



# How to Enroll in a Wellbeats Challenge Guide

For Wellbeats Streaming Users

**Wellbeats™**

## What is a Wellbeats challenge?

A Wellbeats challenge is the best way to stay accountable, track progress, and establish a fitness routine. Wellbeats challenges feature a day-by-day schedule of Wellbeats classes and/or non-Wellbeats wellbeing activities to achieve a goal within a set period of time.

Wellbeats creates system-wide challenges that are accessible to all streaming users. Your affiliated organization or employer may also create company-wide challenges that are available to your population.

There are several benefits to enrolling in a challenge, including:

- **Personalization** – When you fill out the Wellbeats Fitness Profile Questionnaire (available in the main menu under Edit Profile > Edit Fitness Profile), you will receive recommended challenges based on your goals and personal preferences
- **Community** – Challenges are a great way to engage with like-minded individuals with common interests and goals
- **Reliability** – Challenges eliminate the time and guesswork of choosing a workout
- **Accountability** – Challenges provide notification reminders\* and an easy way to track your workout progress
- **Seasonality** – Wellbeats releases new challenges periodically to accommodate workout goals and needs. If you have any suggestions for a Wellbeats challenge, fill out the Wellbeats Content Feedback survey here: <https://www.surveymonkey.com/r/GQP3W2Y>

*\*To ensure your notifications are turned on, go to Device Settings in the main menu.*

## Challenge Tips

Wellbeats includes a variety of goal-specific challenges, including:

- Every Move Matters (4 week)
- Improve Core Strength (4 weeks)
- Cycle Strong (4 weeks)
- Get Started (4 weeks)
- Lose Weight (8 weeks)
- Get Fit – Plan 1 (4 weeks)
- Get Fit – Plan 2 (5 weeks)
- Get Fit – Plan 3 (8 weeks)
- Get Toned (5 weeks)
- Build Strength (6 weeks)
- Increase Flexibility (4 weeks)
- Relieve Stress (4 weeks)
- Maintain Don't Gain (4 weeks)

- Train Your Way to a 5K (5 weeks)
- Train for a 10K (8 weeks)
- Move with Heart (4 weeks)

Interested in a challenge printout? You can download and print a variety of challenge scheduling templates here: <https://wellbeats.com/our-product/challenges/>

## **About This Guide**

This guide will walk you through find, enroll, and participate in a Wellbeats challenge.

- p. 3.....How to Find Wellbeats Challenges
- p. 8.....How to Enroll in a Wellbeats Challenge
- p. 11.....How to Cancel a Wellbeats Challenge
- p. 13.....How to Receive Recommended Wellbeats Challenges

## How to Find Wellbeats Challenges

Not sure where to find Wellbeats challenges? Follow the steps below to navigate to Wellbeats Challenges.

### Steps

1. Visit the Wellbeats portal [Wellbeats.portal.com](https://wellbeats.portal.com) (on a desktop) or download the Wellbeats app on [iOS](#), [Android](#), or [Windows](#) and select *Login*:



# Wellbeats



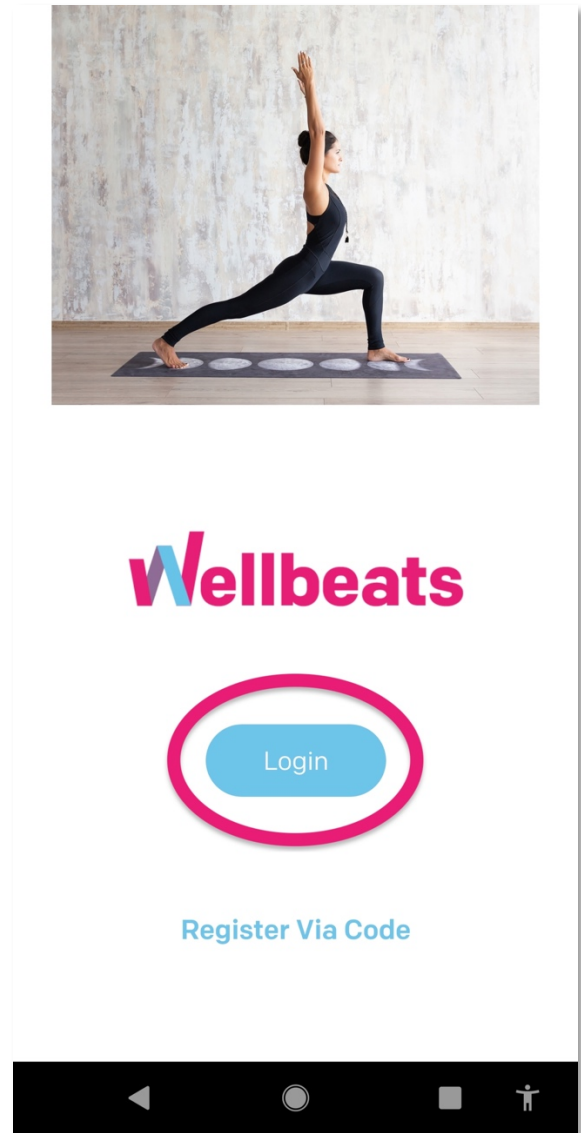
[Register Via Code](#)

*Portal Login (desktop)*



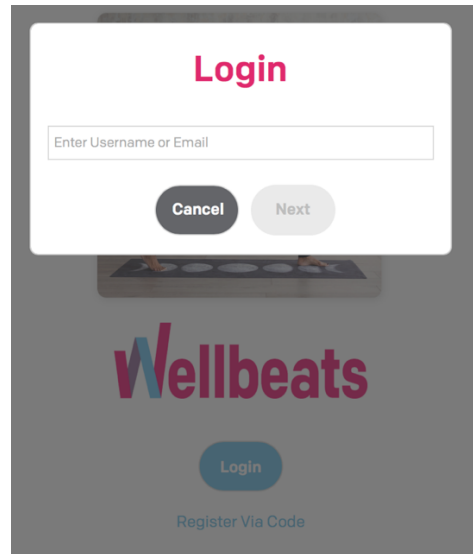


App Store Login (iOS)



