

Days to a Healthier You

AhealthyU Calendar Challenge






AhealthyU's calendar challenge, **Days to a Healthier You**, is designed to help you live a well-balanced lifestyle. Complete an activity each day to build a full month of healthy habits.

AhealthyU's Calendar Challenge Begins March 1

Join the challenge by logging your daily activities using the Givhero calendar starting Tuesday, March 1, 2022.

- **New Givhero user?** Tap givhero.page.link/ahealthier-you from your **MOBILE PHONE**, download the Givhero app and accept the challenge. Be sure to use your AU email address when creating your account.
- **Returning Givhero user?** Tap givhero.page.link/ahealthier-you from your **MOBILE PHONE** and accept the challenge.

How to Participate

- **Logging an activity:** Each day you complete an activity, tap on the challenge from your Givhero app dashboard and then tap the icon  to log the activity. On the calendar, tap on the icon  and select your activity. No need to save your entry; it will save automatically. You have the option to log your activity daily or at the end of each week. Multiple activities can be recorded on the same day.
- **Deleting an activity:** Click on the  icon and select NONE.
- **To view the leaderboard:** Tap on **Challenges** and tap on *Days to a Healthier You*.

For all technical questions throughout the challenge, please contact Givhero: email Givhero directly at support@givhero.com or from the Givhero app by tapping *More >> Support* at the bottom of your screen.