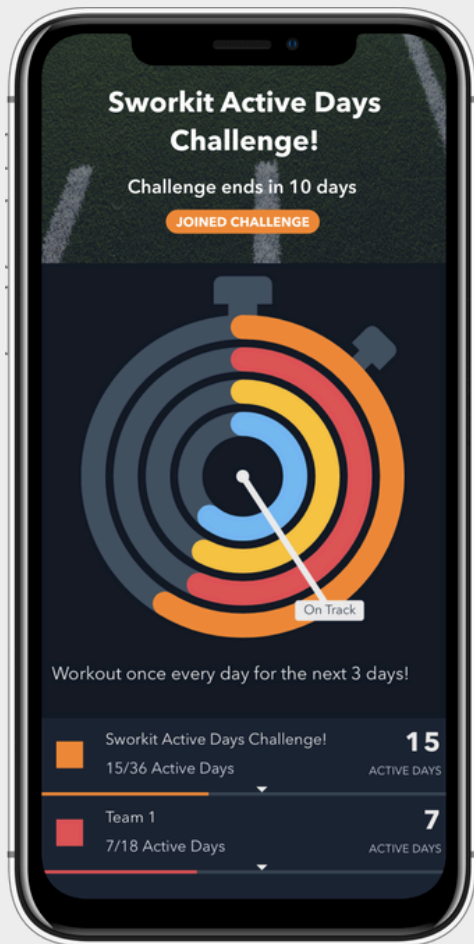


Energize Your Workplace with Sworkit Challenges

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:

Active Minutes

Log minutes towards a goal



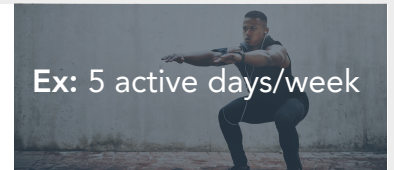
Ex: 150 mins/week, 5 days/week)



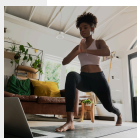
Create challenges based on:

Active Days

Track activity days



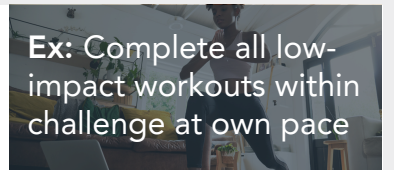
Ex: 5 active days/week



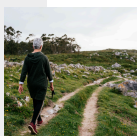
Create challenges based on:

Challenge Workouts

Complete pre-selected app workouts from Sworkit library



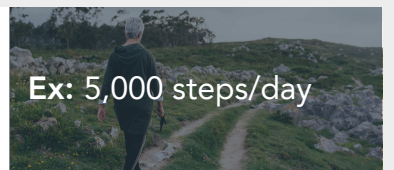
Ex: Complete all low-impact workouts within challenge at own pace



Create challenges based on:

Steps

Log daily steps



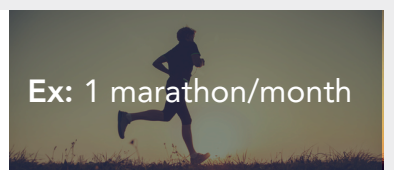
Ex: 5,000 steps/day



Create challenges based on:

Distance

Achieve distance goals



Ex: 1 marathon/month



Challenge Types

Choose from individual, team, or group challenges to enhance engagement among employees.



Popular Challenges

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



Sworkit Support

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