



NEW CHALLENGE

Step Challenge



03.04 - 16.04

The 10K Step Challenge provides a gentle start to your spring fitness programme.

Take 10,000 steps a day and keep active!



NEW CHALLENGE

Mindfulness challenge



17.04 - 23.04

Join the achievement mindfulness challenge and collect 5 mindfulness points per day.

Complete your weekly progress circle to earn more diamonds and take a step towards improving your well-being and discover new perspectives at the same time.



NEW CHALLENGE

7-day Educational Challenge



24.04 - 30.04

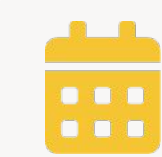
Join our 7-day competitive educational challenge! The goal is to reach the highest number of educational points through learning about nutrition, exercise, stress management, and mindfulness.

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

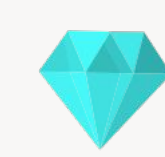


NEW MISSION

Food Pyramid



03.04 - 11.04



+100

Get rewarded with +100  diamonds to complete the mission about the food pyramid, a plan for how much food you should have every day.

This session is about the balanced of the different food groups and about the main nutrients; carbohydrates, fat and protein.



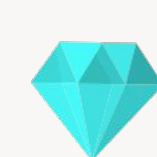


NEW MISSION

Complete the quiz!



20.04 - 30.04



+100

Test your knowledge with this quiz: Answer correctly to at least 6 of the 8 questions to pass the test and earn +100  diamonds as a reward.

If you can't succeed the first time, you can try again.

