Peer-to-Peer
CHALLENGES

Challenging Peers in Healthy Competition To Grow Together

Research shows that healthy competition is a major indicator of increased intrinsic motivation, especially when it comes to physical activity. It can help individuals more successfully stick to their goals and even reach outside of their comfort zones.



How Peer-to-Peer Challenges Work

Employees will have the option to create their own challenges from their Asset Health Wellness Portal and invite their colleagues to join them in friendly competition. Challenge owners will be able to invite up to 50 of their coworkers to compete, and at least one invitee must accept (thus, at minimum, two active participants in the challenge) in order for the challenge to begin.

During the creation process, challenge owners will be able to choose their own unique path by giving their challenge a name, selecting how the winner will be determined (by choosing between two predetermined challenge configurations), and deciding on the duration by selecting anywhere between one and 30 days.

Once the challenge begins, participants can check back in to report their steps each day manually or by syncing a fitness tracking device for easy and automatic reporting. They will also have access to a leaderboard with rankings to see how their progress stacks up against their competitors.

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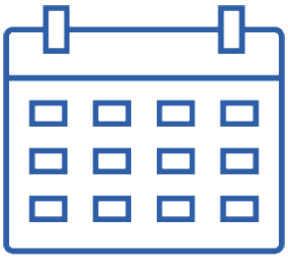
Choosing a Challenge Configuration

Challenge owners will have the option of selecting between two configurations that determine how the winner will be crowned. Once this choice is locked in, it cannot be modified.



Overall Challenges

Employees will compete to see who can complete the most steps by the end of the challenge window. The participant with the most total steps accumulated by the end date wins the challenge.



Day-to-Day Challenges

Employees will compete head-to-head on a daily basis. The participant that logs the most steps in a single day wins that day. The participant with the most individual days won by the end date wins the challenge.

Asset Health delivers results-focused, fully integrated, end-to-end wellness services and technologies that power the health of the whole person, in cultures of wellbeing.

Learn More

To learn more or see a demo, contact **Robert Wilson** at **248-822-7286** or **RWilson@assethealth.com**.

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