

ONLINE WELLBEING CHALLENGES



2020 TAVI HEALTH ONLINE WELLBEING CHALLENGE CATALOG













TAVi Health is your partner in wellbeing. Combining the resources of an exercise physiologist and registered dietitian, and a quirky creative director, we develop unique and innovative wellbeing challenges.

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ONLINE WELLBEING CHALLENGES: AT-A-GLANCE

PLAY BALL!	MOVIN' & GROOVIN'	GOOD VIBES	THE BIG 1	EXPEDITION FITNESS
				
<p>STEPS+ CHALLENGE Play Ball! is a baseball themed challenge that combines steps and bonus activities including stretching and random acts of kindness.</p>	<p>STEPS+ CHALLENGE Movin' and Groovin' takes participants on a journey to famous concert venues, while encouraging them to harness the amazing power of music.</p>	<p>STEPS+ CHALLENGE Good Vibes takes a virtual journey through the Hawaiian islands as participants track steps, chill out and take intentional screen breaks.</p>	<p>STEPS+ CHALLENGE The Big 1 offers a scenic trip up the California coast. Participants log their steps and earn bonuses for having a fruit or veggie for a snack.</p>	<p>STEPS+ CHALLENGE Expedition Fitness is a virtual hike through the Wasatch with bonuses for expressing gratitude, being outdoors, and fueling up with fruits and veggies.</p>

HIGH DESERT HIKE	IT ALL ADDS UP	BOUNCE	KEEPING IT STEADY	FITNESS FINALE
				
<p>STEPS CHALLENGE A journey through some of the most fascinating monuments of the southwestern U.S., High Desert Hike inspires movement throughout the day.</p>	<p>TRACKER CHALLENGE It All Adds Up encourages participants to make choices that provide a big boost to overall wellbeing. Holiday and non-holiday themed versions.</p>	<p>TRACKER CHALLENGE In Bounce, players earn points for cardio, hydration and planning their workouts. Without a doubt, this one is a hit for basketball fans everywhere.</p>	<p>TRACKER CHALLENGE The Keeping It Steady challenge inspires participants to make self-care a priority. Holiday and non-holiday themed versions are available.</p>	<p>TRACKER CHALLENGE Participants earn points by performing cardio, stress management, and booster/self-care activities, enhancing physical AND mental wellbeing.</p>

GOOD NIGHTS GREAT DAYS	UNWRAPPED	GO BANANAS	LOL	HERE & NOW
				
<p>TRACKER CHALLENGE Participants record Healthy Sleep Habits, hours of sleep, and a rating of the perceived quality of their sleep to promote restful and restorative sleep.</p>	<p>TRACKER CHALLENGE Participants score points for eating fruits and veggies and then move through the levels of play in this fun challenge.</p>	<p>TRACKER CHALLENGE This challenge inspires individuals to increase their intake of colorful fruits and veggies by choosing nutritious and tasty produce for snacks.</p>	<p>TRACKER CHALLENGE Participants take time for themselves each day by performing LOL activities - things they enjoy - and cardio exercise in this unique and fun challenge.</p>	<p>TRACKER CHALLENGE Participants practice mindfulness and track "Mindful Moments" daily the morning and afternoon, while also journaling once a week.</p>

GREAT RIVER ROAD RACE	SPACE CHASE	BRIGHT LIGHTS BIG CITIES
		
<p>STEPS CHALLENGE The Great River Road Race takes participants on a virtual trip down the historic roadway that parallels the mighty Mississippi River.</p>	<p>STEPS CHALLENGE Space Chase zooms across the United States as participants log their steps to earn miles that take them to space-named towns and landmarks.</p>	<p>STEPS+ CHALLENGE Bright Lights Big Cities moves down the east coast of the U.S. Participants track their steps and earn bonuses for limiting sugar-sweetened drinks.</p>

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EXPEDITION FITNESS



THE BASICS

- **Wellness Emphasis:** Multi-dimensional Wellbeing
- **Format:** Steps+ Challenge
- **Total Steps:** 400,000 (9,500/daily)
- **Duration:** 6 weeks
- **Tracking:** Log online/device syncing
- **Versions:** Individual or Team

Theme: The Expedition Fitness challenge takes participants on a virtual hike through the beautiful Wasatch Mountain Range in Utah. In addition to logging steps, participants pick up bonuses for performing activities that contribute to an overall sense of wellbeing.

