



SET GOALS, *not resolutions!*

A SIX-WEEK CHALLENGE

Set Goals, Not Resolutions

Description: Kickstart the new year with this six-week challenge designed to build sustainable habits that support healthy weight loss or maintenance throughout the year.

Challenge Goal & Tracking: Lose or maintain a healthy weight while creating healthy habits after the holidays over a six-week period. **Your goal is your own personal goal!** Use the inHealth mobile app to log weight each week of the challenge to track progress and to earn [Client-specific] wellbeing rewards or points.

Steps to Enroll (*Included in enrollment messages)

This challenge begins [DATE]. To sign up:

- Visit the [mobile 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)

To log your weekly experiences:

- Access the [mobile app](#) or [web-based portal](#).
- From the main menu, select **Health Tracking**.
- Click on the **Weight** icon (insert appropriate icon here).
- Input the date for the entry you are logging.
- Once completed, click the **Add** button to save your entry.

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 weight loss in the inHealth mobile app will earn rewards for their commitment and progress.

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

Weekly Messages

Week #1

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](#).

Tracking: Enter your starting weight to begin your journey.

Week #2

Set realistic goals. Think about what you want to achieve. What makes you happier, healthier or wealthier? Now consider what it takes to reach that goal. Are you committed to following through? Knowing the process of reaching your goal makes it easier to determine how realistic the goal is for you.

Tracking: Enter your weight to ensure maintenance. If you've lost a few pounds, congratulations!

Week #3

Be specific about your goals. Set clear and defined goals. If your goal is to lose 15 pounds, how are you going to accomplish that? What changes do you need to make in your eating habits? How much [physical activity](#) do you need to do to accomplish that goal? How long are you giving yourself to reach the goal?

Tracking: Continue to log your weight this week, noticing any changes.

Week #4

Schedule your goals. Create a plan, put it in writing and TAKE ACTION! We all have busy schedules. Evaluate your time to schedule your physical activity and plan your meals. Use your calendar and journal as a motivator. Write down when, where and how you plan to enhance your wellbeing journey.

Tracking: Monitor your adherence to your plan and make necessary adjustments.

Week #5

Share your goals. Create a support system by sharing your goals. Those around you will be able to hold you accountable, which can motivate you to act and stay on track.

Tracking: Update your progress and seek feedback from your support system.

Week #6

Maintain and build on your goals. Now that you have achieved your goal, what will it take to maintain and build on your goals? Set another goal. If your goal was to start eating at least 2 servings of vegetables a day, increase the amount until you've reached the [standard servings of vegetables](#) required per day for a healthy lifestyle. You can even set a goal to improve your [cooking skills](#) for healthier and tastier dishes.

Tracking: Record your ongoing progress and set new benchmarks to continue your journey.

Always remind yourself of your progress and know that the sacrifices are worth it!

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]