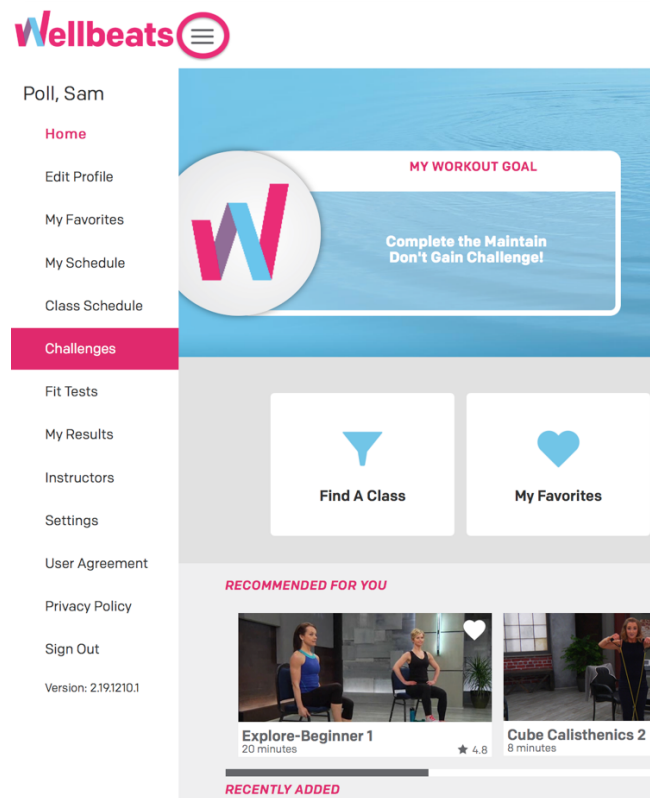
Google Play Login (Android)

## 2. Login using your Wellbeats login credentials



If you do not remember your login credentials, try using your work or personal email address and resetting your password. You can find instructions on resetting your password here: <http://wellbeats.com/wp-content/uploads/2020/01/Password-Reset-Steps.pdf>

## 3. Once logged in, select the main menu (3-lines icon), then select *Challenges*



4. You can then browse a library of Wellbeats challenges.



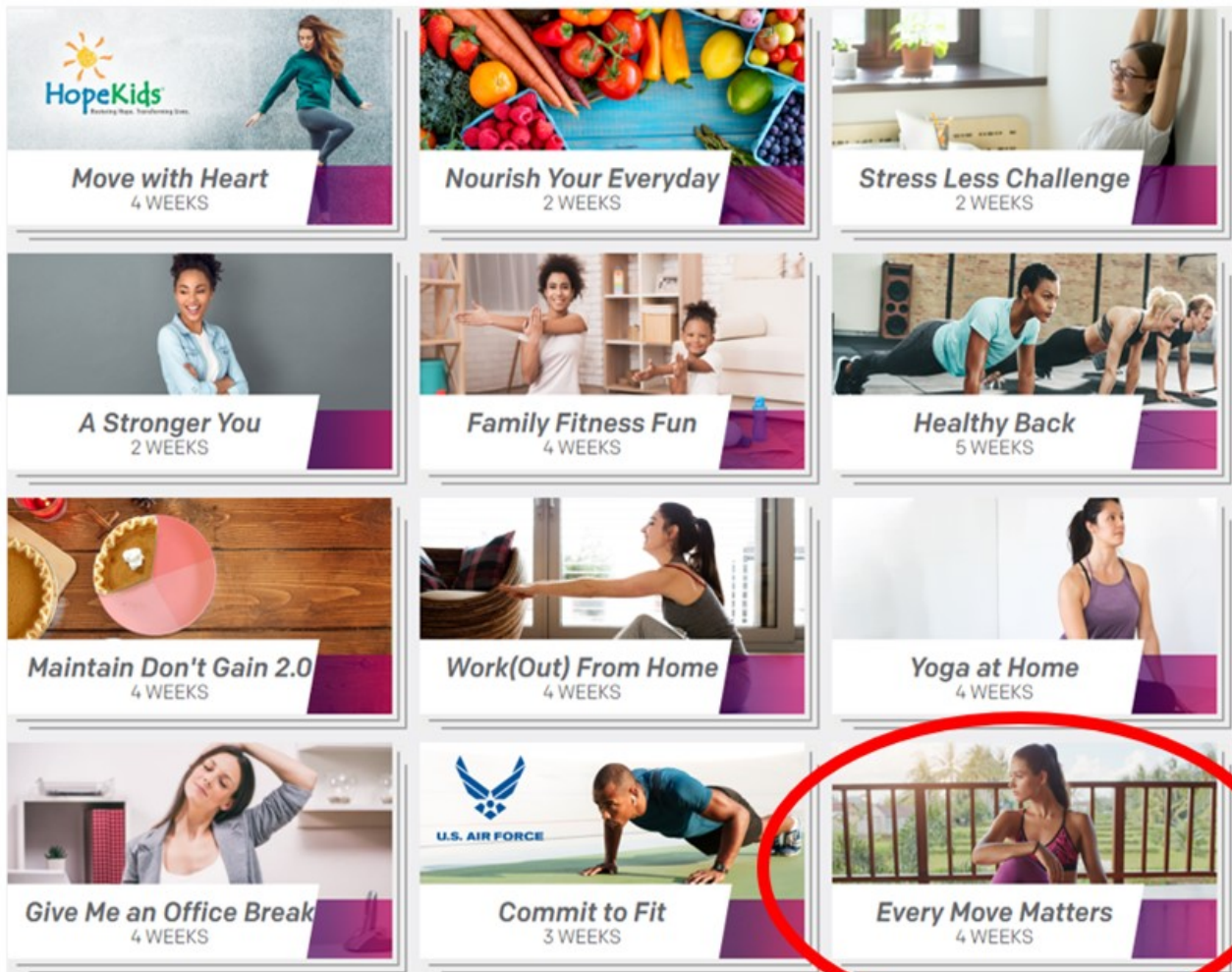
Available challenges may vary according to your content subscription package. Wellbeats releases new challenges on a regular basis. Your employer or affiliated organization may provide additional company-wide challenges.



