

spurr

Team building activities
across timezones



Squats



Progress

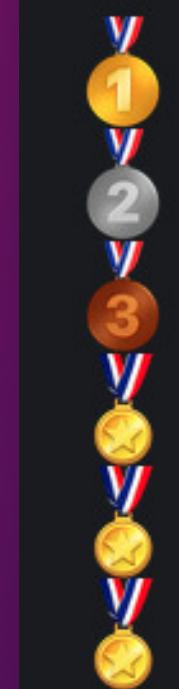
7,302 / 13,000 (56.2%)



Contributors

6

Most active



- | | | |
|---|-----------|--------------------|
| 1 | @Camila | (22 contributions) |
| 2 | @Simona | (17 contributions) |
| 3 | @Nikol | (13 contributions) |
| | @Radka | (10 contributions) |
| | @Ales | (9 contributions) |
| | @Mauricio | (2 contributions) |

Contribute



Time remain

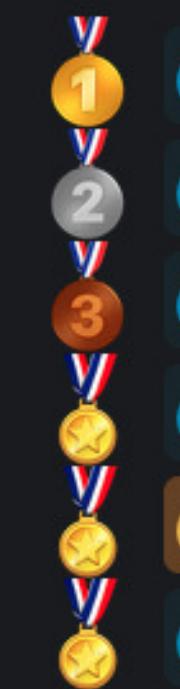
5 days (until 5 Fe)



Pace

280.8 squats / da

Best contributors



- | | | |
|---|-----------|--------------------|
| 1 | @Camila | (22 contributions) |
| 2 | @Simona | (17 contributions) |
| 3 | @Radka | (13 contributions) |
| | @Nikol | (10 contributions) |
| | @Ales | (9 contributions) |
| | @Mauricio | (2 contributions) |

Ales 11:51 AM
File from iOS ▾



Nikol 8:42 PM
Love it! 😊❤️ especially the support from @megan!

spurr APP 8:43 PM
👏 Nikol contributed 2 min to Planks challenge (101 / 400).

megan 11:28 PM
😊😊😊

spurr APP 11:45 AM
👏 Nikol contributed 2 min to Planks challenge (103 / 400).

spurr APP 12:27 PM
⭐ Radka contributed 4 min to Planks challenge (107 / 400).

**Boost your team spirit
with cooperative
challenges that bring a bit
of fun to your team.**

Fitness & Personal development

- All challenges are cooperative. That means there's one goal for the whole team and everyone contributes toward it.
- Set a goal based on how many people you think will participate but don't worry, you can always edit your challenge.
- Don't be exclusive, with Multi-Activity challenges you can combine multiple activities into a single challenge.

spurr

Multi-Activity NEW

Push-ups, Squats & Crunches

Combine push-ups, squats and crunches into a single challenge.

[Get Started](#)

Fitness

Push-ups

Let's do 1,000 push-ups together in 2 weeks.

[Get Started](#)

Squats

Take a break from sitting all day long. Let's do 10,000 squats together in 2 weeks.

[Get Started](#)

Planks

Engage the core! Get 100 minutes of plank together in 2 weeks.

[Get Started](#)

Running or Walking

Run 200km together in a month.

[Get Started](#)

Steps

Every step counts! Can your team make 1 million steps in a month?

[Get Started](#)

Cycling

Bike 1000km together in the next 30 days.

[Get Started](#)

Wellness & Well-being

Books read

Let's read 100 books together this year.

[Get Started](#)

Home-cooked meals

No more takeaways! Can your team make 100 home-cooked lunches this month?

[Get Started](#)

Leaderboards

- Activity is the priority. You don't need to be the fitter in the team to be on the top of the leaderboard. How often you contribute is what counts.
- Weekly wrap-up every Monday morning. Posted directly in your challenge's Slack channel.

 **Squats**

 **Progress**
7,302 / 13,000 (56.2%)

 **Contributors**
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 6	@Mauricio	(2 contributions)

Best contributor

 1	@Camila
 2	@Simona
 3	@Radka
 4	@Nikol
 5	@Ales
 6	@Mauricio

[Contribute](#)

Custom challenges

- You can define a challenge unique to your team.
- Just come up with your ‘unit’ that you want to count.
- For example petting animals has many wellness benefits so let’s try to pet 50 different dogs this month!

spurr Create challenge

Channel for updates

fun

All communication regarding the challenge will be delivered there.

Name

Dogs petted

Unit (singular)

dog-pet

e.g. if you are creating a push-up challenge your unit is a 'push-up'.

Goal (number)

50

If your unit is e.g. 'push up' enter 10000 to set the goal to 10,000 push ups.

End date

February 4th, 2022

How much time you are going to give to your team to reach the goal?

Cancel Create

Pricing Plans

Free

1 concurrent challenge up to 8 users

Inspirer \$19 / mo

1 concurrent challenge up to 20 users

Fireball \$39 / mo

2 concurrent challenges up to 40 users

Bigger Teams \$1 / user / mo

- 2 concurrent challenges included
- Additional concurrent challenge - \$0.50 / user

Pricing Examples

- Team of 60 users with 2 concurrent challenges - $60 \times \$1 = \60 / month
- Team of 60 users with 3 concurrent challenges - $60 \times \$1.5 = \90 / month

Yearly options available at discounted price. You can cancel your subscription anytime.

spurr APP 9:52 PM
⭐ Simona contributed 5 mins to Plank challenge (323 / 500).

Nikol 10:04 PM
@mauricio is killing it!

File from iOS ▾

spurr APP 10:05 PM
⭐ Mauricio contributed 5 mins to Plank challenge (328 / 500).

Camila 10:05 PM
Hahaha Nice!

spurr APP 11:20 PM
👏 Radka contributed 2 mins to Plank challenge (330 / 500).

Visit <https://spurrapp.com> to start your
first challenge today