

# Grokker Challenge Samples

## PHYSICAL CHALLENGES



**Stronger Than Yesterday**  
You'll get stronger day by day with this full-body fitness challenge!



**The Next Level**  
This holistic challenge that will work your fitness, mind, nutrition, financial wellbeing, and more.

## CALMING CHALLENGES



**Relaxation Zone**  
Chill out and relax with these calming videos on mindfulness, breathing, and stretching.



**Cultivate Calm**  
This challenge is designed to help participants reduce stress and enhance mindfulness.

## WELLBEING CHALLENGES



**Start Your Wellbeing Journey**  
For any skill level, beginner to expert, this challenge takes you back to the basics.



**Wellbeing, Your Way**  
Holistic challenge to nurture your wellbeing!

## STRESS CHALLENGES



**Stress Buster Challenge**  
Knock out that stress with this combination of workouts, meditations, psychology explainers, and more



**Take PRIDE in Your Wellbeing**  
Find space for healing, balance and celebrate diversity this June.

**Start your wellbeing revolution with Grokker**  
[www.Grokker.com/demo](http://www.Grokker.com/demo)

# Grokker® Challenges

**Built to fit  
your needs**

# Grokker Wellbeing Challenges

enhance workplace culture by promoting health, productivity, and social connections. With Challenges, 61% of participants become more active, 52% report reduced stress, and **90% feel their wellbeing improves.**



## CHALLENGE TIERS

### Enterprise

The ultimate, high-visibility, fully supported flagship event for your entire company.

### Segmented

Challenges designed to meet the unique needs of specific subsets of your population, like a particular department or location.

### Turnkey

Self-serve, flexible challenges that client admins can launch at any time for smaller groups (less than 300 members).

### Grokker Seasonal

A “no-work” option. These are themed quarterly challenges hosted by Grokker for all members.

	Enterprise	Segmented	Turnkey	Seasonal
Strategy & development Support	✓	✓	—	—
Custom copy	✓	✓	✓	—
Custom image(s) & branding	✓	✓	—	—
Branded communications throughout Challenge	✓	✓	—	✓

## FEATURE HIGHLIGHTS

### **Custom Challenges & Incentives**

Challenges can be tailored to your organization's specific needs.

### **Team & Individual Goals**

Challenges help you offer personalized support for employee wellbeing goals.

### **Gamification**

Features like leaderboards, progress tracking, and badges boost engagement during and after challenge completion.

### **Inclusive Options**

Challenges cover each of Grokker's wellbeing pillars – fitness, nutrition, mental health, sleep, and finance.

### **Device Integration**

Activity can be captured and tracked through self-reported data or devices like Apple Watch and Fitbit.

## CHALLENGE EXAMPLES

### **Custom Challenge**

Built and customized exclusively for your organization and available to all or a segment of the population. Theme and imagery specific to your needs.

### **Team-Based Challenge**

Team challenges drive employee collaboration as they work toward a group goal during the challenge. A leaderboard encourages healthy competition.

### **Topic-Based Challenge**

Customizable challenges where employees choose a topic and are paired with colleagues working on similar wellness goals. Goals and prizes are personalized.

### **Turnkey Challenge**

Full-comms offered to support your team with best-practice messaging, toolkits, FAQs, and webinars.

# Partnering for Success



## SUPPORT

### **Easy Implementation**

Challenges can be launched within 30-45 days.

### **Communication Support**

Full-comms offered to support your team with best-practice messaging, toolkits, FAQs, and webinars.

### **Member Marketing**

Drive engagement with marketing assets provided by the Grokker team, including email invites, reminders, and winners.

## It's time for a Challenge

Schedule a demo to see how Grokker Challenges can elevate your workforce wellbeing—globally, equitably, and effectively. Go to:

[www.grokker.com/demo](http://www.grokker.com/demo)