## How to Enroll in a Wellbeats Challenge

### Steps

1. When you find a challenge you'd like to enroll in, select the Challenge image tile\*.



*\*You cannot be enrolled in more than one challenge at one time. If you are currently enrolled in a challenge and try to enroll in a new challenge, you will receive the following response:*

however we do recommend time to rest and recover as part of your workout routine. We recommend at a minimum participating in the three main foundation classes of Kinetics, TKO and Fusion every week to optimize your workout routine. **You are currently enrolled in another challenge. You must cancel your current challenge before enrolling in this challenge.**

OK

**ENROLL IN THIS CHALLENGE TODAY!**

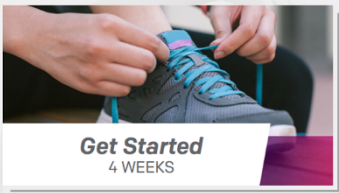
*You will need to go back to your original challenge and cancel the challenge to enroll in a new challenge. For steps on how to do this, see [How to Cancel a Challenge](#) steps on p. 12.*

2. In the Overview page of a challenge, select *Enroll*.



## Get Started

Overview Details



**Congratulations on making the choice to start your fitness journey! This plan offers basic exercises, requires minimal time and equipment and gets you off to a great start. We've included a Fit Test at the beginning and end of this plan to give you a starting benchmark and help you measure progress and results.**

### RECOMMENDED EQUIPMENT AND NEXT STEPS:

The recommended equipment for this plan includes a yoga mat, dumbbells and resistance bands. After successful completion of this plan, we recommend a few options to help you reach your next goal. Try the LOSE WEIGHT plan for weight loss, the GET FIT 1 plan for overall fitness, or explore other WELLBEATS Channels to find classes you enjoy.

### YOU CAN DO IT!

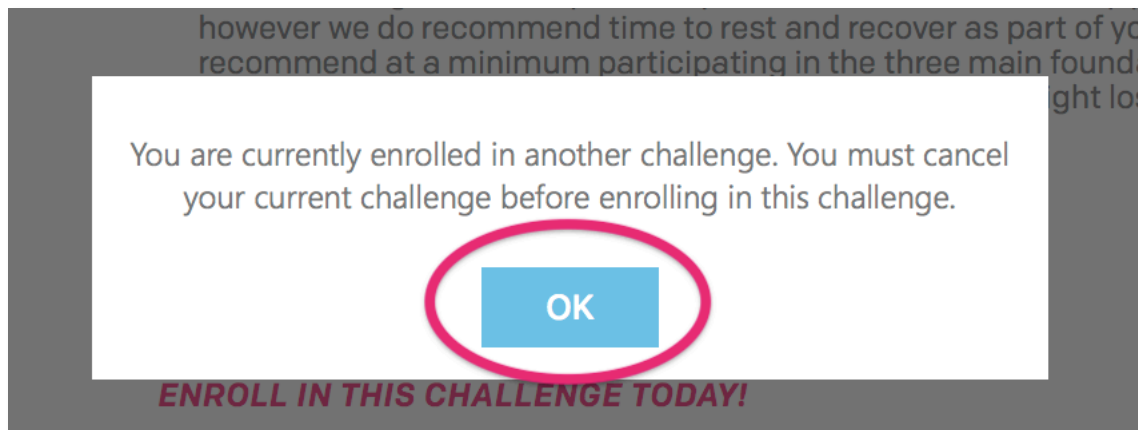
The exercise grid is a template for you to follow. You can change the schedule if you need to, however we do recommend time to rest and recover after certain classes so the body can be ready for the following workout. Most importantly, we recommend at a minimum, participating in the three foundation classes of Kinetics, TKO and Fusion every week to optimize your GET STARTED Workout Plan.

