

CoreHealth Pro Challenge Catalog



Physical Activity Challenges



Get Fit on Route 66

Tracing the actual route from Chicago to Santa Monica, have fun exploring the historic landmarks.



Rock Your Way to Wellness

Track daily activity, while visiting the birth places of some of our favourite members of the Rock & Roll Hall of Fame.



Around the World

Grab your compass and map and get ready for an epic journey! Visit the Wonders of the World.



Cross Canada Fitness Adventure

Tracing the actual route from Chicago to Santa Monica, have fun exploring the historic landmarks.



Amazing America Fitness Expedition

From Yosemite to salmon fishing in the Pacific, see the beautiful USA in this activity-based step challenge.



Hollywood Stars Walk to Fame

This 8-week activity challenge is designed for active people. Start in New York and end in LA!



Lost City Ciudad Perdida Trek

Take a virtual journey to The Lost City or Ciudad Perdida in the jungles of South America.



Tour de France

You don't have to be a cyclist to partake in the Tour de France Challenge - track activity to see your progress on the Tour de France route.



'Twas the Night Before Christmas

Watch for the map pop-ups along Santa's route to learn how different countries celebrate Christmas!



Trek Nepal Wellness Adventure

Take a virtual journey through the Himalayan county of Nepal, all the way to the summit of Mt. Everest!



Get Fit Crime Mystery (Scavenger Hunt)

A piece of sporting equipment has been stolen! Figure out what was stolen and learn fun facts with Sherlock Holmes.



Race to Mount Olympus

Take a virtual journey through the Greek countryside to Mount Olympus - race the Greek gods as you go!



Wacky World of Sports Weight Loss

Earn points for physical activity, drinking water, and eating fruit & vegetables with funny facts about the craziest sports.

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Nutrition Challenges



One Month Madness

A four-week challenge that follows the USDA's dietary guidelines for healthy nutrition for Americans based on a 2,000 calorie per day diet.



Nutrition 101

Study a new healthy eating habit each week for six weeks! This challenge combines learning with simple nutrition goals to take you to the top.



Eat the Rainbow

Get the right amount of fruits and veggies! Drag fruits and veggies on to the plate and watch as the rainbow fills up with color.

Well-Being Challenges



Healthy Brain

Keep that brain healthy! Get active, consume brain healthy foods, social activities, and new skills to keep that brain strong.



Save Up!

Track and learn the basics of personal finance in this 5-week long challenge. Explore budgeting, spending wisely, saving and investing.



Snooze or Lose

Build consistent and positive sleep habits and feel more refreshed, rejuvenated, and ready to take on anything.



Infection Protection

Autumn is the beginning of flu season. Earn points for doing simple flu prevention activities to boost your immune system and protect others.



The Beat Goes On

Heart Disease and Stroke may be a leading cause of death, but CVD is largely preventable. Start this challenge!



Cancer Awareness

This challenge teaches healthy practices that reduce risk through changing our habits that can prevent two-thirds of all cancers.



Summer Fun

The Summer Fun challenge is designed to encourage engagement in healthy and fun activities during the summer months.



Better Together

Improve overall well-being by spending time with family and friends during this 4-week challenge.



Smoking Cessation

Need support on how to butt out? This challenge can aid in improving the length and individuals' quality of life.

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Stress Management Challenges



Be Kind to your Mind

This 2-week challenge is all about personal enlightenment. Earn up to 400 points per day through random acts of kindness to others and yourself.



Disconnect to Reconnect

Technology can be very distracting. Break your bad tech habits and get reconnected with the people in your life.



No Time Like the Pleasant

This Corporate Relaxation challenge encourages workers to engage in simple relaxation tasks throughout the day.

Alternative Template Available!



Face to Face

Level up workdays to be more social, fun, productive and healthy in this 4-week challenge!



Down to Earth

Discover easy ways to save energy, reduce waste, cut down on emissions, maintain clear water, and more with this challenge!



30 Days to a Healthier You – Mental

Join the 30-day challenge to build resilience, reduce stress, and enhance your mental and emotional well-being.



30 Days to a Healthier You – Physical

This challenge encourages members to build sustainable healthy habits over 30 days, focusing on physical health.



30 Days to a Healthier You – Nutrition

This challenge encourages members to build sustainable habits, focusing on nutrition and healthy choices.



30 Days to a Healthier You – Personal Growth

This challenge encourages members to build sustainable healthy habits, focusing on growth and productivity.

Create Your Own Custom Challenges

Want to customize your challenge? We've got you covered! Our Challenge Wizard gives you complete control over:

- Challenge title and description
- Target audience and duration
- Participant instructions and messaging
- Scoring structures and engagement mechanics
- And much more!

Looking for something unique? Bring us your ideas, and our team will help bring them to life.