Team Up!

Create a team name, invite your friends, track your progress, and cheer each other on! Having a team is not only good for you, but it's a great way to help others successfully complete a challenge.

Step 1: Choose a team name and submit.

Meditation Mornings Pre-set your mind for a lower stress response. Seriously. This challenge challenges you to set aside 10 minutes in the morning to change your physiology on the inside to benefit your mood on the outside.

26

26

*No personal health information will be seen (weight, etc.)

205





Search (by last name) for colleagues to invite to your team. They will receive an email asking them to accept your invitation.



Track your teams' progess.*

Step 3:

YOUR CHARTS

SEARCH RESULTS

nit to add the entry(

choose comparison	
Your Progress	
You vs Top Ten People	
Your Team vs All Teams	
Your Team vs Your Site L	ocation
Your Team Members	

EAM AWESOME!			-
NAME	# INPUTS	PENDING INVITES	ENCOURAGE
Kelly Balenzano	2	accepted	
Will Clower	3	accepted	\bowtie
🔒 Laura Tod	1	accepted	\bowtie
Rita Madden		awaiting	\bowtie
Grace Clower		awaiting	\bowtie



Need some help?

You can enourage your team to reach goals throughout the challenge.