**ENROLL IN THIS CHALLENGE TODAY!**

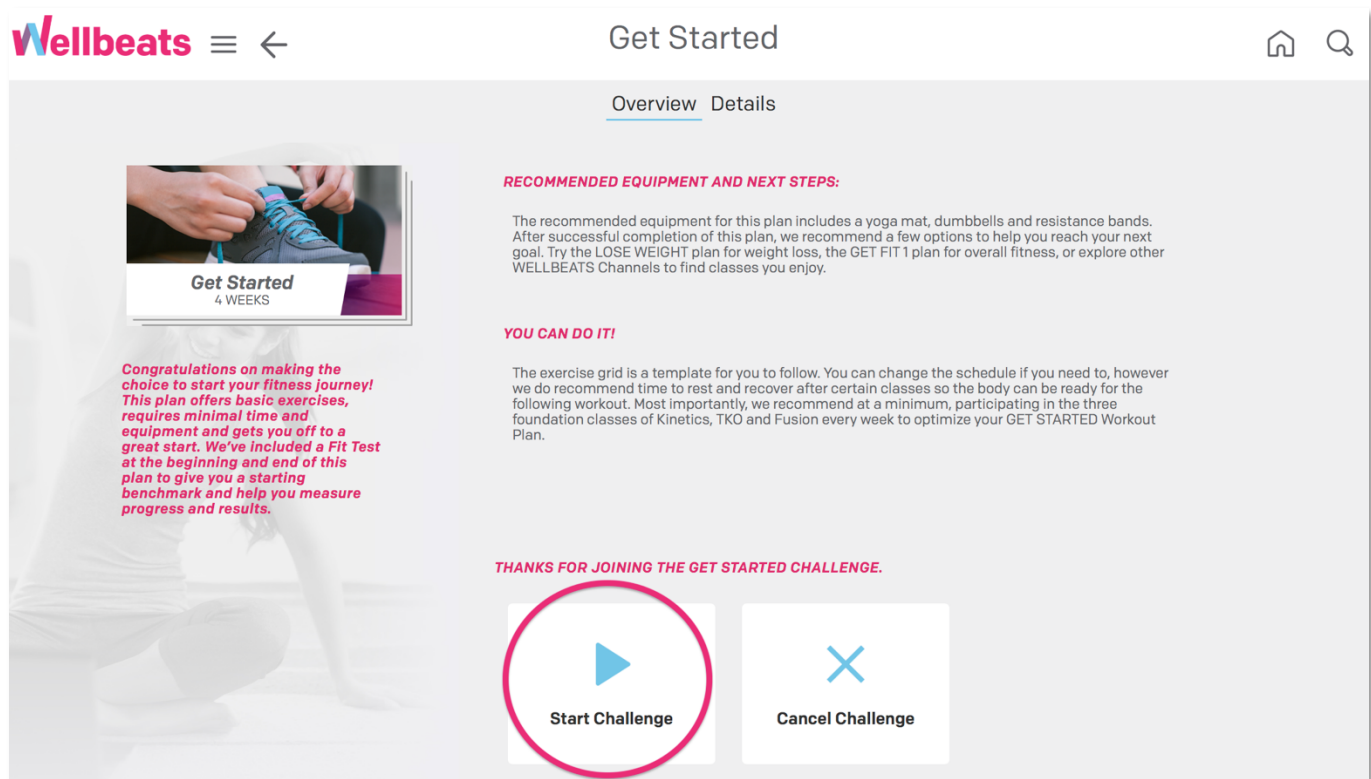


**Enroll**

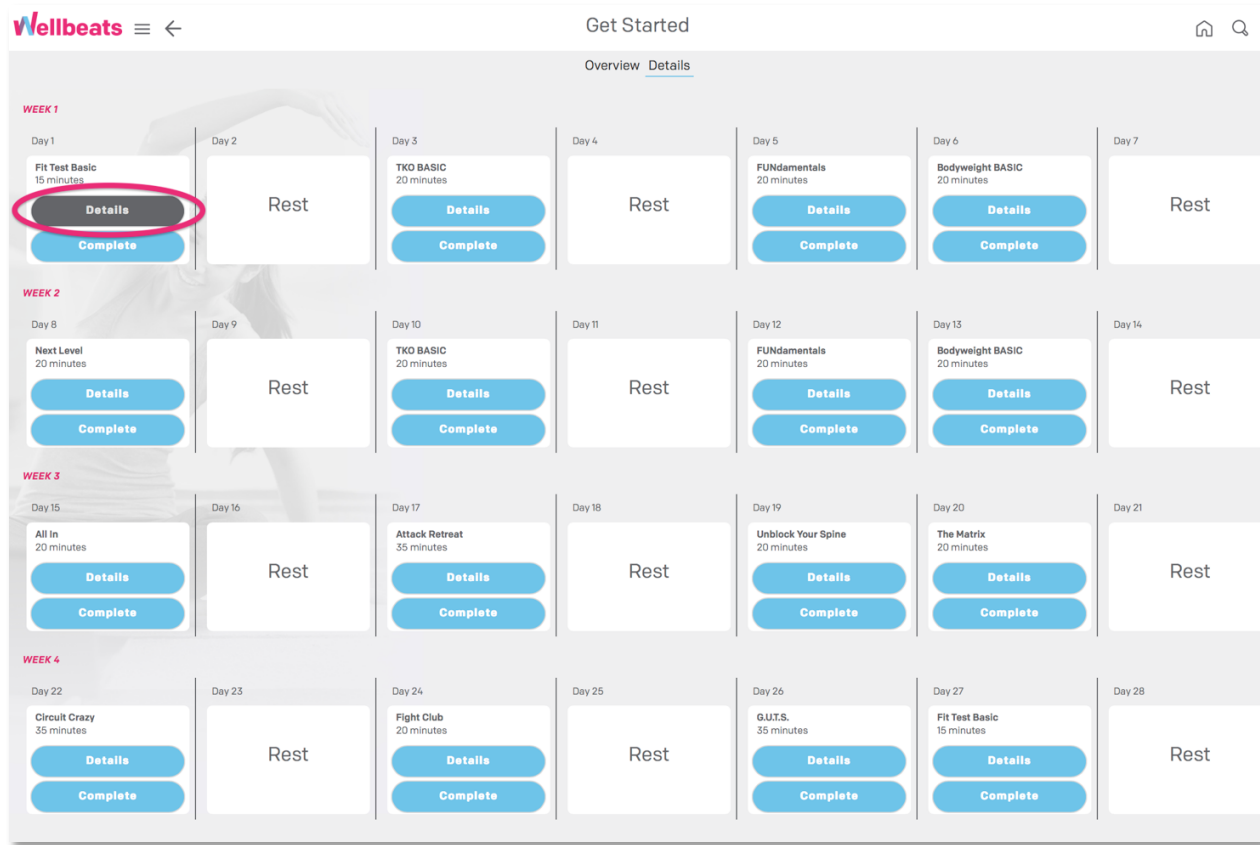
3. Select OK to confirm enrollment.



