



SET GOALS, *not resolutions!*

A SIX-WEEK CHALLENGE

Set Goals, Not Resolutions

Kickstart the new year with this six-week challenge focused on building balanced, sustainable habits for lasting health and wellbeing. Whether your goal is to lose weight, maintain it, or simply feel your best, this challenge helps you stay consistent in key areas that make a difference every day.

Challenge Goal & Tracking:

Your goal is personal—choose what success looks like for you! Throughout the six weeks, use the inHealth mobile app to track your:

- Weight progress
- Daily fruit and vegetable intake
- Physical activity
- Wellbeing journal entries

Stay consistent, track your progress weekly, and earn [Client-specific] wellbeing rewards or points along the way.

Steps to Enroll (*Included in enrollment messages)

This challenge begins [DATE]. To sign up:

- Log in to the [inHealth: Wellbeing app](#) or [web-based portal](#).
- On the **Today** screen, locate and click on the **Set Goals, Not Resolutions** banner.
- Click **Enroll** to begin your participation in the challenge.

Tracking Instructions (*Included in all weekly messages)

Notice of Challenge Requirements (*Included in all messages):

Complete the challenge goal and log the required activity in the inHealth Wellbeing app or web portal by [date/time] for all six weeks to [earn/qualify for] [insert reward or incentive].



Introduction/Enrollment Message

It's a new year and the perfect time for a fresh start! Instead of making resolutions that often fall short, set goals for your wellbeing journey. Our challenge aims to help you develop healthy habits to lose or maintain a healthy weight this year.

Make Your Commitment Count:

- **Reflect:** What do I want to accomplish? What do I want to change?
- **Plan:** How will I incorporate these changes into my current lifestyle?
- **Visualize:** Where do I see myself 12 months from now on my wellbeing journey?

Earn Wellbeing Rewards:

- Participants who track and record their activities in the inHealth mobile app will earn rewards for their commitment and progress.

[GOAL AND INCENTIVE BLOCK]

[ENROLLMENT DEADLINE]

[INSTRUCTIONS ON HOW TO ENROLL]

***Set meaningful goals and make a commitment
to a healthier lifestyle that lasts a lifetime.***

Weekly Messages

Week #1 - Start where you are!

Accept where you are and start there. Things may seem daunting or even hopeless right now, but starting a new journey will boost your spirits! What are you doing now that limits you from accomplishing your goal? Track your current habits and assess them. Are they meeting your wellbeing expectations? Make a commitment to change your habits. You can start with the [Fundamentals for a Healthy Life](#).

This week's tracking activity: Enter your starting weight to begin your journey. Here's how:

- Log in to the [inHealth: Wellbeing app](#) or [web-based portal](#).
- Select **Health Tracking** from the main menu.
- Select **Weight** and click **+ Add Weight**.
- Choose your date, type your entry, and click **Add Data** to save.

Wrap up this first week by acknowledging where you are and committing to one small shift. Next week, we'll build on this foundation by setting clear, realistic goals that move you forward with purpose.



Week #2 - Set realistic goals.

What are some meaningful and doable goals? Think about what you truly want to achieve—whether it's feeling healthier, finding more balance, or improving your overall wellbeing. Realistic goals start with self-awareness. Ask yourself:

- What does success look like for me?
- What steps will it take to get there?
- Am I ready to stay consistent and follow through?

This week's tracking activity: Write down one goal in your Wellbeing Journal you want to focus on this week and list the small actions you'll take to reach it. Reflect on what motivates you and how achieving this goal could improve your daily life. Here's how:

- Log in to the [inHealth: Wellbeing app](#) or [web-based portal](#).
- Select **Health Tracking** from the main menu.
- Select **Wellbeing Journal** and click **+ Add Wellbeing Journal**.
- Choose your date, type your entry, and click **Add Data** to save.

Close out Week 2 by getting clear on what you want and what it will take to get there. Next week, we'll turn those realistic goals into an actionable plan you can follow day by day.



Week #3 - Make a plan and take action.

