



# STRIVE TO THRIVE SERIES

Our Strive to Thrive Challenge is a 12-week, habit-based coaching program that utilizes accountability and incentives to encourage and motivate you to reach your goals.

## EVERYTHING YOU NEED TO KNOW

### **How do you provide accountability?**

You will be assigned a DHF Coach that will help guide you through the challenge and will request weekly check-ins that can be electronic, by phone, or live. The accountability sessions will be based upon your original goal, and the habits you are performing to reach that goal.

### **How do you provide incentive?**

Incentive will be provided in two forms: certificates will be handed out for those completing phases within the challenge. Points will be earned each week for habit completion which can be redeemed within our YRewards program.

### **Is this a weight loss challenge?**

It can be if you want it to. The challenge and what you ultimately are thriving for is based on you. Weight loss can be the goal, but so can lowering cholesterol or blood pressure, strength to build stronger muscles, etc. The challenge is based on you, your needs, and your goals.

### **Do the habits relate to my goals?**

Yes, the habits are built upon three pillars: nutrition, movement, and recovery. These components are the backbone of any goal and

program. The habits are fundamental in nature to relate to varying goals and activities.

### **Can I repeat the same habit and earn points for 12 weeks?**

We absolutely desire for you to repeat the habit for 12 weeks, but to earn habit-based points there is a 2-week limit per habit. Ideally, you continue with the habit, and then build upon that habit with others to reach your goals.

### **Are different habits earning different points?**

Yes, the habits are built on three different levels (1-3). Level 1 is built for success and is readily achievable. Level 2 increases the difficulty to motivate you to strive for more, and Level 3 evokes empowerment by showing an understanding of the process.

### **What is included in the challenge?**

Our Strive to Thrive Challenge starts with an individual screening that is both subjective (questionnaires) and objective (InBody Systems) that are based on your goals, needs, and activities. From that screening, you will receive:

- Weekly sessions with your DHF Coach via live and phone

- Vitality Handbook

Programs will be accessible on our DHF CoachFit App and the Vitality Handbook will be provided to monitor habits.

### **What are examples of the habits we will be asked to work on?**

Habits will be based on nutrition, movement, and recovery. Each participant will be asked to perform one of those habits per week. An example of a Level 1 Recovery habit would be to take a breathing break. A Level 3 Movement habit would be to build a workout. A Level 3 Nutrition habit would be to eat only Whole Foods.

### **What is the cost to enter the challenge?**

The cost for the 12 week program is \$299.

## **SIGN UP TODAY!**

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