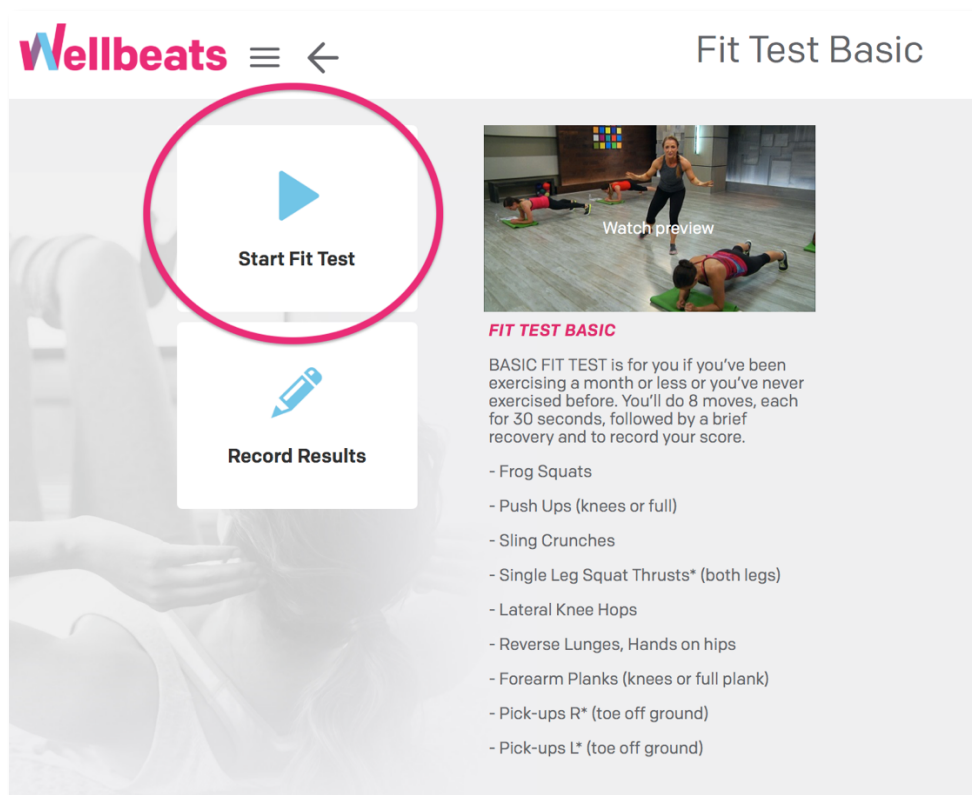
4. Select Start Challenge to begin the challenge.



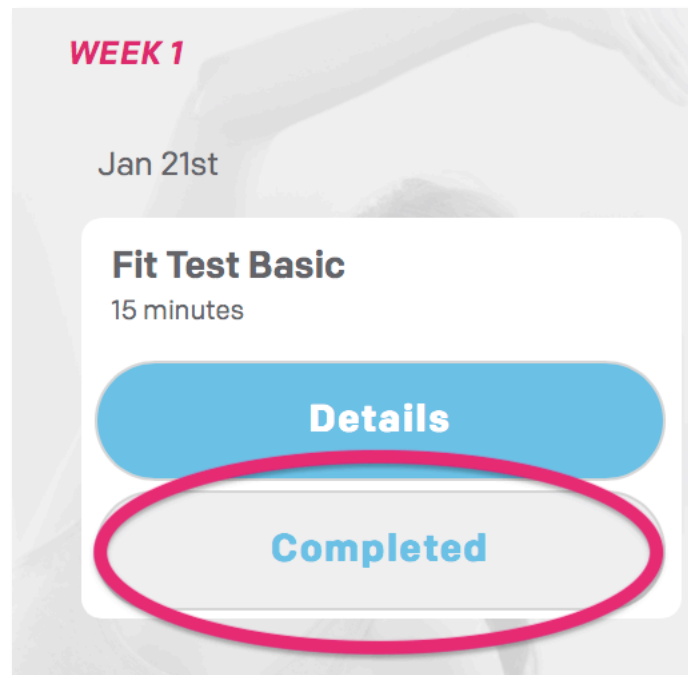
5. In the Details page, you can view a day-by-day calendar of classes. To start, select *Details* in the Day 1 box.



6. You will be directed to the class page to start the class.



After playing a class, the class will be marked as completed in the challenge. You can also select the Complete button on any given day to complete the class.