Plan, execute, and make it happen! Turn your goals into a plan you can follow. Look at your week ahead and decide when you'll move, what you'll eat, and how you'll make time for self-care. Scheduling your goals helps turn good intentions into real results.

This week's tracking activity: Use your **Wellbeing Journal** to outline your plan for the week. Write down:

- When and where you'll be active
- How you'll prepare healthy meals
- One action you'll take each day to support your wellbeing

Here's how to add an entry to your **Wellbeing Journal**:

- Log in to the [inHealth: Wellbeing app](#) or [web-based portal](#).
- Select **Health Tracking** from the main menu.
- Select **Wellbeing Journal** and click **+ Add Wellbeing Journal**.
- Choose your date, type your entry, and click **Add Data** to save.

Stay accountable by checking in daily and noting your progress—it's the best way to keep your motivation strong.

Wrap up Week 3 by following your plan and checking in on your progress. Next week, we'll focus on making movement a simple daily habit.



Week #4 - Move with intention!

Make daily movement a priority this week! How much [physical activity](#) do you need to do to accomplish your goal? This week, make physical activity a daily priority. Choose activities you enjoy—walking, stretching, dancing, or strength training—and commit to moving your body every day. Consistency is key to building lasting habits.

This week's tracking activity: Track your minutes of physical activity for **at least 5 days this week** in the inHealth app. Aim for steady progress throughout the week and notice how regular movement improves your energy and mood.

Here's how to track your physical activity:

- Log in to the [inHealth: Wellbeing app](#) or [web-based portal](#).
- Select **Health Tracking** from the main menu.
- Select **Physical Activity** and click **+ Add Physical Activity**.
- Choose your date, type your entry, and click **Add Data** to save.

[Click here to for instructions](#) on how to automatically sync your physical activity in the inHealth app.

The habits you practice now set the foundation for the progress you'll see in the upcoming week.



Week #5 - Build on your healthy habits!

Take your wellness to the next level! You've started creating great habits—now it's time to take them further. Maintaining progress means continuing to challenge yourself in small, realistic ways.

This week's tracking activity:

If you've been eating at least two servings a day, aim to increase the amount until you've reached the [recommended 5 servings of vegetables per day](#) for a healthy lifestyle. Try new fruits or vegetables, experiment with different colors, and include them in every meal. **Log your daily servings of fruits and vegetables for at least 5 days this week** in the inHealth app to stay mindful of your choices and celebrate your consistency!

Button: [What is a Serving?](#)

Here's how to track your fruits and vegetables:

- Log in to the [inHealth: Wellbeing app](#) or [web-based portal](#).
- Select **Health Tracking** from the main menu.
- Select **Fruits and Vegetables** and click **+ Add Fruits and Vegetables**.
- Choose your date, type your entry, and click **Add Data** to save.

You're almost at the finish line! Get ready to reflect on your healthy habits, and set yourself up for continued success beyond the challenge.



Week #6 - Reflect and stay accountable!

Reflect and stay accountable! You've spent the past six weeks building healthy habits—now it's time to see your progress and keep the momentum going. Share your experience and goals with friends, family, or coworkers. A strong support system helps you stay motivated and committed long after the challenge ends.

Weight Tracker:

Check your final weight for the challenge and record it in the inHealth app. Reflect on the healthy habits you've built and how they've improved your energy, mindset, and overall wellbeing. Keep tracking, stay consistent, and continue investing in your health journey. **Here's how:**

- Log in to the [inHealth: Wellbeing app](#) or [web-based portal](#).
- Select **Health Tracking** from the main menu.
- Select **Weight** and click **+ Add Weight**.
- Choose your date, type your entry, and click **Add Data** to save.

Finish strong as you wrap up the Set Goals, Not Resolutions Challenge! Make sure all your activity is logged by [DEADLINE TO LOG].

Final Message

[Optional and Client-specific. Can be used to announce winners or provide information/instructions regarding rewards, etc. Client must provide specific desired content via Help Ticket]