

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.