Challenges

Challenges are a fun way for you to meet your health and wellness goals. Depending on how the challenges are set up you may be competing against yourself, everyone in your organization, part of a team, or lastly, your organization could be working toward a common goal.

Be sure to clearly read the details of the challenge and if you have questions, contact your Program Administrator for additional assistance.

Sign up for a Challenge

To participate in a challenge click on Sign Up and register. Many challenges have a sign up period that precedes the start. After the challenge starts you will have seven days to sign up.

Note: If you miss this sign up period, then please contact your program administrator for assistance.

If you Sign up for the Challenge before it starts, then the Challenge Widget will display giving you a countdown to the start of the Challenge.

Team Based Challenges: Challenges that require you to be part of a team, you may be placed in a team, you may choose your own team, and in some circumstances you may be able to to create your own team.

Note: Regarding Weight Lose Challenges, you will be required to enter your current weight, your progress in the challenge will be based on this Sign up Weight.

Challenge Dashboard Widget

After you sign up for a challenge a Challenge Widget will be displayed on your Dashboard (home page). This is to assist you and help positively progress you through the challenge and help you complete any related challenge tasks. When the challenge starts, a progress graph will display your individual status in the challenge as it relates to the pace set by the Program Administrator. Additional information on the challenge goal and the Start and End Dates.
Completing Tasks

Completing challenge tasks is important for your individual success in the challenge. The Challenge Widget and Challenge Page both have sections to help notify you when you have tasks awaiting completion. It is recommended to complete all tasks, however required tasks must be completed to successfully complete the challenge.

Challenge tasks are distributed in batches at the beginning of each week during the challenge. The next week’s tasks will not display until all the required tasks for the previous week have been completed.

How to Win a Challenge

Challenges are typically designed so members are part of a larger group or team. These teams will work together to out rank other teams in the challenge.

- **Exercise Challenges:** The group with the highest average of minutes of exercise over the duration of the entire challenge wins.
- **Nutrition Challenge:** The group with the highest average of days where the goal was met wins this challenge.
- **Walking Challenge:** The group with the highest number of steps over the duration of the entire challenge wins.

Note: Sometimes this can be an organizational based challenge; the entire organization works together to achieve the challenge goal, example, ‘Steps Around the Moon.’
• **Weight Loss - Percent Challenge:** The group with the highest average percentage weight lost over the duration of the entire challenge wins.

• **Weight Loss - Pounds Challenge:** The group with the highest average weight lost over the duration of the entire challenge wins.

Note: The averages of the teams’ efforts are not weighted averages.

**Standings**

On the Challenges Page, you can access the challenge Standings. Where you can view your individual progress as compared to the challenge leader, the average member, and even your own team.

Note: Statistics may be available, however this can be disabled by your program administrator.

**Comment Boards**

On the Challenge Page, you can access the Comment Board, where you can post comments for other challenge participants to see and respond.

- **All Participants vs My Location/Team:** You can view posts made by all the participants in the challenge, or just posts that are made by members in your own group.

- **Post Comments:** Type in your post and click post for it to appear at the top of the list.

- **Post Reply:** You can reply directly to other members’ posts. Replies are highlighted.

Note: Comment Boards may be available, however this can be disabled by your program administrator.

**How to Earn Incentives**

You must complete all required tasks during the challenge, and a percentage of the Challenge Goal. Challenges can be set up in a way that incentives are awarded to you if you meet 100%, 75%, 50% or even 25% of the Challenge Goal. Please read the Challenge details carefully to determine what exactly constitutes the awarding of incentives.

Note: Not all Challenges award incentives. Please contact your program administrator for more information.
Concurrent Challenges

Depending on what challenges are available to you, you may be able to sign up for multiple challenges at the same time. If challenges are available to be taken simultaneously, then it will be noted in the sign up details of the challenge.

Note: You can only be signed up for 1 type of challenge at once. Example, you CANNOT participate in two walking challenges at once. You CAN participate in a walking challenge and an exercise challenge at the same time.

Past Challenges

View your past challenge history by clicking on View Past Challenges. This will allow you to see your rank, percentage of the goal completed, and the date the challenge ended.