



QUICK START PLAYER GUIDE

The Challenge is simple – you'll spend the next eight weeks improving your health, your happiness, and your relationship with yourself and others.

Here's how it works – The Challenge goes for 8 weeks. Each day, you'll get points for completing each of the 7 Daily Habits:

NUTRITION



Eat nutritious, healthy foods from your **food list**

EXERCISE



Be active 10 minutes a day

MOBILIZE



Stretch 10 minutes a day

SLEEP



Sleep for a duration you select, one that leaves you feeling rested

HYDRATE



Drink ounces of water equal to your body weight (in pounds) ÷ 3

LIFESTYLE



Learn weekly practices to help you feel happier & more connected

REFLECT



At the end of each day, write briefly about how the day went

SCORING

Each habit is worth 5 points per day upon completion.

You'll record your points on the WLC website or the iOS App, staying on track and accountable for your results. You can play by yourself or on a team with friends, and you'll climb the leaderboard as you make progress. All scores are yes/no – you'll receive 5 points for completion, 0 points for non-completion.

The exception is your Nutrition score. You'll start your day with 5 points and deduct 1 point for each serving of non-compliant foods you consume.



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Bonus Tokens – During the Challenge, consistently posting perfect (or near-perfect) scores earns Bonus Tokens. These are in-game rewards for good behavior, allowing you to have a bad day without negatively impacting your overall score.



INDULGENCE BONUS



Earned for losing less than 2 nutrition points over any consecutive 4-day period, this bonus will add one nutrition point to your next score under 5.



REST DAY BONUS



Earned for getting your exercise points for 10 straight days, this bonus allows you to miss a day of Exercise and still receive 5 points for that day.



NIGHT OWL BONUS



Earned for getting your full night's sleep for 6 consecutive days, this bonus allows you to miss your Sleep requirement and still receive 5 points for that day.



FREE DAY BONUS



The mother of all bonuses, this is earned for losing 5 or fewer total points over any consecutive 21-day period, and allows you to pick a day to receive a perfect score across all 7 Habits.



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Getting Started – Follow these steps to begin the Challenge. Whether you choose to play on **desktop**, mobile browser or the **iOS App**, you'll be guided through each step during the setup tour.

STEP 1 JOIN OR CREATE A TEAM

Play with friends and family, and build the community you'll need to succeed in the Challenge.

STEP 2 PICK A NUTRITION LEVEL

Choose Kickstart, Lifestyle, or Performance **nutrition level**, depending on your goals and personality.

STEP 3 CHOOSE SLEEP DURATION & WATER INTAKE

Commit to getting a certain amount of sleep every night, and calculate your daily water intake (body weight in lbs. \div 3 = your intake in ounces, body weight in kgs. \times 20 = your intake in milliliters).

STEP 4 TAKE YOUR PRELIMINARY MEASUREMENTS*

Take one or more preliminary measurements to document your progress during the Challenge. You'll choose a marker (or markers) that speak to you – a survey, a fitness test, body measurements, before-and-after photos, and more.

*You'll repeat these measurements at the end of the Challenge to see how far you've come.



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A FEW DETAILS YOU'LL WANT TO KNOW

- You have 29 hours to enter your score for any given day. The scoring window opens at 7 p.m. every day and closes at midnight the following day.
- You can record your score by logging into the [WLC website](#) or the [iOS App](#).
- If you ever miss a day of scoring, you can use a Mulligan to record your score. This will reopen scoring for any day when you missed the cutoff.
- We have a great community of ambassadors and players on our [Official Facebook Group](#), and you'll want to join. It's a nice place to be, whether you need help with the rules, a tasty recipe, or just want to be entertained with our latest articles and videos.

LET'S CONNECT

We use social media to communicate with our players throughout the challenge.

Connect to get your daily dose of inspiration and motivation.



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