



# Peer Challenges



**Good For You!**

Wellness programs by SCHOOLCARE

Research shows it takes  
21 days for a new  
behavior to become  
habit.

Do you want to kick a soda habit? How about consume more water each day? Or are you just the competitive type? Then, peer challenges are for you! Create custom challenges and invite peers who are a part of the **Good For You!** program to participate.

### HOW IT WORKS:



Peer Challenges are a fun and easy way to make healthy decisions become habits. Simply choose a challenge, and invite others to participate in the challenge along side of you. Everyone can earn incentives and there is always a winner for you competitive types!

### CREATE A CHALLENGE ON [CONNECT.VIVERAE.COM](https://connect.viverae.com):

#### Step 1:

Click on the **“Well-being”** tab and select **“Available Challenges”** from the drop-down menu, then simply click on **“Create a Peer Challenge”**.

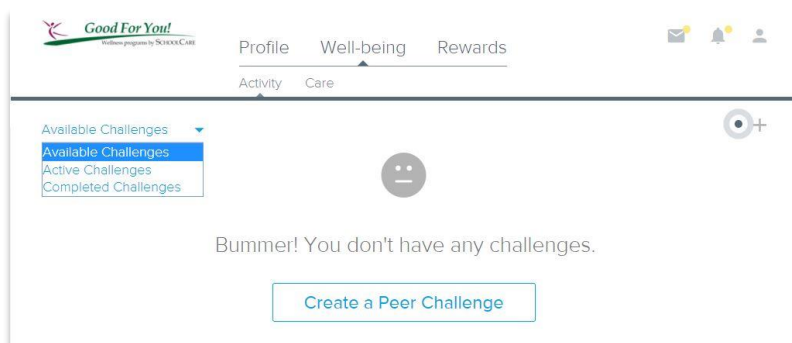


#### Step 2:

It's recommended that the challenge last a minimum of 4 weeks to ensure ample time to achieve 21 days for the new healthy habit to form. The incentive is also based on recording 21 entries.

#### Step 3:

Invite your peers – there is a minimum of 1 and a max of 99 (100 total)



Shown above: To create a Peer Challenge, select the “Well-being” tab, then “Available Challenges”. Click on Create a New Challenge to begin.

Research shows it takes 21 days for a new behavior to become habit, that's why SCHOOLCARE requires a minimum duration of 21 days for Peer Challenges. You **MUST** log 21 days of data in order to earn your incentive.

Ex: If you are participating in a weight loss challenge, it's not required that you weigh in every day, but you must enter a value of “0” for the days you elected not to weigh yourself. This will serve as a placeholder to show you're actively participating in the challenge for the minimum of 21 days.