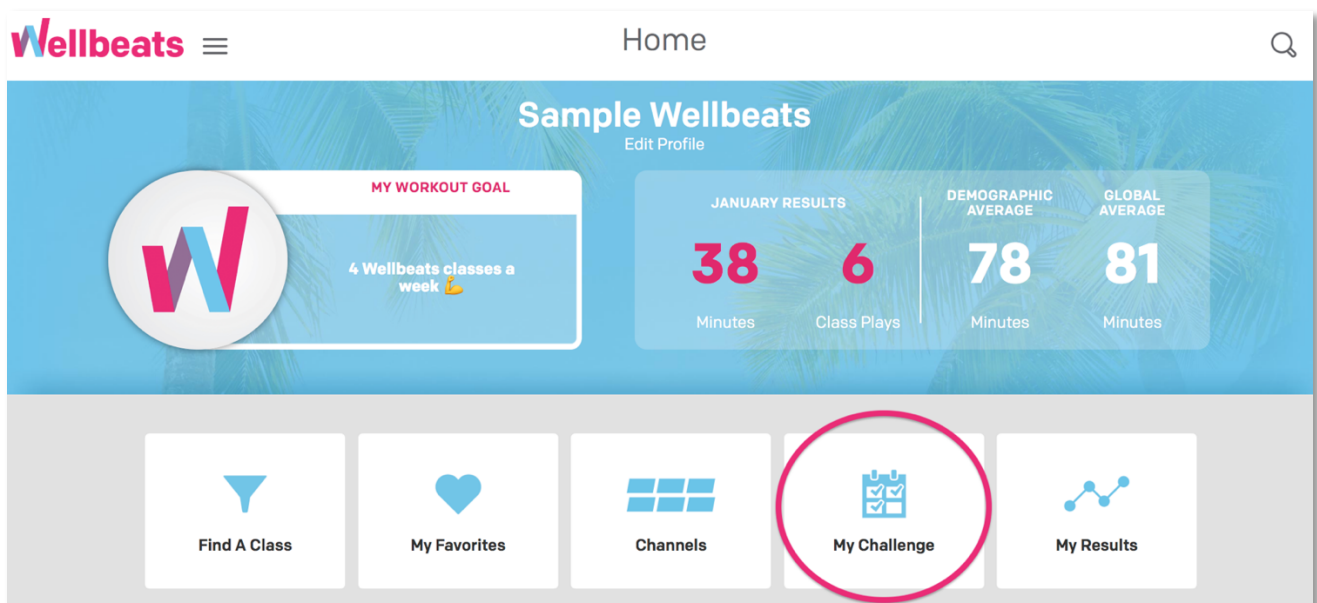


Some days in a challenge may feature a non-Wellbeats activity versus a class. Select the Complete button on any given day featuring a non-Wellbeats activity to mark as complete.

