



# ONLINE WELL-BEING CHALLENGE

## JUNGLE JOURNEY CHALLENGE

Tour the amazing sites of Costa Rica and view waterfalls, beaches and exotic plants in this journey through the jungle.

**CHALLENGE TYPE:** Physical Activity

**MEASURED GOALS:** Step-based

**DURATION:** 6 weeks

**TRACKING:** Log activity and the system translates that movement into steps.

**CHOOSE:** Team-based or individual challenge

### INCLUDES:

- Weekly health tip emails to engage
- Challenge promotional flyer/poster in electronic format
- Promotional video
- Real-time reporting
- User support

**OPTIONAL SERVICES:** Fitness device/app syncing  
Incentive items/prize drawing ideas:  
cooling towel, hydration pack,  
waterproof action camera

