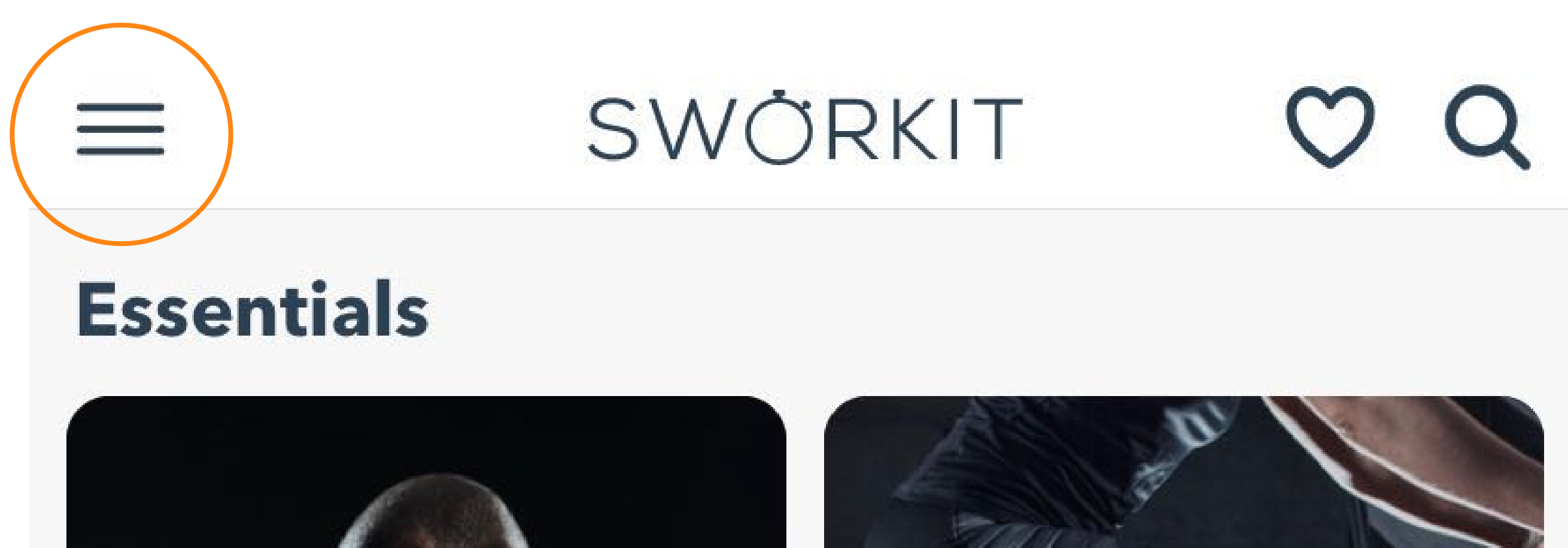


How To Create Corporate Challenges

Sworkit makes it easy to create fun fitness challenges for your organization, or a group within your organization. Challenges are a great way to increase engagement. On average, we see a 25% increase in member engagement when challenges are offered. Any issues or technical questions? Reach out to Sworkit: support@sworkit.com

