week is your time to focus on well-being through education, reflection, and self-care. Each day features expert videos that explore different aspects of mental health, along with guided meditations, sleep support, and nutrition content to help you feel more balanced and resilient. Learn practical tools to manage stress, rest better, and nourish both mind and body. This week is about awareness, action, and taking gentle steps toward a healthier mental state.

### Men's Health Reset

Content Based

**Duration Options:** 7 or 5 days

June is Men's Health Month, the perfect time to check in, reset, and take charge of your well-being. Men's Health Reset offers educational content and practical tools to support your physical and mental health. Explore ways to improve energy, manage stress, sleep better, and build habits that last. This is your chance to strengthen not just your body, but your mindset, one healthy choice at a time.

# Seasonal & Special Events

## Challenges



### Beating Hearts

Activity Minutes

**Duration Options:** 30, 21, 14, 7, or 5 days

February is Heart Health Month, the perfect time to get your body moving and your heart pumping. In the Beating Hearts challenge, you'll track your daily activity minutes to celebrate the connection between movement and vitality. Whether it's walking, dancing, or your favorite workout, every minute counts toward a healthier heart and mind. Join your teammates, stay consistent, and feel the powerful rhythm of your own beating heart as you move toward greater well-being.

### March Momentum

Activity Minutes

**Duration Options:** 30, 21, 14, 7, or 5 days

This month, it's time to build momentum, one active minute at a time. The March Momentum challenge keeps you moving toward lasting energy and progress. Track your activity minutes, whether it's a brisk walk, a quick stretch, or a full workout, and watch your consistency pay off. Each movement fuels your motivation, helping you carry that forward motion into every part of your day. Let's keep the momentum going strong all month long!

### Move for Your Mind

Steps Tracking

**Duration Options:** 30, 21, 14, 7, or 5 days

Move for Your Mind invites you to focus on your well-being through daily walking this May in honor of Mental Health Awareness Month. Each step is an opportunity to care for your mind, move with intention, and find balance in your day. Whether you're strolling outside, walking with friends, or taking mindful breaks throughout the day, your steps matter. Together, we'll build healthier habits, boost our mood, and celebrate the power of movement for mental health.

# Seasonal & Special Events

## Challenges



### May You Be Well

Content Based

**Duration Options:** 30, 21, 14, 7, or 5 days

In honor of Mental Health Awareness Month, the May You Be Well Challenge invites you to slow down and care for your mind and body. Through short, guided practices, you'll find moments to pause, breathe, and reconnect, easing stress and creating space for calm amid daily demands. Each session is designed to support mindfulness, emotional balance, and a greater sense of well-being. With gentle, consistent attention, you'll cultivate resilience, focus, and a renewed sense of peace throughout May and beyond.

### Move for Mental Health

Activity Minutes

**Duration Options:** 30, 21, 14, 7, or 5 days

Join Move for Mental Health this May in honor of Mental Health Awareness Month and focus on your well-being through daily activity minutes. Each minute is an opportunity to care for your mind, move with intention, and find balance in your day. Walk, dance, stretch, do yoga, lift light weights, or follow a quick video workout, your minutes all count. Together we will build healthier habits, boost mood, and celebrate the power of movement for mental health.

### Showing Up for Self-tember

Content Based

**Duration Options:** 7 or 5 days

Showing up for yourself is an act of compassion. This month, take gentle moments to pause, breathe, and care for your mind and heart. Each practice offers space to reconnect and recharge, from mindful reflections to short meditations that remind you: you matter. Let this be your invitation to slow down, check in, and show up, for yourself, and for the life you're creating.

# One Day Challenges

## Challenges



### International Day of Happiness

**Duration Options: 1 day** Content Based

Celebrate joy with this special one day challenge for International Day of Happiness! Explore simple ways to boost your mood, embrace joyful movement, and reflect on happy memories. Take a moment to nourish your body and mind because happiness is worth celebrating!

### Earth Day

**Duration Options: 1 day** Content Based

Reconnect with nature this Earth Day with a special one day challenge! Choose from a refreshing nature walk, a grounding meditation, mindful gardening, or plant based nourishment tips. Celebrate and care for the planet while nurturing your own wellbeing.

