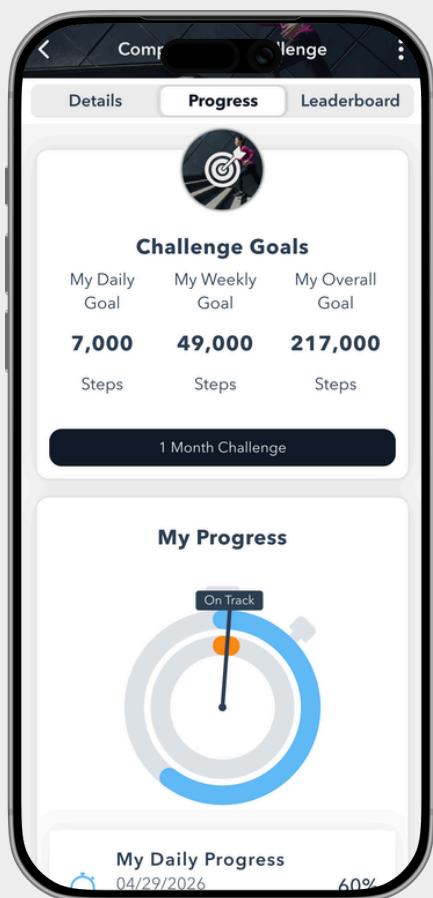


## Energize Your Workplace with Sworkit Challenges

Sworkit challenges increase engagement (and physical movement) by up to 39%. With our vast array of customizable options, you can tailor challenges to meet the unique needs and preferences of your team, ensuring everyone stays engaged and motivated.

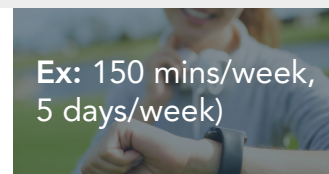
Create challenges based on:



### Workout Minutes

Track the total minutes your members stay active — every workout counts.

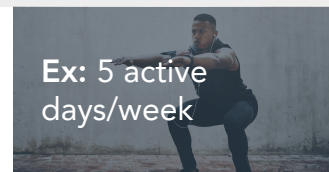
Ex: 150 mins/week, 5 days/week)



### Active Days

Count the days your members log a workout or activity.

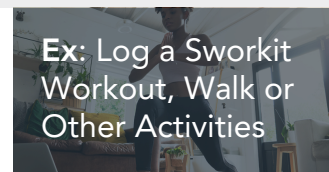
Ex: 5 active days/week



### Workouts Logged

Logged movement counts — logged walks, Sworkit workouts, and more.

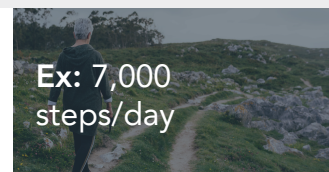
Ex: Log a Sworkit Workout, Walk or Other Activities



### Steps

Members log their steps toward a goal. Requires a synced device or app

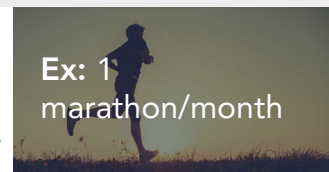
Ex: 7,000 steps/day



### Distance

Members work toward a distance goal. Requires a synced device or app.

Ex: 1 marathon/month



### Challenge Types

Choose from Individual or Team challenges, each with the option for a personal or shared goal to enhance engagement among employees.



### Popular Challenges

Customize challenges or choose from our list of most popular recommended challenges.



Email your Sworkit contact if interested in challenges and would like to learn more.