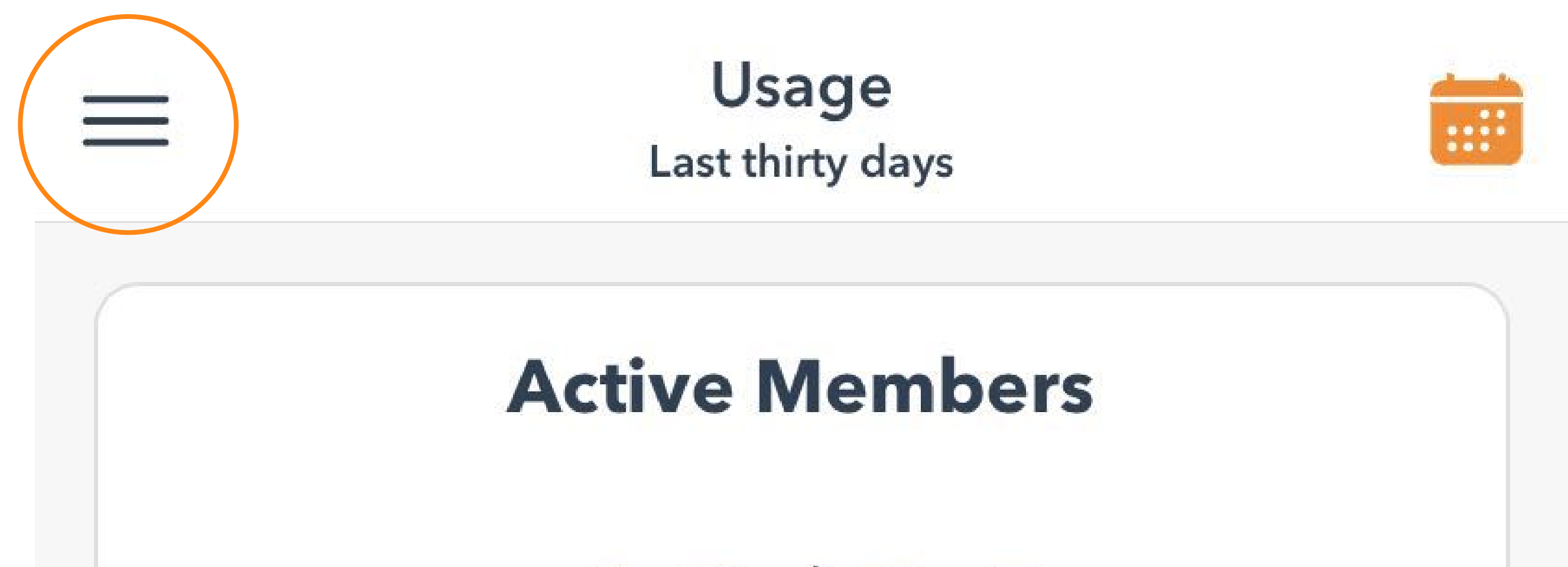
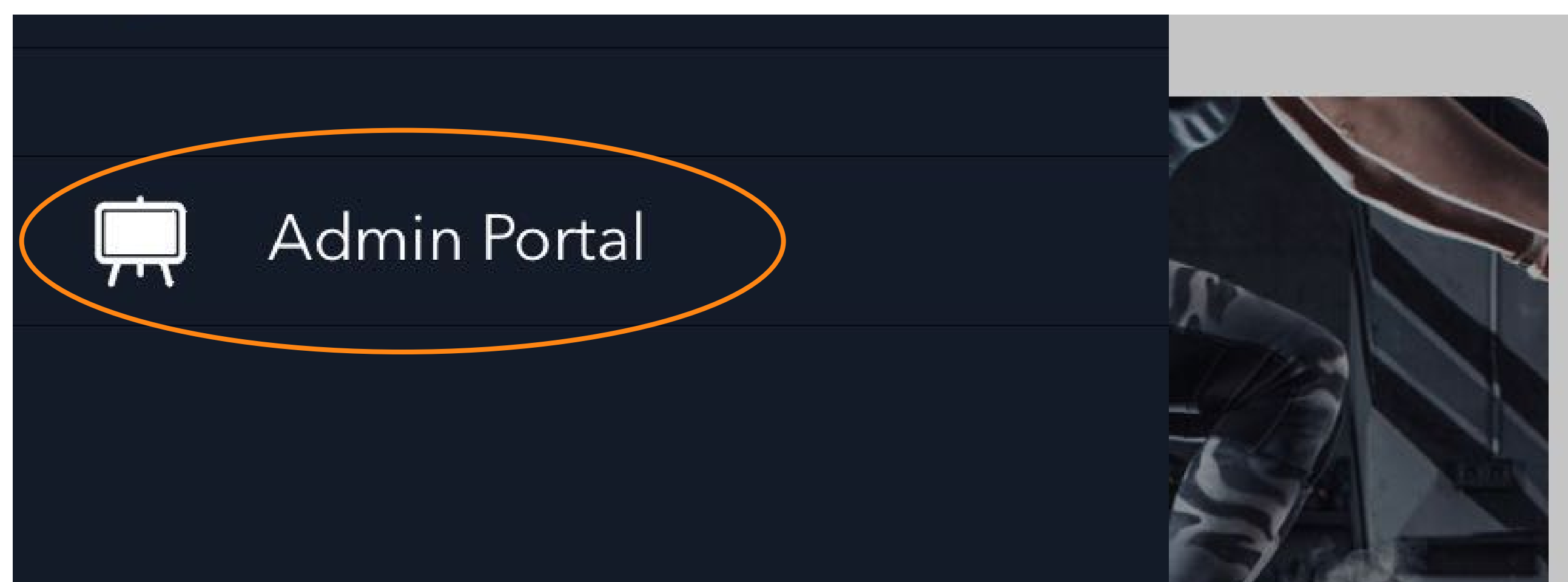
1

