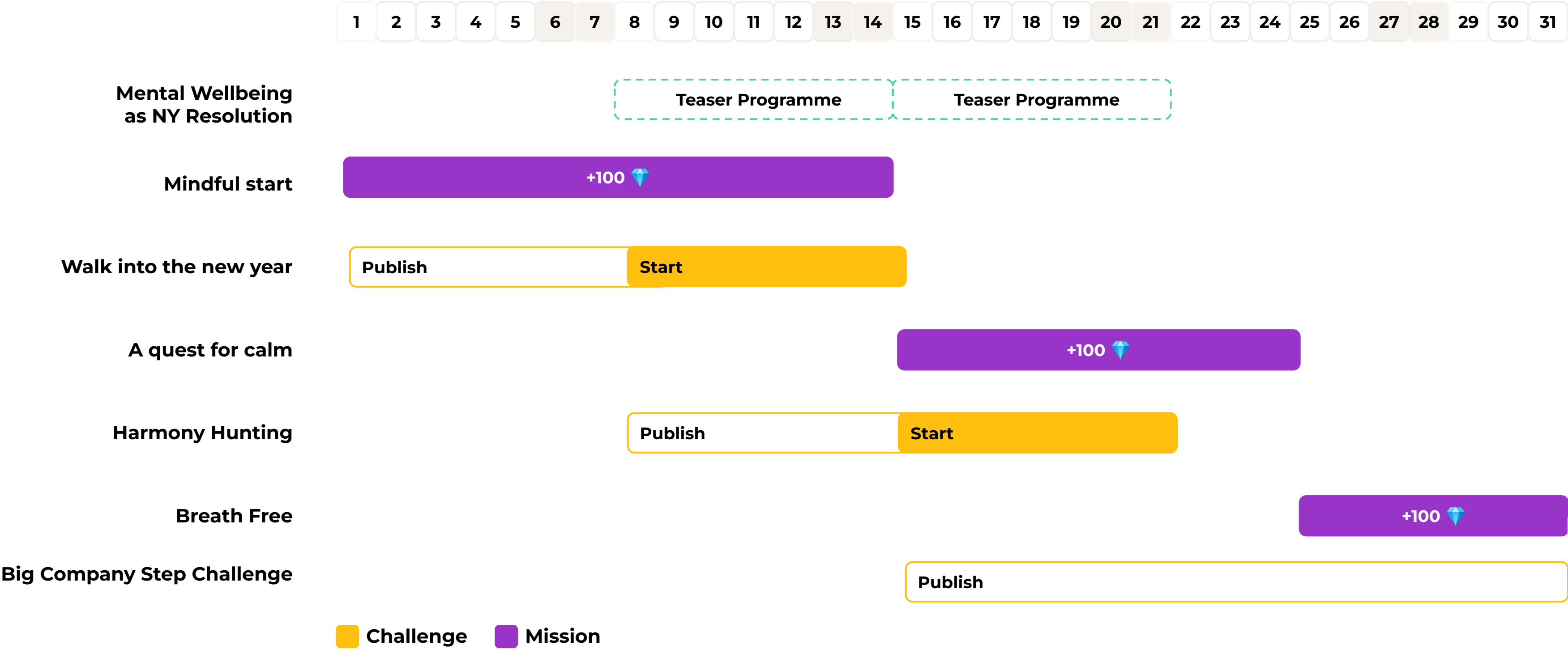


Engagement Roadmap

Q1 2024

Timeline & Overview

January 2024 - New Year Resolutions: Mental Health 🧠



January 2024

Overview



Mindful start

Mission: 01.01 - 14.01

Embark on this mission: complete the 3 sessions and seize your +100  reward, while setting your New Year Resolutions.



Harmony Hunting

Mindfulness Challenge: 15.01. - 21.01

Motivation awaits: reach 5 mindfulness points daily: Enhance your self-care & inner strength.



Walk into the new year

Step Challenge: 07.01 - 14.01

Walk or run for 7 days, collect the 10K steps a day and reach your step milestones.



Breath Free

Mission: 26.01 - 31.01

Take part in the "Breathe freely" mission and earn +100  by taking a deep breath.



A quest for calm

Mission: 15.01 - 25.01

Test your stress management knowledge with our exclusive Stress Management Quiz and earn +100 

February 2024 - Love your Heart ❤️



Heart Health Campaign



Big Company Step Challenge
COMPETITIVE



70K in 7 days



Love your Heart



Heartbeat Trivia



February 2024

Overview



The Big Company Step Challenge

Step Challenge: 05.02 - 25.02

Walk or run for 21 days, collect the most steps and challenge your colleagues!



Heartbeat Trivia

Mission: 19.02 - 29.02

Test your heart health knowledge with our exclusive quiz and earn +100 💎



70K in 7 days

Mission: 05.02 - 11.02

Embark on this mission: complete 70K in 7 days, boost your step challenge and seize your +100 💎 reward



Love your heart

Mission: 12.02 - 18.02

Add the Heart Health Programme and earn +100 💎

March 2024 - Happy and Healthy 🎉

1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31
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Campaign: Happy & Healthy

Happy & Healthy

Recipe

Happiness Day

Nourish your Happiness

Start

Eat, Smile, Shine

+100 💎

Happiness quiz

+100 💎

Happy Body

Publish

Start

Complete the Exercise Circle

+100 💎

Challenge Mission

March 2024

Overview



Nourish your happiness

Educational Challenge: 04.03 - 10.03

This challenge is all about learning: reach 5 educational points daily and complete the educational circle.



Eat, Smile, Shine

Mission: 04.03 - 10.03

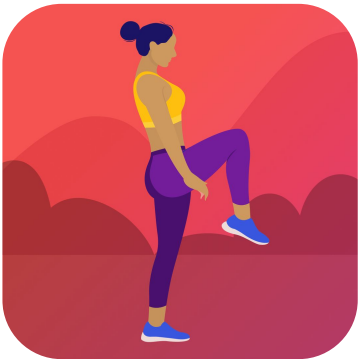
Complete the session and get rewarded with +100  reward



Happiness Quiz

Mission: 11.03 - 17.03

Test your knowledge with our exclusive quiz and earn +100 



Happy Body

Exercise Challenge: 18.03 - 24.03

Challenge yourself with the Exercise Challenge: collect 150 heart points in a week and complete the exercise circle to reach the goal.



Exercise Circle Mission

Mission: 18.03 - 24.03

Embark on this mission: complete the exercise circle within the week and seize your +100  reward by boosting the exercise challenge