

Sworkit Challenge Templates

Active Days Challenge

General Option: Join the _____ Movement Challenge and elevate your fitness game! Throughout _____, commit to daily physical activities—whether it's workouts, outdoor fun, walking, or even tackling household chores and hobbies. Aim for 30 active days, no matter if you're moving for 5 minutes per day or 30 minutes, stay active and move! Let's make this (month/week/season) your most active one yet!

How to log minutes towards your active days in the Sworkit challenge

- **Sworkit Workouts:** All Sworkit workouts get logged automatically in the challenge. If you'd like to exercise on your own, you have the option to sync Sworkit with your preferred wearable or health app to pull in your minutes of activity.
- **Synced Minutes:** To include minutes from workouts done outside Sworkit, connect Sworkit with your preferred wearable or health app (like Apple Health or Health Connect) to automatically import your workout minutes. Remember to start and stop your workouts on these devices for accurate tracking. Need help connecting your devices or apps? Check out our [help articles here](#).
- **Manual Minutes:** For activities not tracked by Sworkit or other devices (e.g., gardening, dancing, housework), you can [manually log minutes](#) in the "My Sworkit" section of the app through the +Log Activity.

Holiday Option: Join the *Healthy through the Holidays Challenge* and stay active throughout the holiday season! With the end of the year right around the corner, it's easy to get caught up in the hustle and bustle of life... and it's no secret the holidays can be stressful. Aim for at least 30 minutes of physical activity each day to keep up your energy, manage stress, and maintain your health during this busy time of year. Throughout 25 days, commit to daily physical activities—whether it's workouts, outdoor fun, walking, or even tackling household chores and hobbies. Let's keep moving and maintain our well-being this holiday season!

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Workplace/Office Option: Get ready to energize your workday with the Get Up and Move Challenge! This exciting initiative encourages you to take a break from your desk and incorporate more movement into your daily routine. Over the course of this challenge, you'll compete with colleagues to see who can move their body the most during the day, making it a fun and engaging way to boost your physical activity. Whether you choose to walk during your breaks, exercise on your lunch, take the stairs instead of the elevator, or enjoy a brisk walk to your next meeting, every step counts toward your team's success.

This challenge not only promotes better health but also fosters camaraderie among coworkers as you cheer each other on and share your progress.

Join us in the Get Up and Move Challenge and let's step our way to better health together! Are you ready to make every step count? 🌟👉🌟

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Stress Reduction Option: Join our Daily Move to De-Stress Challenge and unlock the incredible benefits of daily physical activity for improving your mood and reducing stress! This engaging initiative encourages you to incorporate movement into your everyday routine, helping you combat stress and enhance your overall well-being.

Throughout this challenge, focus on moving your body each day to clear your mind and elevate your spirits. Whether it's taking a brisk walk, practicing yoga, or squeezing in a quick workout during breaks, every bit of movement contributes to lowering stress levels and boosting your energy. Research shows that just 20 minutes of moderate exercise can significantly uplift your mood and promote relaxation.

This challenge is designed for everyone, regardless of fitness level. By participating, you'll not only improve your physical health but also become part of a supportive community where everyone encourages one another to stay active. Let's unite to move our bodies and calm our minds. Are you ready to take the first step toward a more relaxed and healthier you? Join us in the Daily Move to De-Stress Challenge today! 🌟👉🌟

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Active Minutes Challenge

Holiday Option 1: Experts recommend 150 minutes of moderate physical activity a week. Join our _____ Challenge and commit to at least 20 minutes of movement each day! Whether it's a brisk walk, a fun dance session with family and friends, cleaning the house before holiday parties, or a quick workout, staying active is key to feeling your best during the holiday season. Create lasting memories while boosting your health and happiness. Let's make this (Season) not just about feasting, but also about moving!

How to log active minutes in the Sworkit challenge

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Holiday Option 2: Kick off the new year with our exciting _____ Challenge! 🎉 This month-long adventure is your opportunity to reignite your passion for movement, elevate your energy levels, and adopt a healthier lifestyle that lasts throughout the year. Staying active is crucial for feeling your best, and even just [20 minutes of movement each day](#) can significantly enhance your

health and well-being. Whether you choose to enjoy a brisk walk, dance with family, tidy up your home, or fit in a quick workout, let's dedicate this month to getting moving together!

