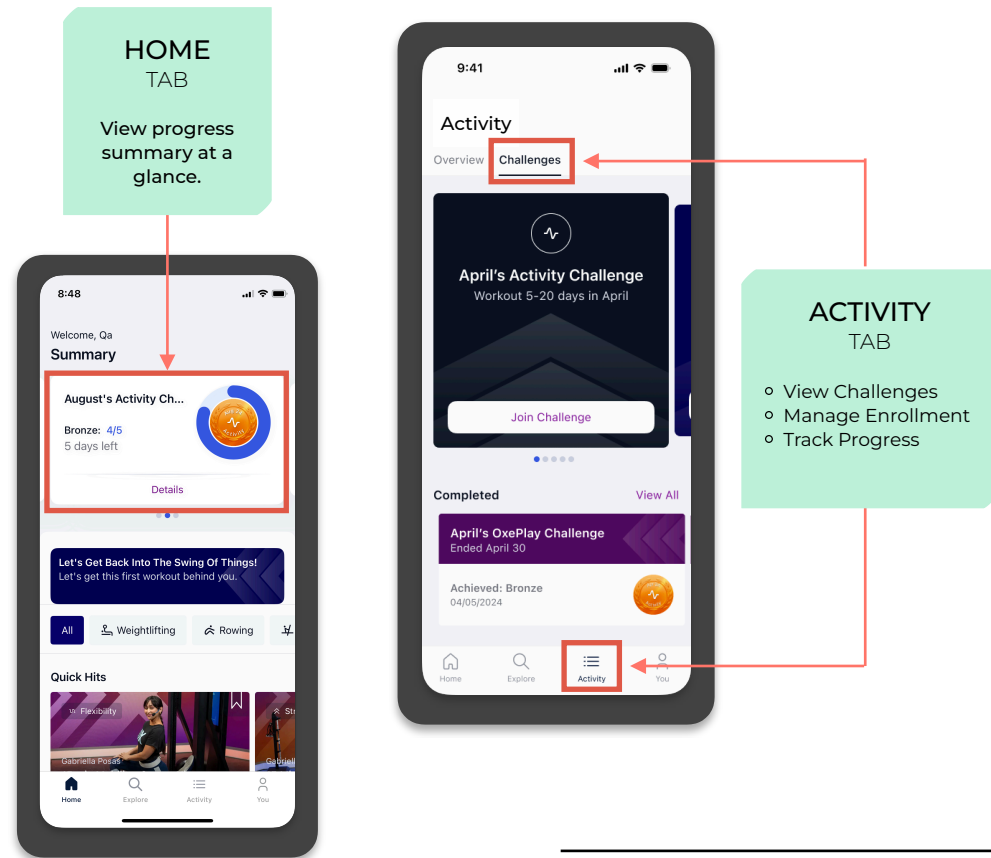# CHALLENGES GUIDE

WHAT ARE CHALLENGES?

OVERVIEW
CHALLENGES are created by our fitness team and released each month for users to have the option to participate in.

All challenges follow the number of days that are present within the current month (28-31 days).

HOME TAB
View progress summary at a glance.

ACTIVITY TAB
- View Challenges
- Manage Enrollment
- Track Progress

TYPE OF CHALLENGES

ACTVITY
Challenge will identify how many days of activity must be performed during that month's timeframe.

TAG-BASED
Challenge will identify one of the "goal" tags used to label and help filter content in the library. Participants earn progress towards this type of challenge by completing workouts or classes with the designated tag.