## How to Cancel a Challenge

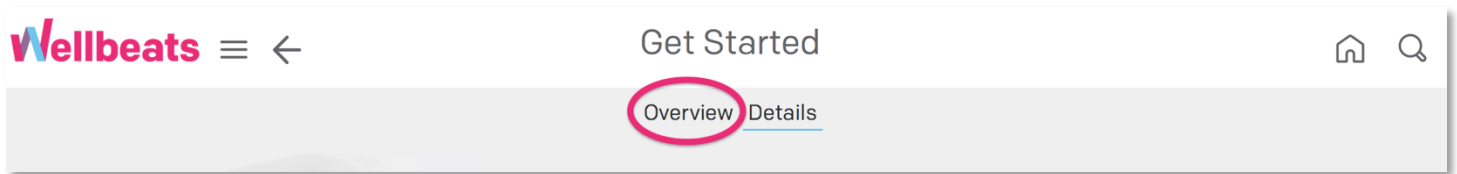
### Steps

1. Select *My Challenge* in the home-screen

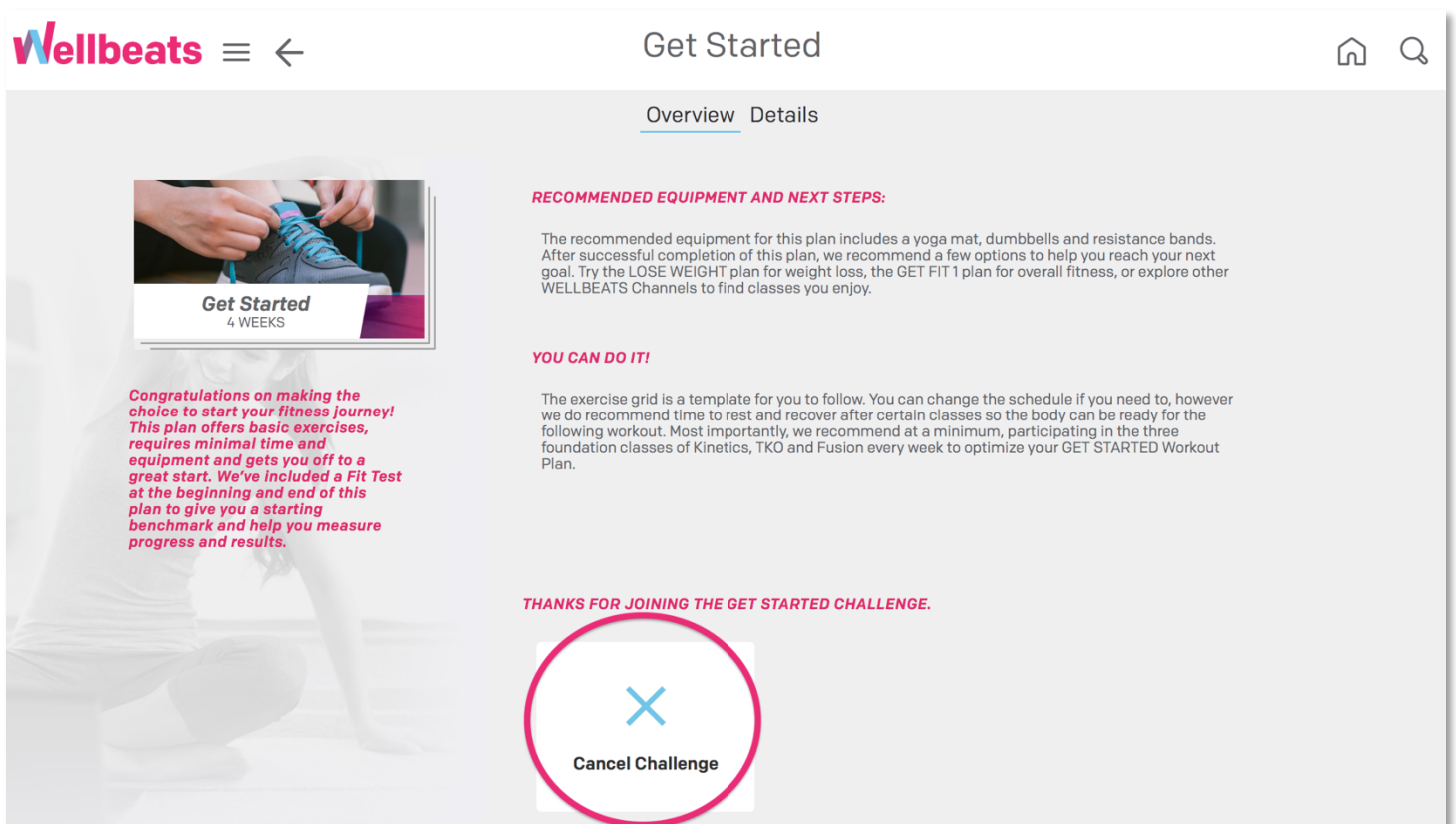




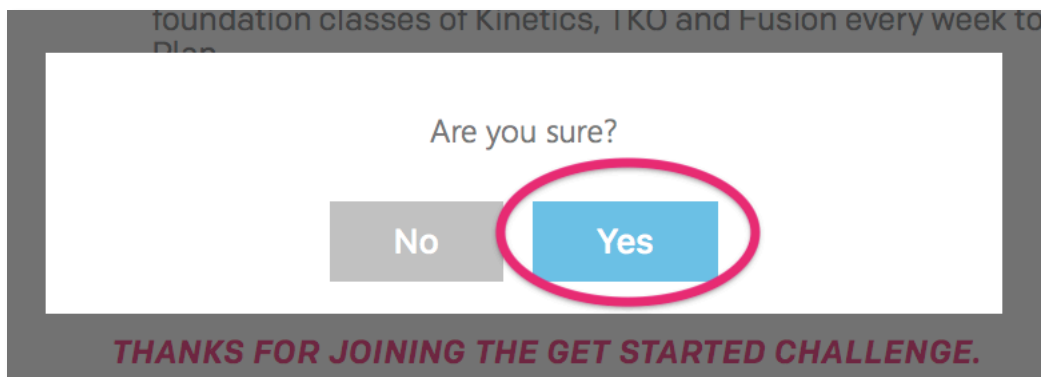
2. In the Challenge Details page, select **Overview**



3. Select **Cancel Challenge**



#### 4. Select Yes to confirm



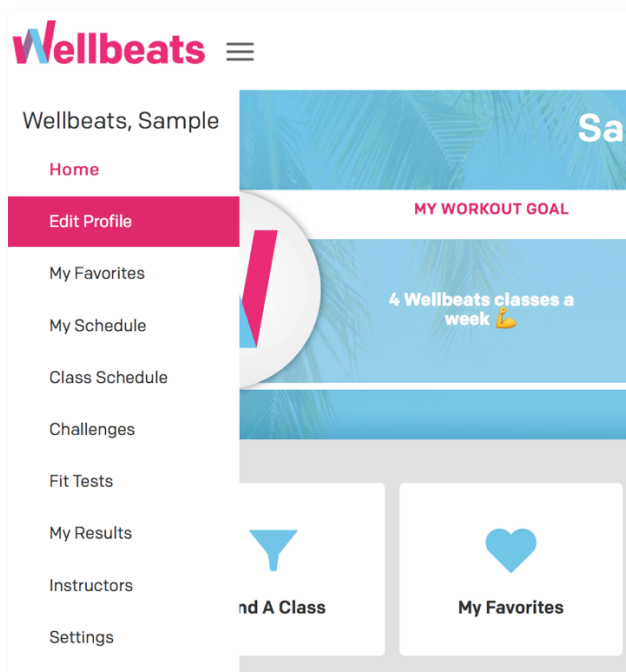
You will then be exited out of the challenge. To find a new challenge, go to the main menu and select *Challenges*.

### How to Receive Recommended Challenges

You can receive recommended challenges according to your goals and personal preferences. To receive recommendations, you will need to fill out the Wellbeats Fitness Profile Questionnaire (7 questions).

#### Steps

1. in the main menu, select *Edit Profile*



2. In the Fitness Profile Selection, select *Edit Fitness Profile*

## Edit Profile

**FITNESS PROFILE**

Workout Goal 4 Wellbeats classes a week 🏋️

Edit Fitness Profile

3. You will be prompted to answer a series of 7 questions regarding your goals and personal preferences. Check off each box that is applicable to you. Select *Continue* to view the next question, or *Previous* to go back.

When finished, select *Done*.

**STEP 1 OF 7**

How fit do you consider yourself?

Select 1

☐ Beginner

☐ Somewhat fit

☒ Fit

☐ Extremely Fit

Cancel Continue

**STEP 2 OF 7**

What are your fitness priorities?

Select up to 2

☐ Get Started

☐ Lose Weight

☒ Build Strength

☐ Get Toned

☒ Improve Core Strength

☐ Relieve Stress

☐ Increase Flexibility

☐ Overall Fitness

Previous Continue

**STEP 3 OF 7**

What types of classes do you like?

Select up to 3

☐ Cardio

☒ Strength Training

☒ Cardio and Strength

☐ Toning/Sculpting

☒ Core Training

☐ Yoga

☐ Pilates

☐ Cycle

☐ Kickboxing

☐ Kettlebells

☐ Dance

☐ Sleep

☐ Stretch and Recovery

Previous Continue

**STEP 4 OF 7**

How many days a week are you willing to commit to working out?

Select 1

☐ 1-2

☒ 3-4

☐ 5-6

☐ 6+

Previous Continue

**STEP 5 OF 7**

What duration of workouts and activities do you like?

Select all that apply

☒ 5-15 minutes

☒ 20-25 minutes

☒ 30-35 minutes

☐ 40+ minutes

Previous Continue

**STEP 6 OF 7**

What Equipment do you have access to?

Select all that apply

☐ Full Gym

☒ Basic Equipment (dumbbells, resistance bands)

☐ Indoor Cycle Bike

☒ No equipment

Previous Continue

**STEP 7 OF 7**

Where do you like to work out?