Join the _____ Challenge

No matter if you're a seasoned fitness enthusiast or just starting your wellness journey, this challenge is designed for everyone! Get ready to break a sweat, explore new activities, and build habits that will transform your well-being. Join us from _____ as we embark on this invigorating journey together! Let's make _____ the year of **activity, motivation, and community**. Are you ready to embrace the journey? Let's make it happen! 💪🌟

How to Log Active Minutes in the Challenge

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Workplace/Office Option: Get ready to transform your work routine with our Energize Your Work Week Challenge! This exciting initiative encourages you to get up and move every single workday, making physical activity an integral part of your professional life. For one full work week, challenge yourself to incorporate movement into each day. Whether it's taking a brisk walk during your lunch break, doing desk stretches between tasks, having standing meetings, or using the stairs instead of the elevator—every bit of activity counts!

Set a daily movement goal, such as 30 minutes of cumulative activity, and track your active minutes using our app or a fitness tracker. By participating, you'll boost your energy levels, improve focus, and contribute to a more dynamic workplace culture. Plus, you'll be building healthy habits that can last well beyond the challenge week.

Join us in making every workday an active one. Are you ready to energize your work week and feel the difference? Let's get moving! 🏃👜🌟

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Stress Reduction Option: Join our Sweat Away Stress Challenge and discover the powerful benefits of physical activity for relieving stress! This engaging initiative encourages you to incorporate movement into your daily routine, helping you combat stress and enhance your overall well-being. Throughout this challenge, focus on moving your body to help clear your mind and elevate your mood. Whether it's taking a brisk walk, practicing yoga, or engaging in a quick workout during breaks, each movement contributes to reducing stress levels and boosting your energy. Research shows that even just 20 minutes of moderate exercise can significantly improve your mood and help you feel more relaxed.

This challenge is designed for everyone, regardless of fitness level. By participating, you'll not only improve your physical health but also foster a supportive community where everyone encourages one another to stay active. Let's come together to move our bodies and calm our minds. Are you ready to take the first step towards a more relaxed and healthier you? Join us in the De-Stress with Movement Challenge today! 🌟💪🌟

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Workout Challenge

Holiday Option: Join the _____ Challenge

Kick-off the return from the holidays with the _____ Challenge! This challenge is to help you jumpstart your fitness journey as you transition back into the school season from winter break. For the (duration), you'll participate in a variety of daily workouts that fit seamlessly into your busy schedule. Whether you choose a quick stretch, energizing HIIT session, family movement activity, or full bodyweight workout, this challenge will help prioritize your fitness during a busy time. Set a goal

to engage in ____ workouts total during the challenge. That is one workout daily from our curated library of ____ different choices. Enjoy the benefits of increased energy, focus, and overall wellbeing. Let's make this season your healthiest one yet!

Want to take this a step further? Read [our blog](#) on how staying physically active can help you cope with back-to-school stress and keep your activity levels up as you adjust from the holiday break!

Spring Option: Get ready to embrace your best self this spring! This Spring Into Fitness Challenge is designed to help you cultivate healthy habits and feel fantastic. This challenge incorporates a variety of workouts, utilizing dumbbells, kettlebells, resistance bands, and loops for an added boost. However, if you prefer, you can also complete the workouts using just your body weight. Set your Sworkit timer and prepare to commit to yourself this season! Join us in this challenge and take the first step towards a healthier you.

Flexibility Option: Get ready to stretch beyond your limits and transform your body in our exciting Stretch and Flex Challenge! Over ____ weeks/days, you'll embark on a journey to enhance your mobility, reduce tension, and feel more agile than ever. Each day, dive into specially designed stretching routines that target different areas of your body. Whether you're a yoga enthusiast or just starting out, our challenge is tailored to help you progress at your own pace. From gentle stretches to more advanced moves, you'll be guided every step of the way. Join us in this transformative journey and discover a more flexible, stronger, and healthier you. Let's stretch, bend, and flourish together!

