



# ONLINE WELL-BEING CHALLENGE

## MINDFUL MINUTES

**Stop, breathe and let go**  
in this challenge for general calmness,  
clarity and concentration.

**CHALLENGE TYPE:** Emotional Wellness

**MEASURED GOALS:** Points

**DURATION:** 4 weeks

**TRACKING:** Cleansing breathes, gratitude,  
pay is forward.

**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:** Incentive items/prize drawing ideas:  
wireless speaker, yoga set, bath set, eye pillow,  
coloring book, candle, meditation pillow