Goal: Hikers log their daily step totals (up to a maximum of 15,000 steps per day) to travel along the challenge route. Up to 750 steps per day may be earned for completing one or more of the following activities:

- **Get Outdoors:** Spend at least 15 minutes outdoors. (250 steps/day)
- **Express Gratitude:** Record at least one thing you are grateful for. (250 steps/day).
- **Fuel Up with Fruits and Veggies:** Eat at least five servings of fruits and vegetables. (250 steps/day).

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GOOD VIBES



THE BASICS

- **Wellness Emphasis:** Physical and Emotional Wellbeing
- **Format:** Steps+ challenge
- **Total Steps:** 425,250 (10,000/daily)
- **Duration:** 6 weeks
- **Tracking:** Log online/device syncing
- **Versions:** Individual or Team

Theme: The Good Vibes steps challenge is like a virtual vacation! This amazing trip takes travelers to 10 of the most beautiful beaches on the Hawaiian Islands AND encourages plenty of “chill” time to relax and connect with their inner vibe.

Goal: Travelers log their daily step totals (up to a maximum of 15,000 steps per day) to travel along the challenge route. Up to 2,000 steps per day may be earned for completing one or more of the following activities:

- **Screen-Free Break:** Take an intentional 30-minute screen break during a time when you might typically be engaged with a mobile device, television, or computer. (1,500 steps/day)
- **Chill Out:** Enjoy 10-minutes of quiet solitude while you do nothing but chill. (500 steps/day).

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MOVIN' AND GROOVIN'



THE BASICS

- **Wellness Emphasis:** Physical and Emotional Wellbeing
- **Format:** Steps+ challenge
- **Total Steps:** 465,000 (11,000/daily)
- **Duration:** 6 weeks
- **Tracking:** Log online/device syncing
- **Versions:** Individual or Team

Theme: Music and movement naturally go together. Whether it is your foot tapping to the beat or your body swaying to the rhythms, music inspires bodies to move. This fun step challenge capitalizes on the power of music and invites individuals/teams to move and

groove as they travel the country visiting the best venues for live music along the way.

Goal: The Movin & Groovin challenge inspires individuals to explore how music can positively impact activity level and overall wellbeing. Users/team members log their daily steps to travel along the challenge route – those are the Movin steps. Groovin steps are awarded for activities that encourage the individual to engage with music such as dancing, playing an instrument, singing, listening to music, or creating music. Along the way, milestones are awarded when the user/team member arrives at one of the seven concert venues on the route.

