

iPhone 16 - 8



iPhone 16 - 10



iPhone 16 - 9



daily advice

Welcome back Alejandro!

friend post1

friend post2

Community

Activity

Challenges

friend post 3

friend post 4

friend post 5

friend post6

friend post 7

friend post 8

friend post 9

friend post 10

Weekly Challenges

Walk for 30 minutes
Go for a 30 minute walk at any pace.
View Details

Climb 100 stairs
Accumulate a total of 100 steps climbed.
View Details

Try a Yoga Stretch
Try a yoga stretch or pose.
View Details

Community

Activity

Challenges

friend post 3

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X

Climb 100 Stairs

- Find a set of stairs to use
- Climb up and down the stairs
- Repeat until you have reached 100 stairs total

Mark as Complete

friend post 3

friend post 4

friend post 5

friend post6

friend post 7

friend post 8

friend post 9

friend post 10

X

CONGRATULATIONS!

YOU'VE COMPLETED A CHALLENGE.

View Another Challenge

friend post 3

friend post 4

friend post 5

friend post6

friend post 7

friend post 8

friend post 9

friend post 10