Meditation Option: Join us for the ____ days of Inner Calm Challenge and embark on your journey to inner peace. Are you ready to unlock your inner calm and transform your life? Dive into this challenge to discover the powerful benefits of mindfulness! Each day, you'll uncover a new technique to help you chill out and tune in. From mastering the art of breathwork to becoming a body awareness expert, we'll guide you every step of the way on your mindfulness journey. No prior experience is needed – just bring your curiosity and an open mind. By the end of the challenge, you'll have a robust toolkit of meditation techniques to keep you grounded, present, and empowered to practice unguided meditation like a pro. Imagine having the superpower to calm your mind, reduce stress, and boost your well-being whenever you need it. Let's make meditation your new go-to superpower. Are you in? 🙏✨

Workplace/Office Option: Get ready to transform your workday with our Fit at the Desk Challenge! This engaging initiative encourages you to incorporate quick and effective workouts right at your desk, making it easy to stay active without leaving your workspace. Over the course of this challenge, you'll discover a variety of simple exercises, stretches, and movements designed to boost your energy, improve your posture, and enhance your overall well-being—all while you work! From desk stretches to seated leg lifts, each day will introduce new movements that can be done in just a few minutes.

No special equipment is needed—just your enthusiasm and a willingness to move! Whether you're taking a break between meetings or enjoying a lunchtime pick-me-up, these exercises will help you combat the negative effects of prolonged sitting and keep you feeling refreshed throughout the day.

Join us in this fun and friendly challenge, where you can track your progress and share your favorite desk workouts with colleagues. Let's make fitness a part of our daily routine and show that staying active can be both fun and productive. Are you ready to get fit at your desk? Let's do this! 💪💻🌟

Steps Challenge

General Option: Join the _____ Challenge this (Month) and step your way to better health! Track your daily steps while soaking up the beautiful (season description). Whether indoors or outside, it is a fantastic way to get moving, connect with others, and embrace the season!

_____ Day/Week Step Challenge Goal

A good daily active minutes goal is to log at least (suggested 7-10k) steps per day, or _____ steps per week.

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- **Synced Steps:** For your daily steps to automatically show up in the challenge, you must track your steps. Whether that's a health app like Apple Health or Health Connect or your favorite watch/wearable, as long as you sync with Sworkit all steps will automatically get added.

Need help syncing your wearable (Fitbit, etc.) or apps (Apple Health, Health Connect) to log your workouts?

[Check out our help articles. here.](#)

General Option 2: Let's Get Moving Step Challenge! Are you ready to take your health to the next level? Join our Step Challenge and embark on an exciting journey towards better well-being! Compete with your colleagues to see who can log the most steps throughout the challenge. Whether you prefer walking, running, or even dancing your way through the day, every step counts! Let's turn up the energy and motivate each other to reach new heights. Together, we can make this challenge not just about numbers but about fun, camaraderie, and a healthier lifestyle. Lace up your shoes and let's get moving! 🌟👟

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Workplace/Office Setting Option: Get ready to put your best foot forward with our Strides in the Office Step Challenge! This exciting initiative invites you to lace up your sneakers and join your colleagues in a friendly competition to see who can log the most steps over the next month. By participating, you'll boost your health by improving your cardiovascular well-being, mood, and increasing your energy levels. The challenge fosters team spirit, whether you form teams with coworkers or go solo, and you'll motivate each other to reach new heights. Celebrate each milestone together and share tips to keep moving.

Track your progress on our leaderboard and compete for exciting prizes or kudos! Each day, aim for a target number of steps, and participate in fun weekly challenges that will keep things fresh and exciting, such as walking meetings, lunchtime strolls, or even a scavenger hunt. Let's step up our game together and make every stride count. Are you ready to take the challenge? 🏃👟✨

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Spring Option: Get ready to step into your best self this spring! The Spring Into Fitness Step Challenge is here to help you cultivate healthy habits and feel fantastic. This challenge focuses on increasing your daily steps, encouraging you to move more and embrace an active lifestyle. Whether you prefer walking, jogging, or dancing, every step counts! You can track your progress using a pedometer or fitness app, and we'll provide tips and motivation to keep you moving throughout the challenge.

Sync your steps to Sworkit and prepare to commit to a healthier you. Let's make this spring the season of movement and vitality! Are you ready to take the first step? 🌻👟✨

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