### World Day for Safety and Health at Work

**Duration Options: 1 day** Content Based

In honor of World Day for Safety and Health at Work, take a moment to prioritize your wellbeing! Whether it's a stretch, a movement break, or a mindful pause, small actions can make a big difference in how you feel at work. Stay safe, stay energized, and take care of yourself today.

### World Environment Day

**Duration Options: 1 day** Content Based

Celebrate World Environment Day by nurturing both yourself and the planet! Take a mindful pause to appreciate nature, reflect on sustainable choices, or explore ways to reduce waste. Small actions can create a lasting impact. Breathe in, connect, and take a step toward a healthier world.

# One Day Challenges

## Challenges



### A Conversation Around Juneteenth

**Duration Options: 1 day** Content Based

A Conversation Around Juneteenth invites you to listen, learn, and reflect through a series of expert-led classes originally shared in live sessions. These talks explore the historical and cultural significance of Juneteenth, uplift Black voices, and create space for thoughtful dialogue and connection. Whether you're seeking context, inspiration, or a deeper understanding, this offering honors the past while encouraging continued growth toward equity and justice.

### International Day of Yoga

**Duration Options: 1 day** Content Based

Celebrate International Day of Yoga with a one day challenge designed to nourish both body and mind. This accessible experience includes gentle movement, seated variations, and eye yoga making it perfect whether you're at your desk, on the go, or simply seeking a moment of calm. You'll explore simple, supportive practices that help reduce tension, improve focus, and bring a sense of grounded clarity. It's an opportunity to slow down, stretch out, and reset with intention, no matter your experience level.

### International Day of Friendship

**Duration Options: 1 day** Content Based

Celebrate International Day of Friendship with a one day challenge centered on connection, compassion, and appreciation for the people who uplift us. Through guided meditations and reflections, you'll explore the emotional benefits of belonging and shared understanding. Whether you're deepening existing bonds or opening space for new ones, this experience encourages you to honor the role of friendship in your wellbeing and show up with more presence, gratitude, and care.

# One Day Challenges

## Challenges



### World Heart Day

**Duration Options: 1 day**

Content Based

Celebrate World Heart Day with a one day challenge that highlights the small steps that make a big impact on heart health. You'll explore heart healthy cardio practices and learn about key lifestyle factors like nutrition, cholesterol, and stress management. This challenge is designed to help you tune into your body, support long-term cardiovascular wellness, and build habits that keep your heart strong and resilient.

### World Gratitude Day

**Duration Options: 1 day**

Content Based

In the rush of daily life, it's easy to overlook the small things that make it meaningful. World Gratitude Day invites you to slow down and recognize what's going right from supportive people to everyday comforts. You'll choose from a selection of practices designed to help you reflect on what you're grateful for and why it matters. Each one offers a chance to ground yourself, shift your perspective, and let gratitude bring a sense of calm and clarity. This is your moment to pause, reflect, and let appreciation shape your day.

### World Mental Health Day

**Duration Options: 1 day**

Content Based

Join us for World Mental Health Day with a one day challenge focused on grounding, calm, and emotional support. This experience includes reflective meditations and simple tools to help you reset, recharge, and care for your mental health in the midst of daily demands. Whether you're managing stress or looking to feel more balanced, this is your space to prioritize yourself and remember that mental wellness matters.

# One Day Challenges

## Challenges



### World Kindness Day

**Duration Options: 1 day**

Content Based

Kindness has the power to uplift, connect, and create meaningful change starting with a single moment. World Kindness Day invites you to be intentional about how you show up for others and for yourself. You'll choose from a variety of thoughtful practices that encourage reflection, compassion, and simple ways to bring more kindness into your day. Each one is designed to inspire positive connection and remind you how powerful small actions can be. Take this opportunity to lead with heart, and let kindness shape your experience today.

### World Meditation Day

**Duration Options: 1 day**

Content Based

Celebrate World Meditation Day by taking a mindful pause. This collection of guided meditations helps you find stillness, release stress, and restore inner balance. Whether you're new to meditation or returning to your practice, these sessions offer space to breathe, reset, and cultivate calm. Take a few mindful minutes to honor your well-being and join a global moment of peace and reflection.

### A Day to Journal

**Duration Options: 1 day**

Content Based

Take a mindful pause to put your thoughts on paper. A Day to Journal invites you into guided journaling sessions designed to support mental clarity, emotional balance, and self-awareness. You'll explore prompts that encourage reflection, gratitude, and fresh perspective, helping you process what's on your mind and find calm through writing. A few moments of honest reflection can shift your entire day.

