

Grokkerwide Challenges

Grokker's holistic wellbeing challenges are an easy, fun, and effective way to connect and engage your workforce and help reinforce your culture's commitment to health and wellness. By combining all 5 dimensions of wellbeing — fitness, nutrition, mental health, sleep, and financial wellbeing — with the support of an active community of experts and users, Grokker's challenges empower participants to pursue their personal goals and create new habits they're empowered to stick with after the challenge ends.

Grokker's quarterly challenges are open to all Grokker subscribers including registered users from participating SMB and enterprise customers. Designed to maximize engagement, fun, and friendly competition with the exciting addition of prize-winning opportunities, each challenge leverages the full catalog of Grokker's wellbeing content and community features, including a challenge moderator who provides personal encouragement along the way.

1Q | Be A Better You

January 4-31, 2021

Participants in this annual January challenge kick-start their New Year's wellbeing resolution by learning and practicing feel-great wellbeing techniques. They select their goal from a set of options and enjoy 28 days of expert-led videos and community support to see them through to success they can take with them through the end of the year.

2Q | Self-Care

April 5-25, 2021

This challenge encourages employees to take time for themselves, every day, to learn new wellbeing tips and techniques they can use to build long-term healthy habits. Participants indulge in 21 days of their favorite self-care activities, inspiring expert guidance, and motivating community support — to feel their best, in a way that's personal to them.

3Q | Summer Strong

July 5-25, 2021

This 21-day challenge helps participants feel healthy and build resilience with inspiring whole-person wellbeing videos, camaraderie, and friendly competition. Employees choose an area of focus — strong body, strong mind, or a combination of both! — and explore fun and effective ways to stay active and balanced, all summer long.

4Q | Fall Into Wellbeing

October 4-24, 2021

Motivating employees to tackle a wellbeing goal before the busy holiday season begins, this challenge treats participants to feel-great variety. They're encouraged to watch a range of videos and engage with the Grokker community to pick up fresh tips and build habits that will support their wellbeing as they head into the end of the year.



“I rarely “feel” better after doing similar challenges. I really did get a new focused and different outlook to stress and feel much more capable in handling it daily and even while in the middle of it. Thank you so much!”

“I love participating in the Grokker challenges! They help keep me motivated to eat healthier and be more active.”

“I am hoping the 21-day challenge will help me form some healthy habits and jump start me as we begin another school year. I am beyond grateful for this opportunity!”

“This challenge had pushed me to check in every day, try different videos, get out and walk or ride my bike, and meditate/relax! It has gone way beyond relaxation :)”

“Thank you to my challenge moderator! Your encouragement and positive support have really been a wonderful motivation to keep me moving forward on the path to meeting and exceeding my challenge goals.”

Learn more at [Grokker.com!](https://www.grokker.com)