

THE RESOLUTION SOLUTION CHALLENGE

- 2017 Resolutions
1. Exercise
 2. Eat healthier
 3. Lose weight
 4. Better sleep
 5. Less stress

Making It Last

By Valentine's Day every year, a staggering 80% of people have fallen off their resolutions. This year, our challenges will help you stick with it. The Resolution Challenge will keep you moving with our Fitbit-compatible activity and our "Surviving" challenge will coach you each week on maintaining a healthy lifestyle. For each challenge, use our team functions to motivate one another. By Valentine's Day, your resolutions will be a part of your lifestyle, and what's not to love about that?

