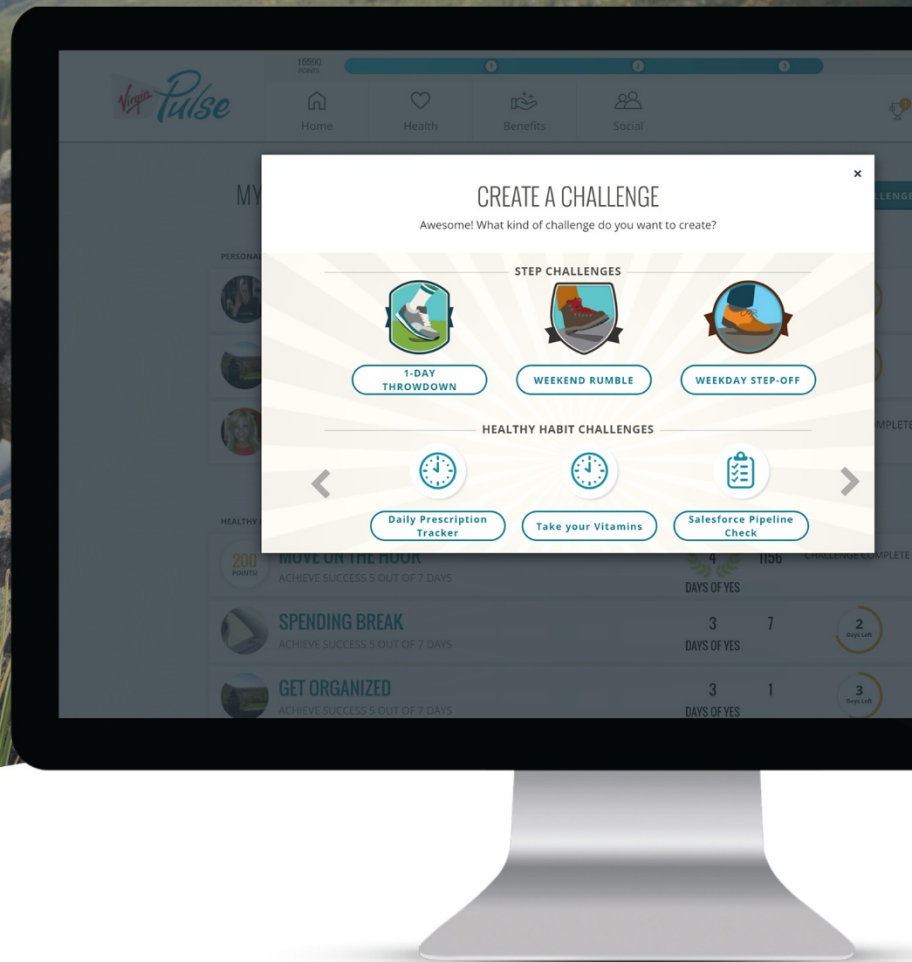


Virgin Pulse Personal Challenges



Personal challenges are an excellent way to get motivated. Boost the fun factor by engaging in some friendly competition with your coworkers, friends and family. Turn up your activity level and develop new healthy habits by focusing on one specific topic at a time. So, get those competitive juices flowing: Create your own challenge, invite others to join, and then aim for the top by giving it your all!

Get started by going to the online portal or app. Go to the **Social** tab in the main menu and then choose **Challenges**.



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Types of challenges

Whether you want to increase your physical activity or develop new habits, **Challenges** have something for everyone. Choose between **Personal Challenges** and **Healthy Habit Challenges**, and commit to working toward your goal. Personal Challenges are referred to as **Step Challenges** on the web experience.

Personal Challenges

Create a personal step challenge to increase your activity for one, two or five days in a week. Make sure your fitness tracking device or app is connected to your Virgin Pulse account and start stepping. Invite your coworkers and friends for some friendly competition and see who comes out on top.



1-DAY THROWDOWN

Once created, the 1-Day step challenge starts at 12 am on the next day and runs until 11:59 pm.