Open the Sworkit app and tap on the menu in the upper left-hand corner.



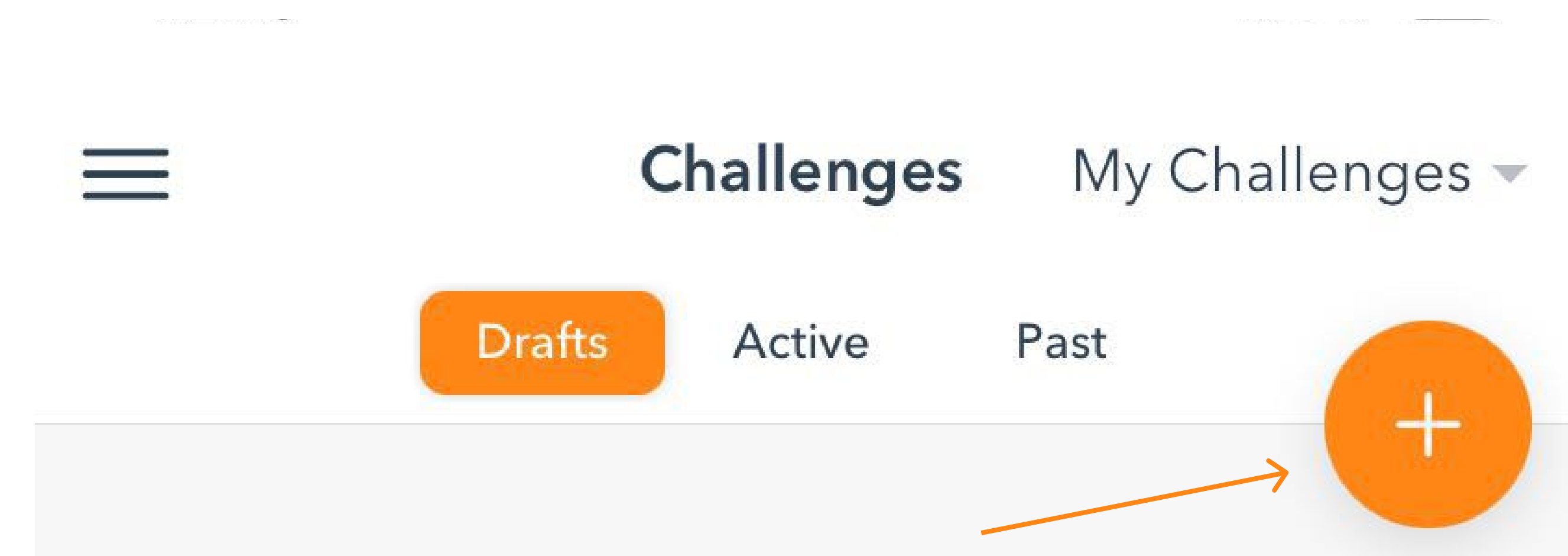
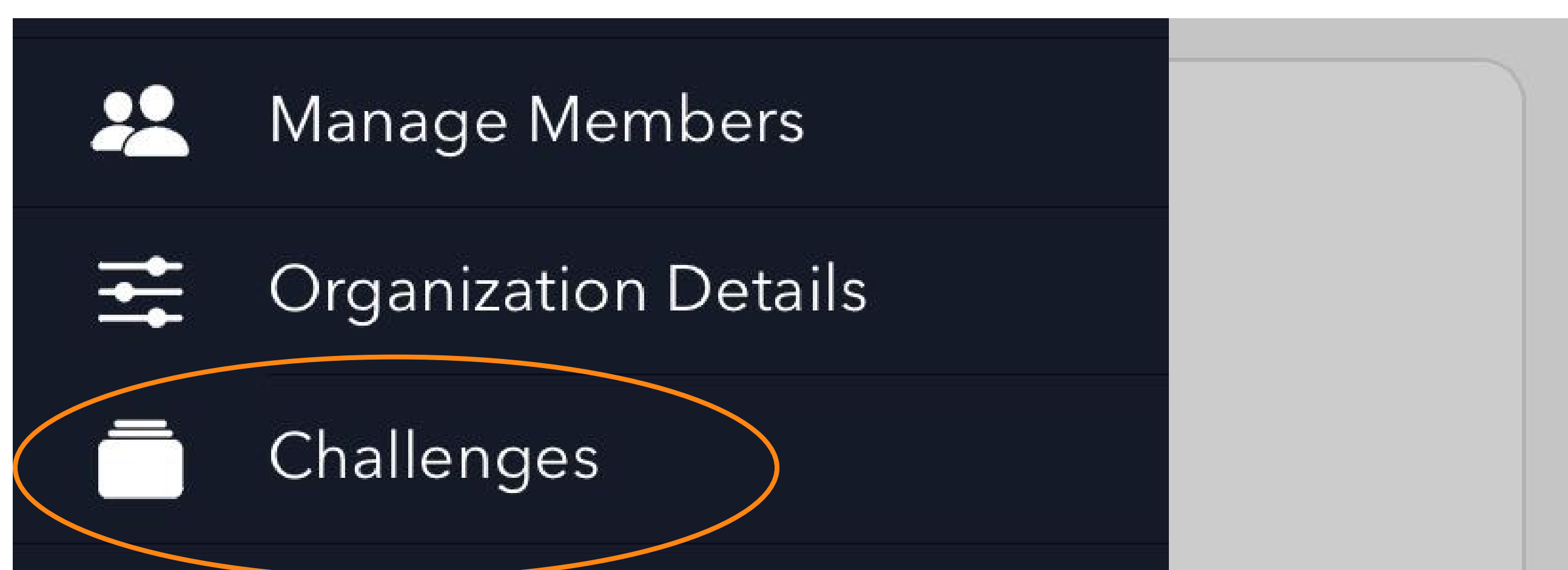
2

