



9:53



Walk

Take the stairs instead  
of the elevator

1,325 more steps until

A black and white photograph of a group of people running outdoors. In the foreground, a woman with blonde hair is running towards the left, smiling. Behind her, a man in a white t-shirt with a Nike logo is also running. Other runners are visible in the background.

# Walk



Take the stairs instead  
of the elevator

1,325 more steps until  
you reach your goal



# Superstar

You just climbed 214  
stairs and burned 45 cals.



2:07



# Event

Yoga tonight at 7pm  
on the 12th floor.

Your friend Tyler has



# Event

Yoga tonight at 7pm  
on the 12th floor.  
Your friend Tyler has  
RSVP'd to attend.

Yes

No

Join your friend Tyler  
tonight at Yoga?





# Triangle Pose

We'll let Tyler know you  
are coming tonight.

5:07



Drink

more water


120 oz more until you  
reach your goal





# Drink

more water  
120 fl oz until you  
reach your goal





Add water





Giddyup!

You just jumped a spot  
on the leaderboard