# One Day Challenges

## Challenges



### A Mindful Moment

Duration Options: 1 day

Content Based

In the rush of daily life, even a short pause can make a big difference. A Mindful Moment invites you to slow down and take intentional breaks through mindfulness-based meditation. These gentle practices help ease stress, improve focus, and support emotional balance. With each mindful breath, you'll cultivate calm, awareness, and a refreshed state of mind, reminding yourself that peace is always just one moment away.

### Random Acts of Kindness Day

Duration Options: 1 day

Content Based

Celebrate kindness in action. Today's collection of meditations helps you tune into empathy, gratitude, and selfless giving, reminding us that compassion strengthens connection and well-being for everyone involved. Take a few minutes to listen, then go out and do one random act of kindness, big or small. It could be a message, a favor, or a smile that makes someone's day better. If you'd like, share your act of kindness in the challenge chat to inspire others to keep the kindness flowing.

### International Thank-You Day

Duration Options: 1 day

Content Based

Gratitude has the power to strengthen relationships, uplift moods, and create ripple effects of positivity. Today's collection invites you to explore appreciation in many forms, from mindful reflection to heartfelt expression. Listen to a gratitude meditation, write or share a message of thanks, or simply pause to acknowledge someone who supports, inspires, or helps you. If you'd like, share your "thank you" moment in the challenge chat to spread the spirit of appreciation across your community.

# One Day Challenges

## Challenges



### Employee Appreciation Day

Duration Options: 1 day

Content Based

Gratitude shines when we recognize the efforts that keep our teams thriving. Today's collection invites you to slow down, reflect on your contributions, and appreciate the people who support your work. Choose from uplifting meditations that boost morale, then take a moment to write or share a message of thanks with a colleague. You can also reflect privately on what you're proud of and how you want to grow. If you'd like, share your appreciation moment in the challenge chat to spread positivity across your community.

### A Break to Breathe

Duration Options: 1 day

Content Based

Take a moment to step away from the noise and reconnect with yourself. A Break to Breathe offers guided breath-based meditations designed to quiet the mind, ease tension, and bring your body back into balance. You'll explore how intentional breathing can shift stress into calm, boost clarity, and leave you feeling refreshed and focused. No experience needed, just your breath, your presence, and a few mindful minutes to reset.

# Step Challenge Series

*A dynamic set of rotating step challenges designed to engage teams all year long.*



## Seasonal Step Challenges

| Title               | Use Case                          | Description   |
|---------------------|-----------------------------------|---|
| New Year, New Steps | January motivation                | Start the year strong with simple, consistent movement.             |
| Step into the Light | Lunar New Year energy reset       | Celebrate fresh beginnings with energizing daily steps and          |
| Spring Step Off     | Spring refresh                    | Step into the season with fresh energy and movement.                |
| Summer Strides      | Summer wellness                   | Stay active in the sun with light, energizing daily steps.          |
| Step-tember         | Fall reboot                       | Power up your September with focused daily walking goals.           |
| Walktober           | Mental clarity & fall routine     | Boost mood and mental focus through intentional fall                |
| Festival of Steps   | Seasonal joy & celebration energy | Tap into the uplifting spirit of global festivals with joyful daily |
| Holiday Hustle      | Pre-holiday grounding             | Walk off the seasonal stress while staying energized.               |



## Themed & Reflective Challenges

| Title                  | Use Case                         | Description  |
|------------------------|----------------------------------|--|
| Strides of Gratitude   | Gratitude + emotional connection | Walk with intention and reflect on what you're thankful for. |
| Walk It Off            | Work stress & focus              | Step away from stress and return with clarity and calm.      |
| Rain or Shine, We Step | Consistency & motivation         | No matter the weather, show up and move.                     |
| Hearts in Motion       | Valentine's/connection theme     | Walk with love, solo or in step with others.                 |
| Pride in Every Step    | LGBTQ+ Pride Month               | Celebrate identity and inclusion through daily steps.        |
| Step into Flow         | Creativity boost                 | Find clarity and creativity through movement.                |
| Heart & Sole           | Valentine's Day/ Heart health    | Move with heart, soul, and purpose while staying active.     |
| Jump into July         | July energy boost                | Get moving and motivated and focus on feeling your best.     |
| Every Step Counts      | Motivation boost                 | Support your physical health, focus, and energy.             |
| Steps to De-Stress     | Stress relief                    | Move your body and find calm through daily walking.          |