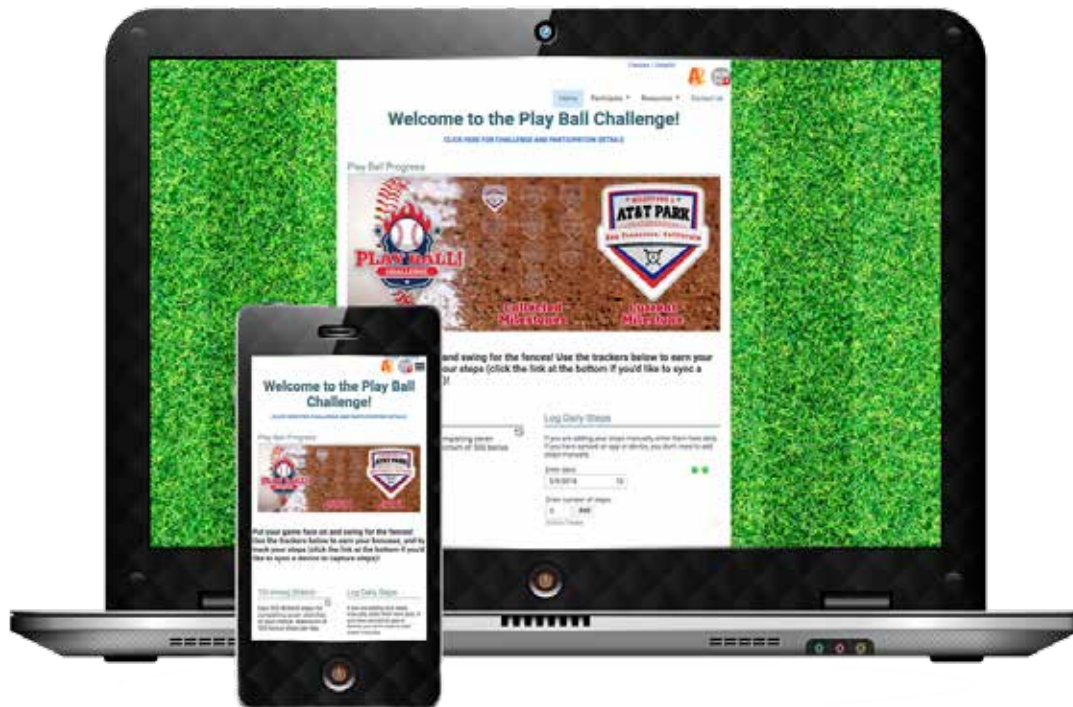
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PLAY BALL!



THE BASICS

- **Wellness Emphasis:** Physical and Emotional Wellbeing
- **Format:** Steps+ challenge
- **Total Steps:** 380,000 (9,000/daily)
- **Duration:** 6 weeks
- **Tracking:** Log online/device syncing
- **Versions:** Individual or Team

Theme: There's nothing better than the great American pastime of baseball to fondly remind us of sunny summer days past, hanging out with friends and family, and cheering on our favorite team. This challenge takes participants on a historic trip to visit ten of the most beloved

ballparks in the United States. We'll meet the greats who played ball at these famous parks and explore the historical uniqueness of each stop along the way.

Goal: Participants travel the challenge route to 10 historic major league ball parks. Bonus steps are awarded for completing a random act of kindness or stretching. To add a little extra interest along the way, participants pick up milestone Superstar Scramble baseball cards featuring legendary players. At the end of the challenge, participants submit their scramble answers for an added bonus.

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GREAT RIVER ROAD RACE



THE BASICS

- **Wellness Emphasis:** Physical Wellbeing
- **Format:** Steps challenge
- **Total Steps:** 380,000 (9,000/daily)
- **Duration:** 6 weeks
- **Tracking:** Log online/device syncing
- **Versions:** Individual or Team

Theme: The mighty Mississippi River flows through the heart of America. Discover

the history and culture that make this such a fantastic region to explore in this fun and challenging trip from the Mississippi Headwaters in northern Minnesota to the gulf coast in Louisiana.

Goal: The goal is to inspire movement throughout the day. Participants travel the challenge route and collect milestones at various towns and cities along the way.

