

21
DAYS

Group Fitness Challenges



"Everyone was inspired and equipped with 'healthy' choices that will challenge them to continue in a lifestyle that makes for a better life."

Employee Participant



"Thank you so much for your support throughout our challenge. We appreciate all the terrific work your team has done to help us launch this challenge. Thanks again for everything!"

Cori Evans, M.A., Worksite Wellness Specialist



Learn more about taking a group fitness challenge
21DayFitnessChallenge.com

CHANGE IS A PROCESS NOT AN EVENT

Change happens with behavior modification, and that only happens when you develop lifelong habits. To establish a habit, you must have a specific set of **ACTIONS** that are performed with focus, consistency, and accountability.



THIS WEEK
86

Weekly Score

Real-time score shows progress and keeps key actions top of mind.

Benchmark



Daily Progress

See which days yield results and pace yourself against your benchmark.



Performance History

24 weeks of history encourage consistency and improvement.

We developed the world's simplest, most powerful performance and accountability platform that measures recurring behavior. Participants access their online dashboard daily to quickly update their progress.