Select all that apply

☐ Gym/Fitness Facility

☒ Home

☐ Office

☐ Hotel Room

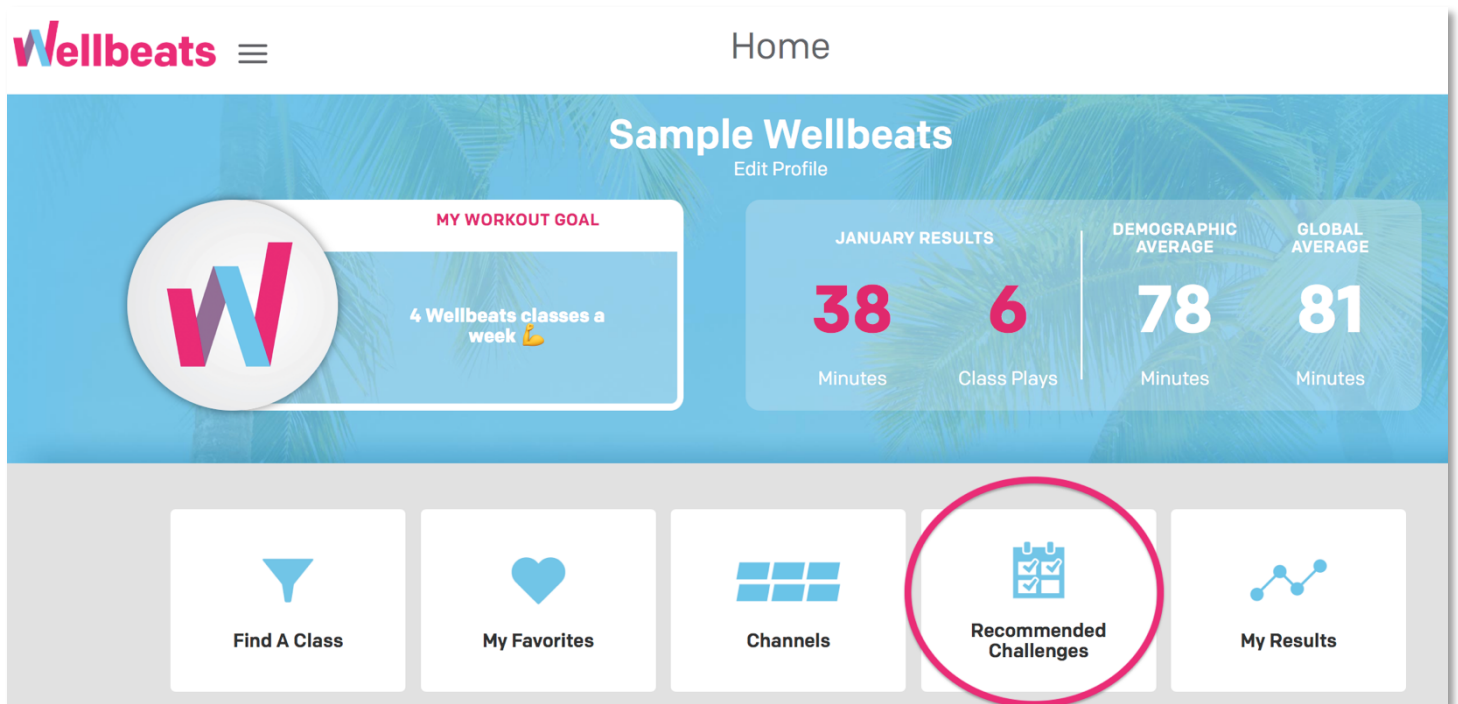
Previous Continue

**THANK YOU!**

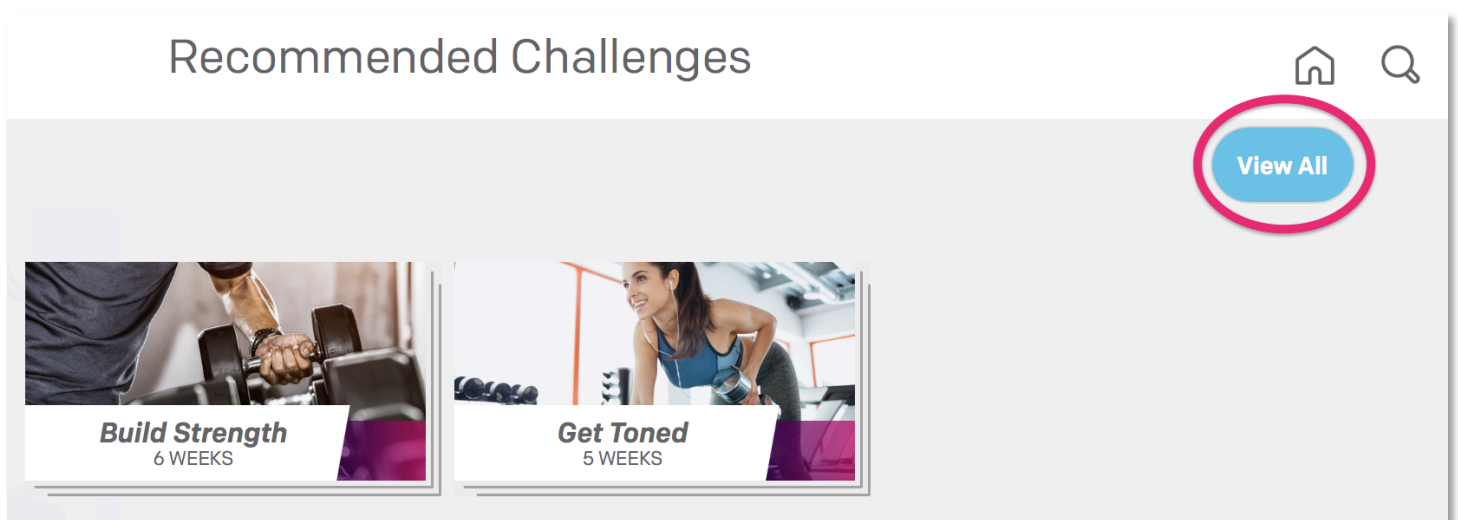
You'll now be able to view recommended classes and workout plans from the home page. You can update your fitness profile at any time by selecting edit profile in the menu.

Done

4. You will notice the *Challenges* button in the home-screen change to *Recommended Challenges*. Select *Recommended Challenges*



You can then find challenges recommended to you according to your goals and personal preferences. If you'd like to view the full library of Wellbeats challenges, select *View All* in the upper right corner.



For more information, please visit: <https://wellbeats.com/faqs/>