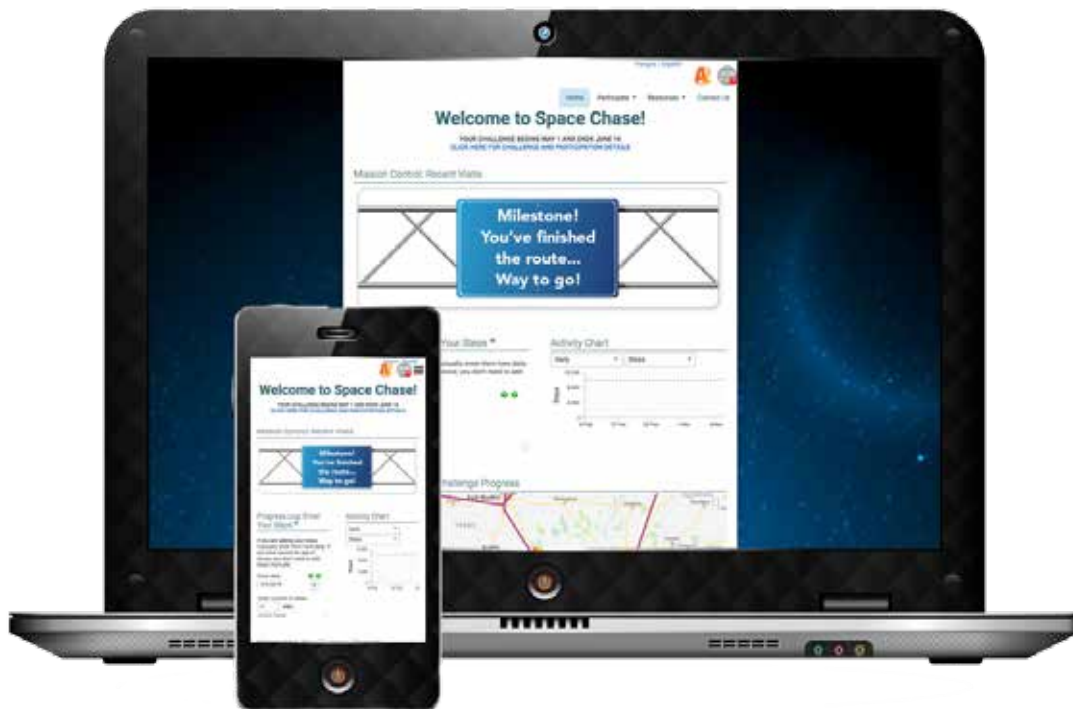
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SPACE CHASE



THE BASICS

- **Wellness Emphasis:** Physical Wellbeing
- **Format:** Steps challenge
- **Total Steps:** 380,000 (9,000/daily)
- **Duration:** 6 weeks
- **Tracking:** Log online/device syncing
- **Versions:** Individual or Team

Theme: Space Chase takes participants on a celestial journey through the United States. Steps translate into miles and move participants from one far out destination to the next ... like

from the start in Sun City, Arizona to the first re-fueling stop in Mercury, Nevada. Along the way participants will be treated to a host of space-related fun facts sprinkled throughout the challenge to keep engagement and enthusiasm high throughout the trip!

Goal: The goal is for the participant to increase their level of activity throughout the duration of the challenge to ensure they reach the final destination (NASA Headquarters in Houston, Texas) within the six weeks.

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THE BIG 1



THE BASICS

- **Wellness Emphasis:** Physical Wellbeing
- **Format:** Steps+ challenge
- **Total Steps:** 400,000 (9,500/daily)
- **Duration:** 6 weeks
- **Tracking:** Log online/device syncing
- **Versions:** Individual or Team

Theme: The west coast of the United States is legendary for its scenic beauty. The Big 1 takes

you on a coastal voyage from Laguna Beach in the south all the way up to San Francisco along the Pacific Coast Highway.

Goal: Participants travel the challenge route earning up to 12 milestones as they visit beautiful locations along the way. Bonus steps are awarded for selecting a fruit or veggie as a snack during the day.

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BRIGHT LIGHTS BIG CITIES



THE BASICS

- **Wellness Emphasis:** Physical Wellbeing
- **Format:** Steps+ challenge
- **Total Steps:** 385,000 (9,000/daily)
- **Duration:** 6 weeks
- **Tracking:** Log online/device syncing
- **Versions:** Individual or Team

Theme: The east coast of the United States features some of the most historic and vibrant cities in the country. Bright Lights Big Cities takes participants through these exciting

locations in a quest to travel from Boston to Miami. This exhilarating trip encourages participants to boost their daily physical activity and be mindful about the amount of beverages with added sugars they consume.

