

# VIVECORP'S FIT TO GIVE CHALLENGE

DECEMBER 2- 13

## PROGRAM OVERVIEW

Each day you'll log on to your online or mobile account and complete 2-4 daily tasks geared to help you have fun, give back to your community, and stay active and healthy during the holidays!

Daily tasks include a mixture of fitness, nutrition, healthy living, and holiday themes.

Example of Fit to Give tasks:

- Complete Day 1 of Fit to Give exercise program or your own 20-minute workout.
- Track your water intake today.
- Share your favorite holiday tradition.

## TASK COMPLETION

There will be a variety of ways to complete tasks. They include:

- Check Off: "I completed this task"
- Proof Picture: Certain tasks require a proof picture. Ex. To complete this task, post a picture of one of your meals today showing at least 1 serving of vegetables.
- Answer Question: Answer to earn your points. Ex. "I drank 3 cups of water today."

The task will specify how to mark its completion. All tasks must be completed as described and on the day assigned.

## COMMUNICATION & QUESTIONS

**Challenge Feed:** This is your support group! Use the challenge feed to encourage fellow participants, share your successes and struggles, ask for tips, etc.

**Challenge Coaches:** Need help? Click on the "Feed" icon with Vimify and make sure to tag @Vivecorp. Vivecorp fitness specialists are available to answer questions about the challenge, exercise variations, technical help, etc.

## POINTS

There are 400 total points available per person. You'll earn 10 points per completed task. Set a goal at the beginning of the challenge of how many points you want to earn.

## CHARITY DONATION

You'll be working alongside other participants to earn money for a local charity voted on by participants. One of your prep tasks will be to vote on which charity Vivecorp will donate money to. The charity with the most votes wins.

- Each completed task = 10 points
- 100 points earned by all participants = \$1 donated
- Reach the Fit to Give Goal of \$500 and Vivecorp will make an additional donation\* to chosen charity.

\*amount will depend on final registration number.