OXEPLAY
Challenge will identify a certain OxePlay gaming criteria to complete, such as a number of sessions to complete within the month's timeframe.
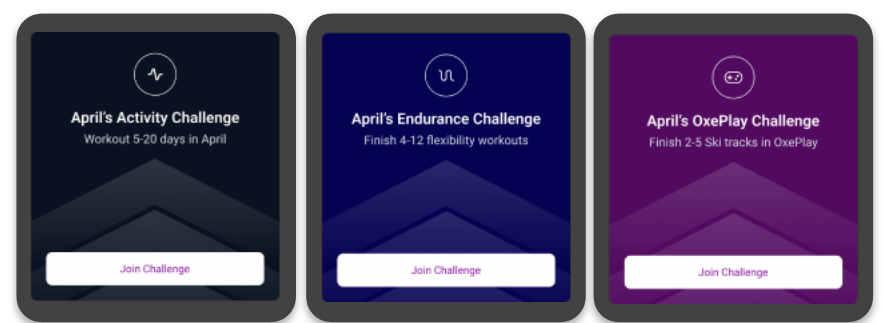
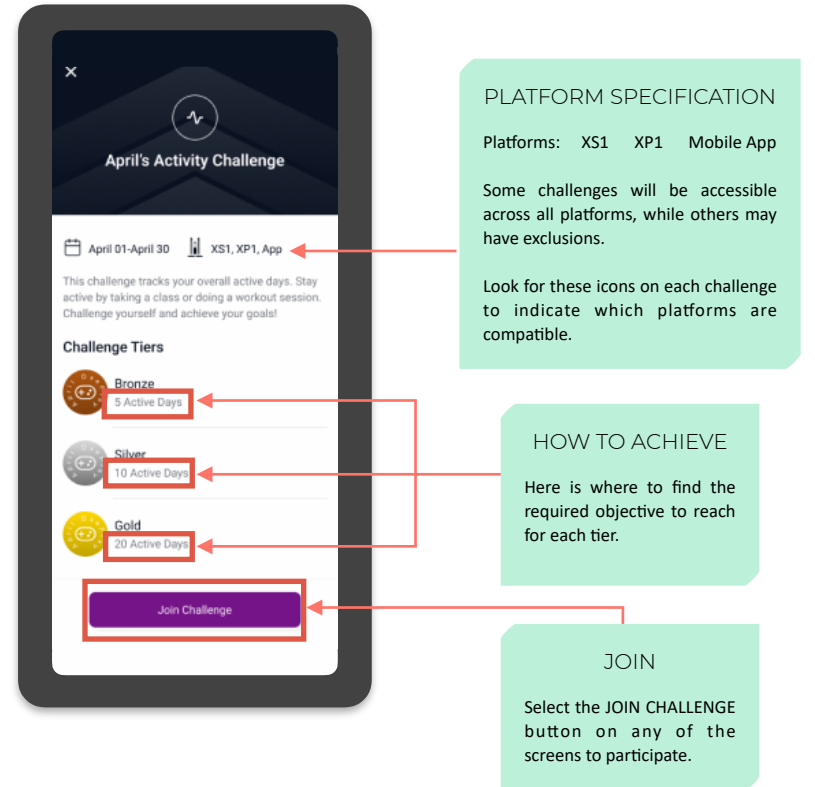## PARTICIPATE IN CHALLENGES

JOIN CHALLENGES
The JOIN CHALLENGE button will be available on multiple screens. Select anytime to participate in the challenge.

NOTE: Join challenges earlier in the month to have more time to complete.

NOTE: You can leave a joined challenge anytime via the LEAVE CHALLENGE button (which will be visible once you join a challenge).

CHALLENGE TEIRS
All challenges will have three different tiers of achievement—Gold, Silver, Bronze—each one listing different requirements to achieve.

PLATFORM SPECIFICATION
Platforms: XS1 XP1 Mobile App

Some challenges will be accessible across all platforms, while others may have exclusions.

Look for these icons on each challenge to indicate which platforms are compatible.

HOW TO ACHIEVE
Here is where to find the required objective to reach for each tier.

JOIN
Select the JOIN CHALLENGE button on any of the screens to participate.

TRACKING PROGRESS

User's progress towards next tier.

Number of days before challenge ends.

Leave a joined challenge.

View list of Completed Challenges