Tap on the Admin Portal and then tap the menu in the upper left-hand corner once more.



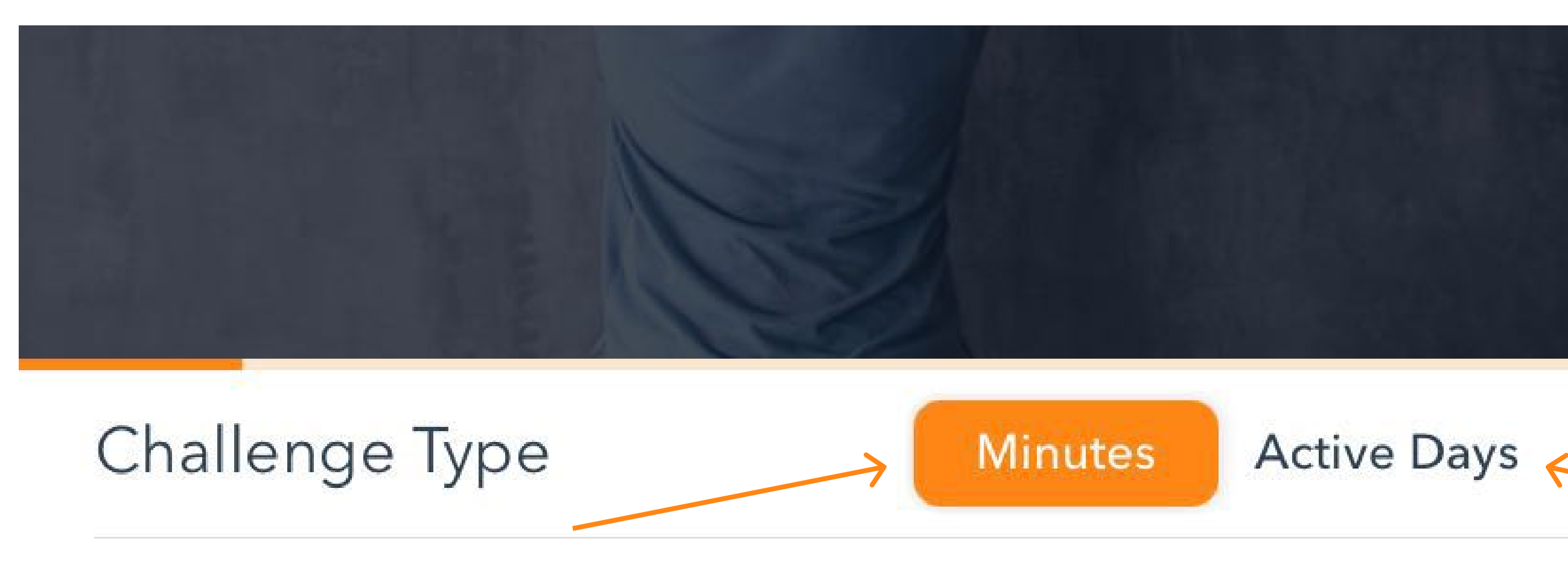
3

Tap Challenges, and tap the + in the orange circle in the upper right corner.



4

Choose to run your challenge based on Minutes (number of **minutes** per day to be active) or Active Days (number of **days** to be active).



5

Select a challenge type:

- **Group Target Challenge:** The entire organization works together towards a goal.
- **Team vs. Team Challenge:** Each member joins a team that works together to claim the top spot in your organization.
- **Individual Success Target Challenge:** Each member works independently towards their own goal.
- **Build Your Own Challenge:** "Build Your Own" is all about creating your own unique, custom challenge. Set your goals/target or mix and match — it's up to you.

6

Select start and end dates in your challenge (Note: Only workouts done during this challenge "window" will count towards the challenge.)

7

Set your challenge details:

