



QUICK START PLAYER GUIDE

THE CHALLENGE IS SIMPLE – You'll spend the next six weeks improving your health, your happiness, and your relationship with yourself and others.

HERE'S HOW IT WORKS – The Challenge goes for 6 weeks. Each day, you'll earn points for completing each of the 7 Daily Habits:

NUTRITION



Eat nutritious, healthy foods from your [food list](#)

EXERCISE



Be active 10 minutes a day

MOBILIZE



Stretch 10 minutes a day

SLEEP



Sleep for a duration you select, one that leaves you feeling rested

HYDRATE



Drink ounces of water equal to your body weight (in pounds) \div 3

WELL-BEING



Learn weekly practices to help you feel happier and more connected

REFLECT



At the end of each day, write briefly about how the day went

SCORING

EACH HABIT IS WORTH 5 POINTS PER DAY UPON COMPLETION.

You'll record your points on the WLC website, the iOS App, or the Android App, staying on track and accountable for your results. You can play by yourself or on a team with friends, and you'll climb the leaderboard as you make progress. All scores are yes/no — you'll receive 5 points for completion, 0 points for non-completion.

The exception is your Nutrition score. You'll start your day with 5 points and deduct 1 point for each serving of non-compliant foods you consume.



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BONUS TOKENS – During the Challenge, consistently posting perfect (or near-perfect) scores earns Bonus Tokens. These are in-game rewards for healthy behavior, allowing you to have a bad day without negatively impacting your overall score.



INDULGENCE BONUS

Earned for losing 2 or less Nutrition points over any consecutive 4-day period, this bonus automatically adds 1 nutrition point to your next imperfect Nutrition score.



REST DAY BONUS

Earned for getting your Exercise points for 10 straight days, this bonus allows you to miss a day of Exercise and still receive 5 points for that day.



NIGHT OWL BONUS

Earned for getting your full night's sleep for 6 consecutive days, this bonus allows you to miss your Sleep requirement and still receive 5 points for that day.



FREE DAY BONUS

The mother of all bonuses, this is earned for losing 5 or fewer total points over any consecutive 21-day period. A Free Day Bonus gives you a perfect score across all 7 Daily Habits on a day of your choosing.



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GETTING STARTED – Follow these steps to begin the Challenge. Whether you choose to play on [desktop](#), mobile browser, [iOS App](#), or [Android App](#), you'll be guided through each step during the setup tour.

STEP 1

JOIN OR CREATE A TEAM

Play with friends and family, and build the community you'll need to succeed in the Challenge.

STEP 2

PICK A NUTRITION LEVEL

Choose Kickstart, Lifestyle, or Performance [nutrition level](#), depending on your goals and personality.

STEP 3

CHOOSE SLEEP DURATION & WATER INTAKE

Commit to getting a certain amount of sleep every night, and calculate your daily water intake (body weight in lbs. \div 3 = your intake in ounces, body weight in kgs. \times 20 = your intake in milliliters).

STEP 4

TAKE YOUR BASELINE MEASUREMENTS*

Take one health and one fitness measurement to document your progress during the Challenge. You'll choose a marker for each that speak to you.

* You'll repeat these measurements at the end of the Challenge to see how far you've come.



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A FEW DETAILS YOU'LL WANT TO KNOW

- You can record your score each day starting when you begin your day. Simply open the app and check the Habits off as you complete them. Save the score and when you need to add more, simply click VIEW OR UPDATE TODAY'S SCORE.
- You'll accumulate a streak for days scored in a row. You'll need to record at least one Habit a day to maintain your streak. You can view your current scoring streak above the RECORD YOUR SCORE button.
- You can record, update, or edit your past scores simply by selecting from the calendar linked below the RECORD YOUR SCORE button. But failing to record at least one Habit each day will break your streak.
- We encourage you to complete recording your score no later than the morning following the day you are recording for.

JOIN THE FUN!

JOIN THE OFFICIAL WLC FACEBOOK GROUP

We have a great community of players in our Official Facebook Group, and you'll want to join. It's a nice place to be, whether you need help with the rules, a tasty recipe, or just want to hang out with fellow players. [Click here to join.](#)

LET'S CONNECT



@WHOLELIFECHALLENGE