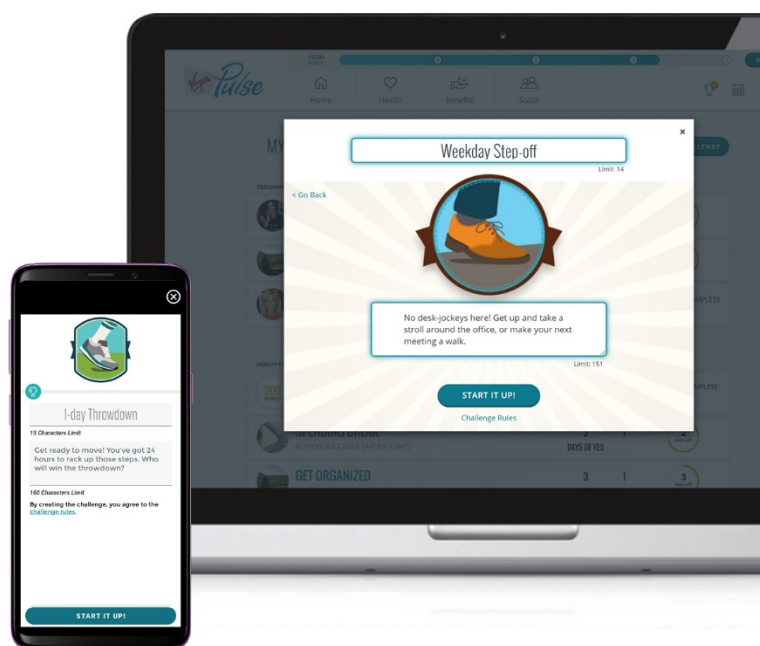
WEEKEND RUMBLE

The weekend step challenge is a 2-day challenge and starts at 12 am Saturday morning and runs until 11:59 pm Sunday night.



WEEKDAY STEP-OFF

The weekday step challenge is a 5-day challenge and starts at 12 am Monday morning and runs until 11:59 pm Friday night.



Challenge rules:

- All validated steps taken during the time of a steps challenge are counted toward the challenge score.
- Once the challenge ends, you will have 24 hours to upload your steps to have them included in the scoring. Validated steps from all connected devices are counted in the scoring.
- All members in the same challenge will have access to view your step total for the challenge.
- Once you join the challenge you will not be able to leave it.

Healthy Habit Challenges

You can create a Healthy Habit Challenge for any one of the habits offered in your program. Create a challenge for a Healthy Habit you have currently active, or try out one of the many other habits from topics like Sleeping Well, Being Productive, Managing My Finances and more.

Once you create a Healthy Habit Challenge, that habit will show in your Healthy Habits list. Simply track it every day in order to reach your goal. You can also track it through your **Challenges** dashboard by clicking on the active challenge and tracking YES.

Healthy Habit Challenge examples



List Maker

Did you write down a to-do list for today?



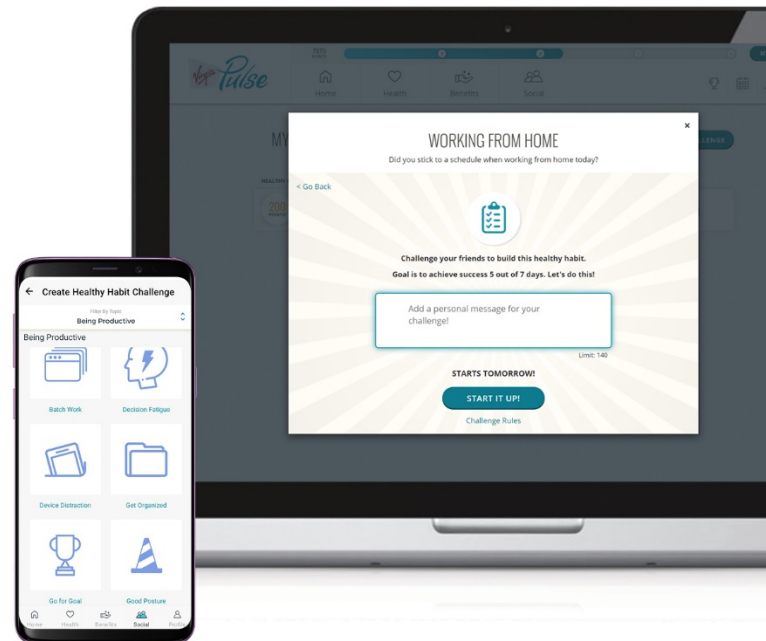
Lean on Me

As you take steps toward a personal goal, did you reach out for help today?



