

Create Your Own Challenge

Have fun launching activity challenges. Get moving and stay connected with your teammates. Create your own 7-day challenge between Feb. 1 and Mar. 31.

Simple set up

Easily sign up on your own and invite up to 50 people to join your challenge. Challenge starts the next day.

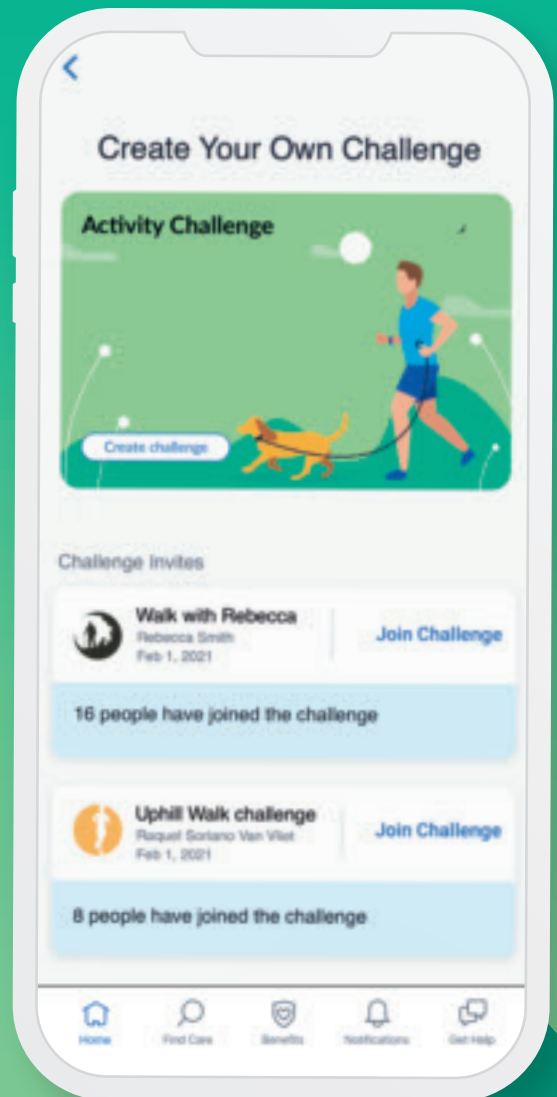
Stay healthy

Embrace challenges and feel good while you're at it.

Build camaraderie

Connect with your teammates and have fun along the way.

Join from your Castlight account.
Questions? Go to [iLiveLifeWell.com](https://www.ilivelifewell.com)



Why Challenges?

Now you can create your own individual steps challenge in Castlight! Have fun with your coworkers and get rewarded for being active — the most active person with the most steps wins.

Challenges are a reliable tool to boost engagement, increase activity, and build connections. Team Challenges are simple to set up, and now the option to Create Your Own Challenge makes it even easier.

What makes Challenges unique is that they combine exercise and play—fostering community with teammates, celebrating achievement of bite-size tasks, and offering motivation towards positive behaviors. Challenges increase physical activity, and the impact goes well beyond steps. Challenges sustain engagement and ultimately help you achieve your health goals—while having fun.



Mind and Body

Support physical, social, and mental health



Team Building

Create and strengthen social connections



Healthy Competition

Stay motivated with accountability while staying active



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