

October '23

Timeline



Veggie Quiz Time



Mind Matters



Mind Matters



Walk your way



Scream Cuisine



Fall Into Fitness



October '23

Overview



Veggie Quiz Time

Mission: 01.10. - 08.10.

Embark on the Veggie Quiz adventure and seize your +100 💎 reward, while gathering new 'Aha' moments.



Walk your Way

Step Challenge: 16.10. - 29.10.

Walk or run for 14 days, collect the 10K steps a day and reach your step milestones.



Mind Matters

Mindfulness Point Challenge: 09.10. - 15.10.

Explore our mindfulness section, gather 40 weekly Mindfulness Points, and enhance your mental wellbeing, inner strength, and self-care. Mind matters here!



Scream Cuisine

Mission: 23.10. - 31.10.

Share Your Spooky Pumpkin Creation Earn +100 💎 for flaunting your Halloween culinary skills.



Mind Matters

Mission: 09.10. - 15.10.

Motivation awaits with +100 💎 for reaching 5 mindfulness points daily: Enhance your self-care & inner strength.



Fall Into Fitness

Exercise Point Challenge: 30.10. - 05.11.

Begin the fall with full energy. Set a goal to achieve 5 workout points a day for an entire week and experience the benefits of an active lifestyle.