No Littering

Did you gather your coworkers to pick up litter outside today?



Challenge rules:

- Once created, the Healthy Habit Challenge starts at 12 am on the next day and runs for seven days.
- Each daily “Yes” click during the seven days is counted toward the challenge results. “No” clicks do not count.
- When the challenge ends, you have two days to track the habit for the seven days of the challenge.
- All members in the same challenge can see your total number of “Yes” clicks. Once you join the challenge, you cannot leave it.

How to start a challenge

Step 1

Go to the website or mobile app and find **Challenges** in the **Social** menu.

Step 2

Click **Create a Challenge**.

Step 3

Choose which type of challenge you want to start: **Step Challenge** or **Healthy Habit Challenge**.

Step 4

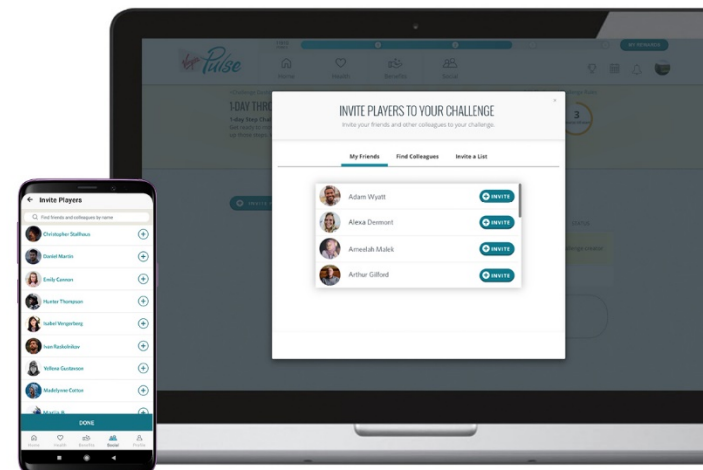
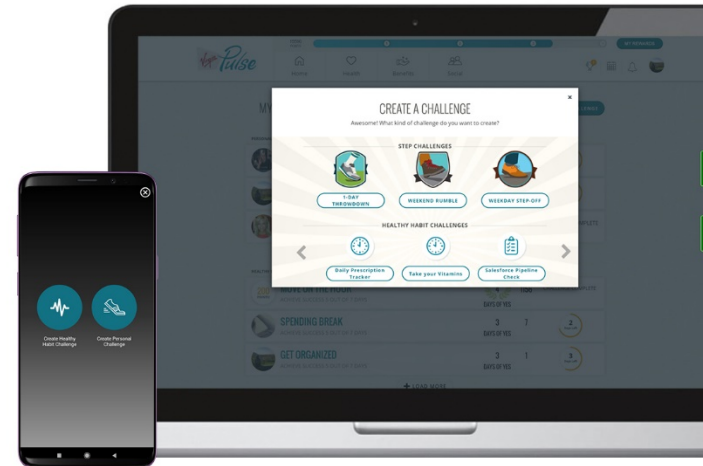
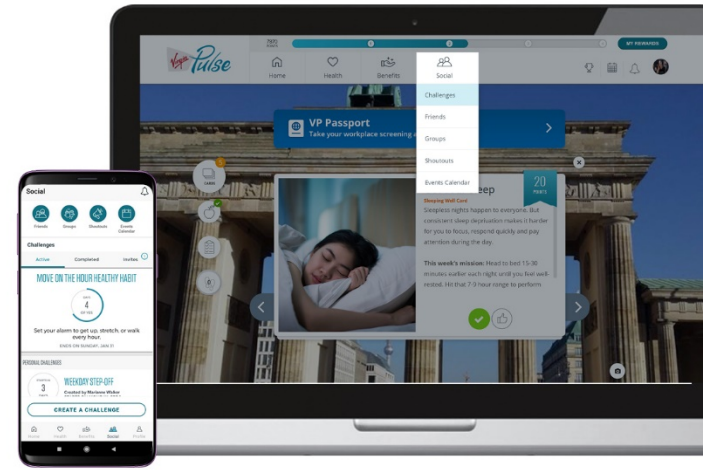
For Step Challenges, you can change the name of your challenge or write your own description. For Healthy Habit Challenges, you'll need to write a personal message in order to create it.