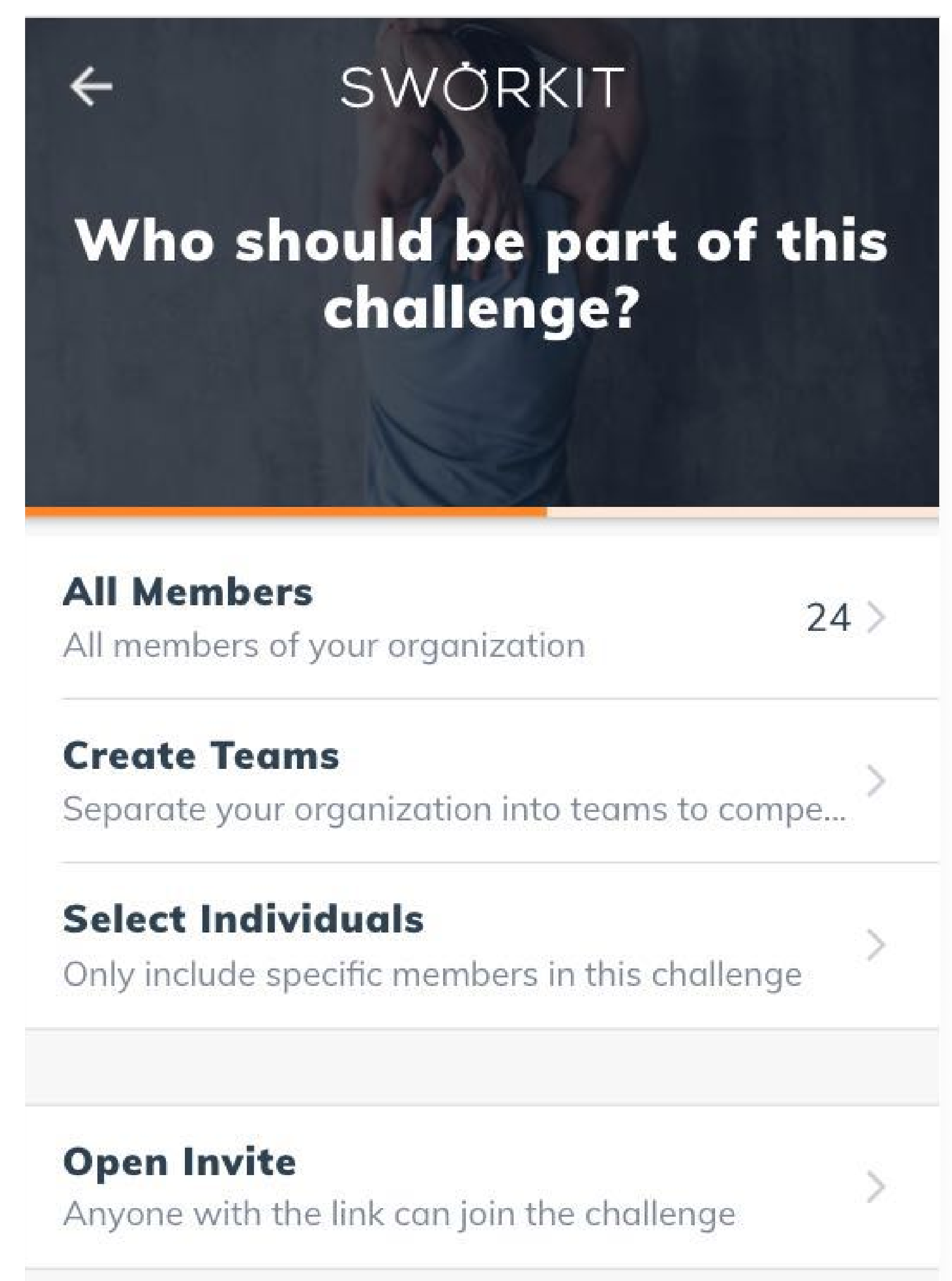
- Give your challenge an awesome name
- Provide a description of your challenge goal/objective
- Choose a background image with meaning to motivate (optional)
- Optionally, you may add translations for 13 different languages

8

Select who should be a part of this challenge.

There are several different options:

- All members of the organization
- Teams/groups you create
- Or certain individuals you select.
- You can also open the challenge up to anyone by making it an Open Invite; employees and their friends and family will be able to opt-in to the challenge and to specific teams with a unique link URL.
***those interested in joining the Open Invite challenge, who are outside of your organization, will be responsible for their own Sworkit membership.*



9 Establish your challenge expectations. Decide what your Per Member Goal is, then calculate the Challenge Goal that you'd like your entire organization to reach.

- 10 Set your Privacy Settings:
- Show Total Stats: This allows members to see the cumulative stats for all participants during the challenge.
 - Show Group Stats: This allows members to see just the group stats for their team.
