Homepage states

5:13

275

Choose Your Own Adventure

1 **Pick Focus**

Focus on one change for greater success! Choose an area from your Assessment Report or pick something that feels right to boost your well-being.

Watch Video | Find Your Focus Areas

2 Take Action

Need Help Setting Your Goal? Ask a Coach

A coach is here to guide you in setting goals that match your objectives.

5:13

275

Choose Your Own Adventure

My Focus Areas

2 **Take Action**

CHOOSE YOUR PATH

Start a goal

If you feel ready, turn your focus into action with a clear, powerful goal! Instead of "I want to exercise more," plan *what*, *when*, and *how*—a solid goal sets you up for success.

Watch Video | Set Your Goal

Learn about your needs

Not ready to start a goal? You can still progress by better understanding your needs with Daily Habits Learning Paths.

Watch Video | Find Your Path

Have a Coach guide you

Feeling unsure about what to do? Our coaches meet you where you're at and can guide you to your next steps.

Watch Video | Talk to a Coach

Have a Health Coach guide you

A coach is here to help you understand your needs and the best path forward for you. They can talk through your needs and

5:13

275

Choose Your Own Adventure

100% consistency

Week 1 2 3 4

Complete your goal each week and build your streak

My Focus Areas

My Goal

I will end my workday at 5:30 on Monday, Wednesday, and Friday

My Why

I want to be more available for my family, feel happier, reduce stress and get sick less often.

Let Your Coach Help You Stay Focused!

Your coach is here to keep you on track and cheer you on—ready to connect anytime!

5:13

Pause Goal – Need a Break or Recalibrate Your Adventure?

Staying on track with your goal can be tough. Before you pause, consider these options to keep moving forward:

- **Connect with a Coach:** Struggling? Get in touch with a coach to reassess and adjust your path to maintain progress.
- **Pause Your Goal:** If life events require a pause, let us know why so we can support you and help you return when ready.

What feels like the best option for you right now?

Connect with Coach | Pause Goal

CANCEL | SAVE

5:13

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Connect with Coach | Pause Goal

What's the main reason for pausing your goal? *(optional)*

Reason

Select an option

CANCEL | SAVE