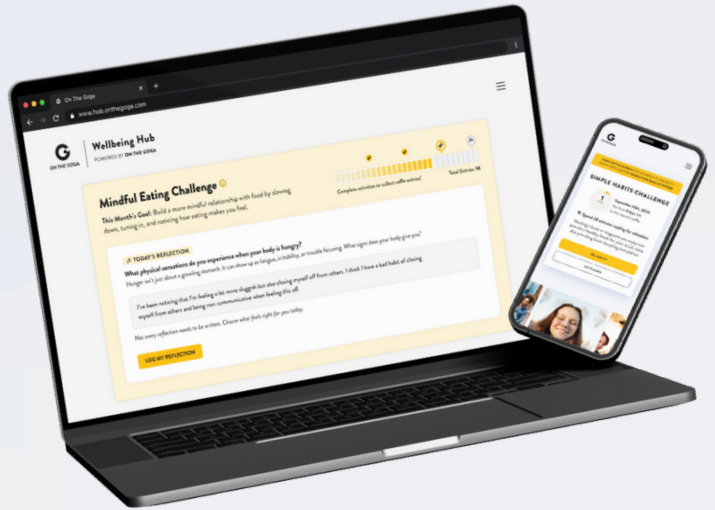




Gamify Your Wellbeing With Wellbeing Challenges



Hosted exclusively in the On the Goga Wellbeing Hub, our 4-week Wellbeing Challenges* help teams build healthier habits with interactive, science-backed experiences designed to make workplace wellbeing feel doable, inclusive, and fun.

Why Teams Love Them

Accessible to All:

No gear, no experience, no fitness baseline required

Grounded in Science

Created by organizational psychologists

Mobile-Friendly

Designed for real work life: desk, job site, & everywhere in between

Built to Be Inclusive

Unlike step challenges, ours are meaningful for everyone

What's Included



Seamless Hub Integration
(DESKTOP + MOBILE)



Setup, Launch Materials & Communications



Participation Tracking & Reporting



Incentives & Admin Support

Available Challenges

[VIEW THE FULL CHALLENGE MENU FOR DETAILS →](#)



Activity Challenges

Small, daily actions that build habits



Daily Moves



Simple Habits



Stress Less



Reflection Challenges

Guided prompts that build awareness



Dollars & Sense



Mindful Eating



Daily Connection

*REQUIRES A WELLBEING HUB PLAN

BOOK A CALL →

WWW.ONTHEGOGA.COM/WELLBEING-CHALLENGES