Goal: Participants travel the challenge route earning milestones as they arrive in the featured eastern seaboard cities. Bonus steps are awarded for keeping the intake of beverages with added sugars to one or less.

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HIGH DESERT HIKE



THE BASICS

- **Wellness Emphasis:** Physical Wellbeing
- **Format:** Steps challenge
- **Total Steps:** 436,000 (10,000/daily)
- **Duration:** 6 weeks
- **Tracking:** Log online/device syncing
- **Versions:** Individual or Team

Theme: The high desert of New Mexico is rich with scenic beauty and significant

national monuments. High Desert Hike offers participants the opportunity to step across the state and learn more about the rich fabric of the American southwest.

Goal: The goal is to encourage participants to make movement a part of their daily routine. Along the route, participants are awarded milestones at each monument.

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IT ALL ADDS UP



THE BASICS

- **Wellness Emphasis:** Physical and Mental Wellbeing
- **Format:** Tracker challenge
- **Duration:** 6 weeks
- **Tracking:** Log activity online
- **Versions:** Individual or Team, Holiday and Non-Holiday Options

Theme: Living your best life is the sum of small efforts repeated daily. Adding just a few simple habits to your routine and practicing them daily, can impact your feelings of

wellbeing exponentially. At no time of the year is balancing this equation more important than during the holidays. It All Adds Up inspires individuals to practice three vital strategies for maintaining balance and fostering wellbeing during the holiday season. (Non-holiday themed version available)

Goal: Participants earn points for completing up to three wellbeing habits daily. The points unlock five challenge gifts along the way. This challenge also features a bonus milestone after reaching the completion milestone.

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BOUNCE



THE BASICS

- **Wellness Emphasis:** Physical Wellbeing
- **Format:** Tracker challenge
- **Duration:** 6 weeks
- **Tracking:** Log activity online
- **Versions:** Individual or Team

Theme: If you're going to be competitive in the game of basketball you need to maintain peak physical conditioning, optimum hydration and be in tune with an overall game plan. In

this innovative challenge, "players" perform wellbeing activities aimed at moving up in the ranks among basketball superstars.

Goal: Players earn points each day they complete cardiovascular activity and hydrate regularly. They also earn points for completing a Game Plan for the week detailing when they will exercise. As points are accumulated, players move up through the ranks striving to eventually make it to legendary status.

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KEEPING IT STEADY



THE BASICS

- **Wellness Emphasis:** Physical, Emotional, and Mental Wellbeing
- **Format:** Tracker challenge
- **Duration:** 6 weeks
- **Tracking:** Log activity online
- **Versions:** Individual or Team, Holiday or Non-Holiday themed versions

Theme: Life can get busy juggling family, travel, work, and other responsibilities. The Keeping It Steady challenge inspires participants to make it a priority to care for themselves daily.

Throughout this 6-week challenge, participants will engage in one or more simple self-care activities daily to ensure wellbeing doesn't take a backseat to other priorities.

Goal: Participants engage in simple activities daily to earn points and redirect the focus back on taking care of themselves. Participants unlock the six challenge keys (milestones) as they score points; a bonus key may be earned upon completion of the challenge. The goal of the challenge is to collect six challenge keys.

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FITNESS FINALE



THE BASICS

- **Wellness Emphasis:** Physical and Mental Wellbeing
- **Format:** Tracker challenge
- **Duration:** 6 weeks
- **Tracking:** Log activity online
- **Versions:** Individual or Team

Theme: While fitness for the sake of being fit is a good thing, regular physical activity is also a powerful stress management tool. This

challenge emphasizes getting up and moving and putting to use the good feelings resulting from physical activity to assist participants in managing everyday stress.

Goal: Participants score points by performing cardiovascular activities, hurdle (a.k.a. stress management) activities, and booster (a.k.a. self-care) activities. Bronze, silver, and gold medals are awarded at specific point totals.

