



NEW CHALLENGE

7-day Educational Challenge



06.02 - 12.02



+400

Join our 7-day competitive educational challenge! The goal is to reach the highest number of educational points through learning about nutrition, exercise, stress management, and mindfulness.

Compete against all users, earn diamonds for completing the educational circle, and improve your knowledge on health and well-being!



NEW CHALLENGE

Weekend mindfulness challenge

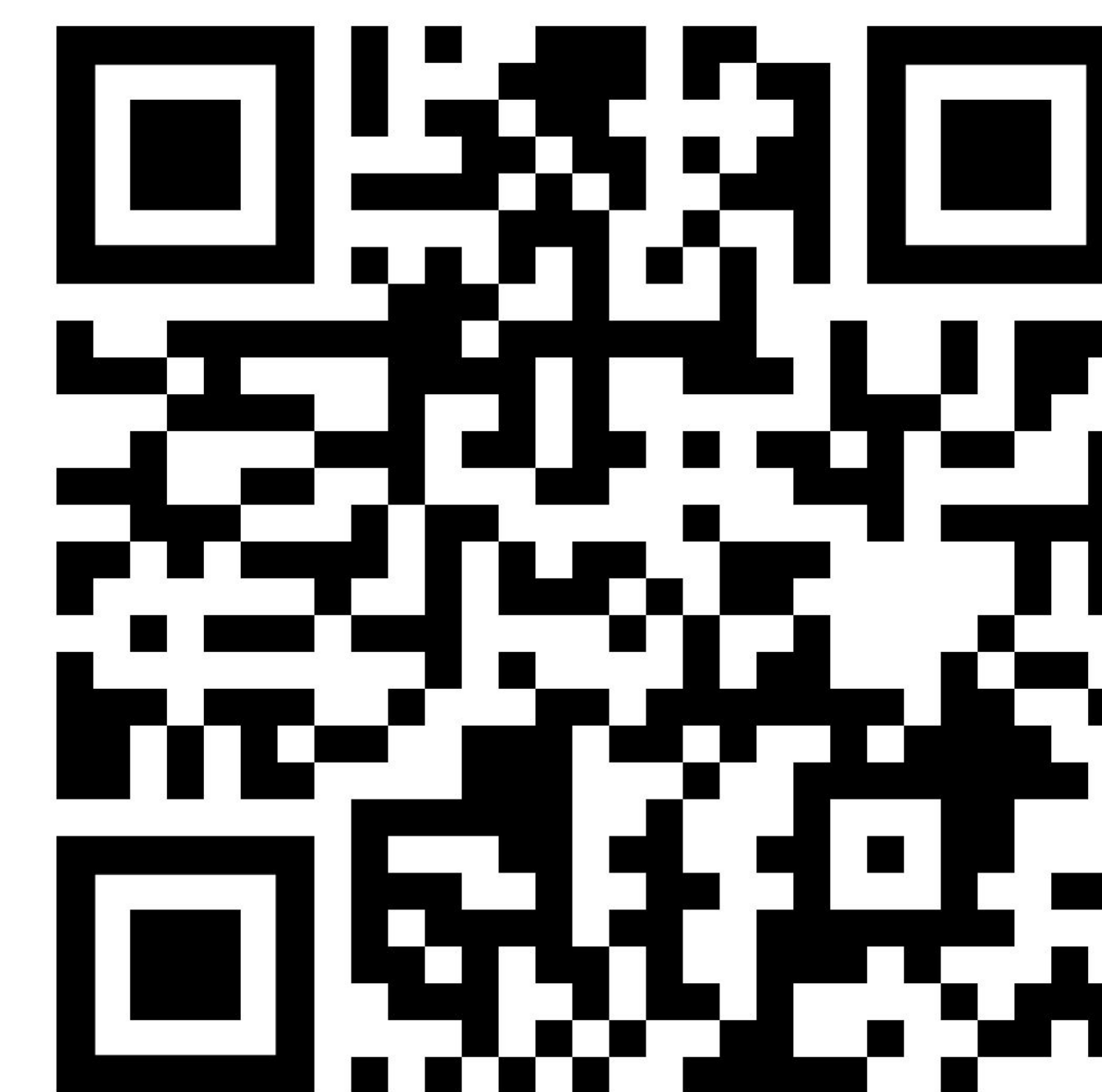


17.02 - 19.02



+400

Join our weekender 3-day mindfulness challenge from Friday to Sunday! Set your goal to reach 5 educational points per day to learn about the benefits of mindfulness for mental health. Take a step towards improving your well-being and discover new perspectives on life.



NEW CHALLENGE

Competitive Step Challenge



20.02 - 05.03



+400

Take part in our step challenge and compete against other users to see who can achieve the most steps in 2 weeks.

This is a great way to motivate yourself to stay active and reach your fitness goals. With the new progress screen share function, you can share your achievements with friends. Join now and show off your progress!