# Fun & Quirky Challenges



| Title                            | Use Case                        | Description   |
|----------------------------------|---------------------------------|---|
| <b>May the Steps Be With You</b> | Star Wars / May 4th engagement  | Step into your strength, and channel the Force along the way.                     |
| <b>Steps &amp; Stripes</b>       | National pride / July challenge | Celebrate movement and motivation in red, white, and blue.                        |
| <b>Spooky Strides</b>            | Halloween theme                 | Creep it moving through October with daily ghostly goals.                         |
| <b>March to Wellness</b>         | March engagement boost          | Build momentum with consistent daily movement and step your way to better health. |

# Pawsitive's Picks

*Your Monthly Challenge Plan, Paw-fectly Curated for Team WellBeing Heroes!*

## Hi friend!

It's me, **Pawsitive**, your four legged cheerleader for all things wellness. I've sniffed out the best challenges for every month of the year to help your team wag their tails with energy, connection, and calm. Whether they're chasing steps or chasing balance, I've got their backs (and paws). Let's take this walk together, shall we?



## January: Balance Your Day

Sleep, Fitness- Content Based

**Why I picked it:** After the holidays, routines can feel ruff. This challenge brings back healthy habits one paw step at a time, with daily tips on rest, movement, and mindfulness to start the year strong but gentle.

## February: Gratitude in Action

Mental Wellness- Content Based

**Why I picked it:** February can be a bit of a tail-dragger. So here's a heartwarming challenge full of little gratitude prompts to boost team spirit, kindness, and emotional resilience.

## March: March Movement Madness

Activity Minutes

**Why I picked it:** The season is changing, and motivation might be hiding under the couch. This one gets everyone moving again with fun daily activity tracking that feels more playful than pushy.

## April: Recharge with Rest & Recovery

Sleep, Fitness- Content Based

**Why I picked it:** Burnout? No bones about it, it's real. This calming combo of stretches, sleep tools, and quiet time helps your team bounce back with renewed energy.

# Pawsitive's Picks

*Your Monthly Challenge Plan, Paw-fectly Curated for Team WellBeing Heroes!*



## May: Boost Your Mental Health

Mental Wellness- Content Based

**Why I picked it:** May is Mental Health Month, and this challenge shows your team you care. With easy, daily practices that support emotional well-being, everyone gets a safe space to feel seen and supported.

## June: Stronger Together

Mental Wellness- Content Based

**Why I picked it:** Mid-year is the perfect time to reconnect and reflect as a team. This challenge builds kindness, empathy, and inclusion through feel good daily prompts that get tails wagging in sync.

## July: Strength Unleashed

Fitness- Content Based

**Why I picked it:** Motivation can dip when routines go off-leash. This empowering challenge builds physical strength and confidence with accessible workouts for all levels, helping your team feel recharged, strong, and ready for anything.

## August: The Best Sleep of Your Life

Sleep- Content Based

**Why I picked it:** Late nights, travel, and changing routines can throw your pack off balance. This snooze friendly challenge helps your team rest up, recharge, and wake up ready to fetch the day.

# Pawsitive's Picks

*Your Monthly Challenge Plan, Paw-fectly Curated for Team WellBeing Heroes!*



## September: Step-tember

Steps Tracking

**Why I picked it:** It's a crowd favorite, and for good reason! Whether solo or as a pack, this steps challenge sparks healthy competition and reignites daily movement.

## October: Break the Burnout Loop

Mental Wellness- Content Based

**Why I picked it:** Q4 stress can sneak up like a ghost. This one brings boundary setting, mindset shifts, and calming practices to keep burnout at bay, no costumes required.

## November: Money Clarity Boost

Finances- Content Based

**Why I picked it:** Holidays = joy... and money stress. This pawsitive spin on finance gives your team clear, gentle tips to build financial confidence before the year's end.

## December: Holiday Harmony

Sleep, Finances- Content Based

**Why I picked it:** Jingle bells shouldn't mean stress yells. This challenge wraps up the year with tools for rest, calm, and smart spending, so everyone can feel the joy, not the overwhelm.