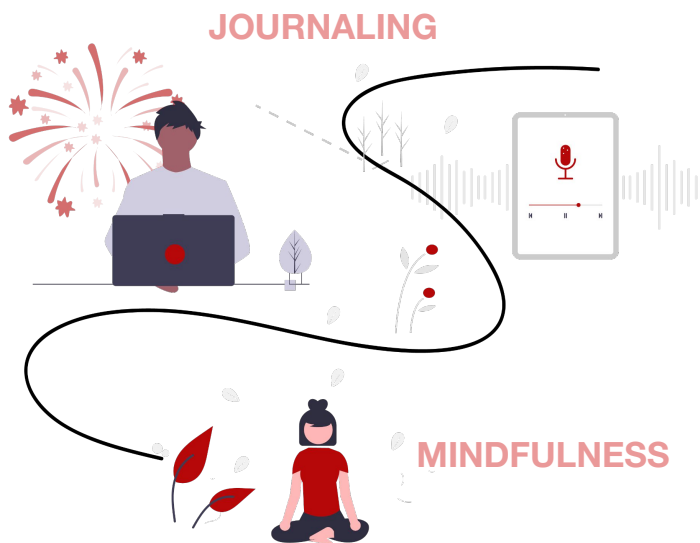


Month of Wellbeing Challenge

Perform daily activities based on
the science of wellbeing
and **win cool prizes!**



1

25 min Assessment

Today

2

20 min Assessment

in 30 days

3

20 min Assessment

in 60 days

Month 1:
Waiting period

Month 2:
Daily 15 min wellbeing
activities

15 min

15 min

...

15 min

See how
you've
changed!

Help MIT scientists develop technology that can measure wellbeing