 - Show Last 10 Workouts Stats: This shows who got their workouts in most recently.
 - Show Team Rankings: Get really competitive with this one! Show teams ranked by most activity per member.

INDIVIDUALS

Per Member Goal

Each member will try to accomplish this goal during the challenge

0

MINS/MEMBER

ALL MEMBERS

Challenge Goal

During the challenge your entire organization will try to reach this goal

0

TOTAL MINUTES

Total Stats: ON

Group Stats: ON

On Track

Workout for 3 days per week, and track your team's progress. Winning team gets the coveted office trophy!

Sworkit Challenge

5/32 active days

8

ACTIVE DAYS

Team 2 (My Team)

3/10 Active Days

3

ACTIVE DAYS

My Stats

1/3 Active Days

1

ACTIVE DAYS

Show Last 10 Workouts: ON

Individuals Teams

Cory McArthur

30 mins ago

Liz Hirst

1 hour ago

Gregory Coleman

3 hours ago

Annie Tomassoni

3.5 hours ago

Show Team Rankings: ON

Individuals Teams

1 Team 1 (my team)

400 members

40

MINS/MEMBER

2 Team 6

450 members

39.4

MINS/MEMBER

3 Engineering

40 members

30

MINS/MEMBER

4 Leadership (my team)

40 members

10

MINS/MEMBER