Step 5

Once you're all set, click **START IT UP!**

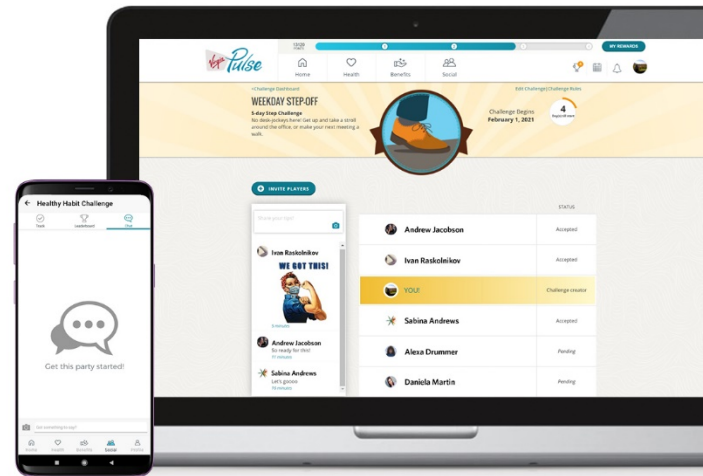
Step 6

Once your challenge is set up, invite people into your challenge by clicking **INVITE PLAYERS**. You can choose people from your friends list, find them by name or invite a list of up to 250 people by entering in their email addresses then clicking **SUBMIT**.



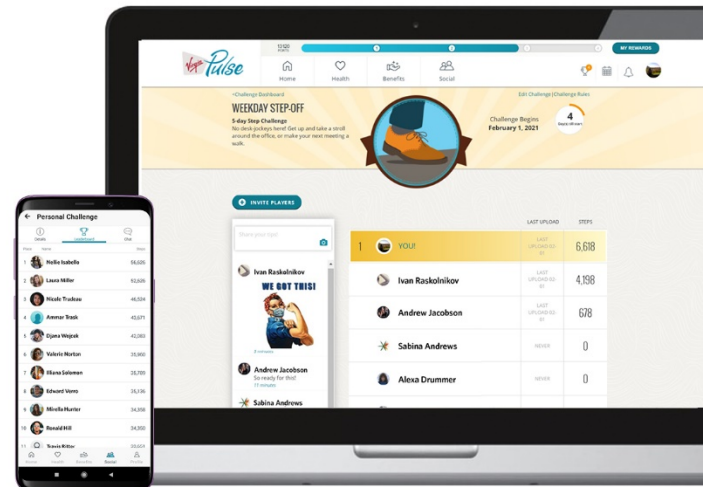
Chat

Once your challenge is up and running, connect with fellow participant and share images or tips on how to build habits and stay active via the challenge **Chat** feature.



Leaderboard

If you're extra competitive, take a look at the **Leaderboard** in the app to see who's in the lead. If you're falling behind put the pedal to the metal and aim for that #1 spot.



Earning Opportunities

As if the fun of the challenge weren't enough—you can also earn rewards! Create your own challenge or join challenges created by your friends, and make sure to track your progress regularly. On the online portal, go to **Home > How to Earn**, on the mobile app go to **Rewards > Learn How to Earn More Points** and see how you can get the most out of your challenge participation.

