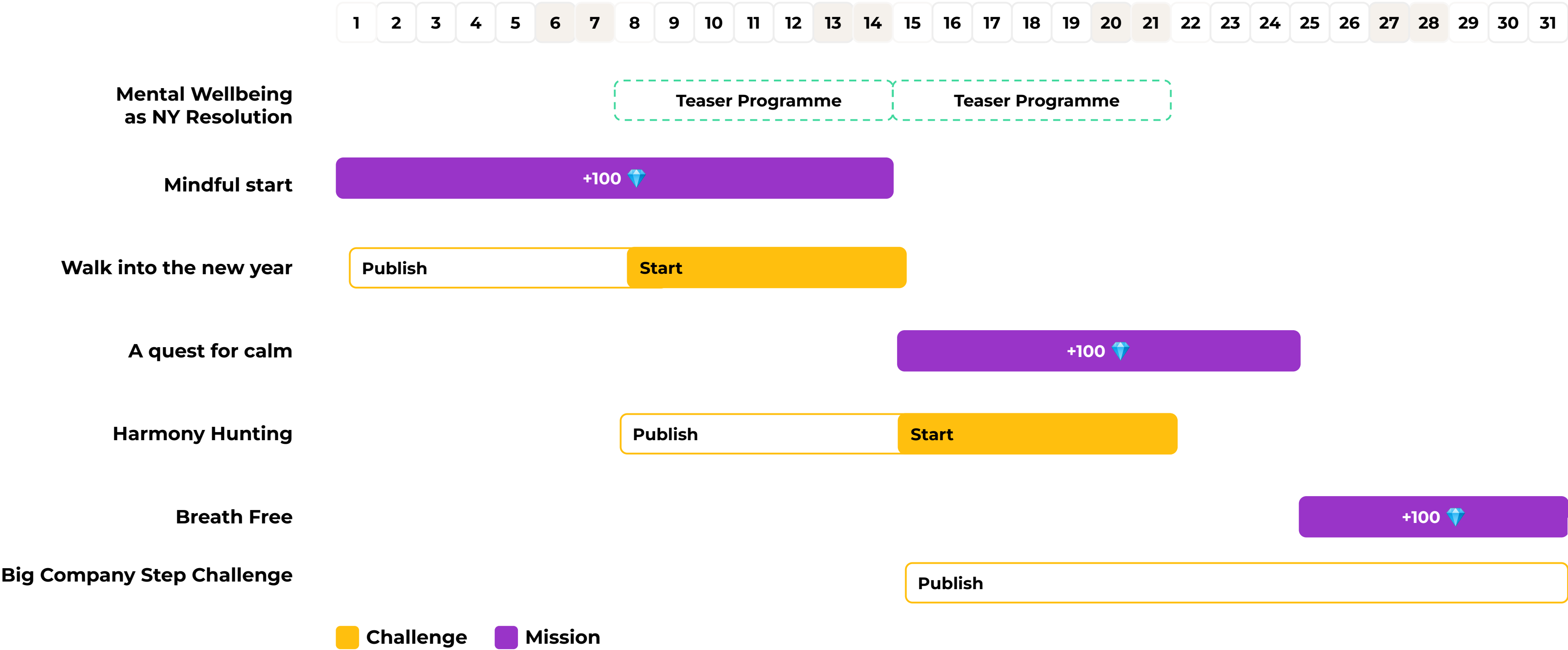


January 2024



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 