

YOU DON'T HAVE TO BE PERFECT. YOU JUST HAVE TO START.



SEPT 2017

SEPTEMBER 16 - NOVEMBER 10

WHAT IS IT?

The Whole Life Challenge is an eight-week, habit-changing game that encourages you to create a fitter, happier, healthier lifestyle.

HOW DOES IT WORK?

Playing alongside your teammates via mobile or desktop, you'll score points for following seven key habits of health and well-being. Your efforts will be aided by our daily videos and articles, and after 8 weeks, you'll leave with a lasting (and positive) outlook on your fitness, your mindset, and your daily relationship with life.



NUTRITION



EXERCISE



MOBILIZE



SLEEP



HYDRATE



LIFESTYLE



REFLECT

ARE YOU IN?

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