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GOOD NIGHTS GREAT DAYS



THE BASICS

- **Wellness Emphasis:** Physical and Mental Wellbeing
- **Format:** Tracker challenge
- **Duration:** 6 weeks
- **Tracking:** Log activity online
- **Versions:** Individual or Team

Theme: Sleep is often the first thing that is sacrificed when life gets busy. This challenge

introduces healthy sleep habits and encourages participants to identify the strategies that will aid them in getting the most restful and restorative sleep possible.

Goal: Participants earn points and milestones for employing healthy sleep habits, recording the quantity of sleep received, and for rating their quality of sleep.

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UNWRAPPED



THE BASICS

- **Wellness Emphasis:** Physical Wellbeing
- **Format:** Tracker challenge
- **Duration:** 6 weeks
- **Tracking:** Log activity online
- **Versions:** Individual or Team

Theme: Taking a tasty approach to nutrition, this challenge inspires participants to explore their produce intake and eat more fruits and

veggies throughout the day at meals and snacks.

Goal: Participants record the servings of fruits and vegetables consumed each day and score points for each serving, as well as, meeting the recommended daily intake goal for each. With six levels in this challenge, participants aim to score enough points to complete each level.

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GO BANANAS



THE BASICS

- **Wellness Emphasis:** Physical Wellbeing
- **Duration:** 6 weeks
- **Tracking:** Log activity online
- **Versions:** Individual or Team

Theme: There is no time to monkey around as participants get busy snacking on delicious fruits and vegetables in this fun and lighthearted challenge. All in all, this challenge aims to inspire individuals to increase their

intake of colorful fruits and veggies by choosing nutritious and tasty produce for snacks.

Goal: Participants earn points for having a fruit or veggie snack and bonus points for eating a leafy green vegetable either with a meal or as a snack. As points are awarded, the participant earn milestones which unlock zany monkey characters who share fruit and veggie fun facts. Bonus milestones are also included for participants completing the challenge early.

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LOL: LIVE OUT LOUD



THE BASICS

- **Wellness Emphasis:** Physical and Emotional Wellbeing
- **Duration:** 6 weeks
- **Tracking:** Log activity online
- **Versions:** Individual or Team

Theme: In the fast-paced world we live in, we often fail to take a little time to LOL. That's LIVE Out Loud, and LOL'ing means making time to do the things that put you in a great state of

mind. Activities like reading, connecting with friends, working on a hobby or playing with your children go a long way in establishing an LOL routine.

Goal: During this challenge, participants earn points for performing LOL activities and cardio fitness activities. Participants earn milestones along the way with the goal of collecting all milestones by the end of the challenge.

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HERE AND NOW



THE BASICS

- **Wellness Emphasis:** Emotional Wellbeing
- **Duration:** 6 weeks
- **Tracking:** Log activity online
- **Versions:** Individual or Team

Theme: Life is busy. Our days are packed with technology, responsibilities, and schedules. Over time many find this “hamster-wheel” approach depletes us of purpose and energy at work and home. Individuals are turning to mindfulness practices to slow things down and reconnect with themselves, others, and nature.

Mindfulness can improve physical and mental health, while enhancing the ability to concentrate and focus.

Goal: Here and Now aims to introduce users to the practice of mindfulness by inspiring users to make a conscious effort to be fully present in the moment once in the morning and once in the afternoon/evening each day. These are referred to as “mindful moments.” Users/teams earn points for each mindful moment and for journaling their experience once weekly.

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CUSTOM CHALLENGES



NEED AN ONLINE CHALLENGE THAT IS UNIQUE TO YOUR ORGANIZATION?

WE CAN BUILD IT!

- Want a steps challenge that takes employees from one company location to another?
- Need a steps challenge that challenges your high performers?

- Have a great theme idea for a wellness challenge?

TAVi Health works with organizations from coast to coast (and internationally!) to develop and deploy wellness challenges. In addition to the titles in our vast catalog we can develop a challenge **JUST FOR YOU!**

You chose the theme. You chose the duration. You chose whether it is team or individual format. **WE DO THE WORK!**

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