

Kaiser Permanente's 4-Week Challenge



384
Registered
Participants



38
State and County
Agencies



220
Employees Formed
30 teams

Program Highlights

Group	Total Participants	Met Goal	Achievement rate
All Registered	384	195	50.78%
Users on official teams	220	139	63.18%
Users who logged activities each week for the 4-week challenge	384	287 <i>(logged activity each week)</i>	75.00%

What participants liked about the challenge:

- “It encouraged me to try to get better meals, it connected to my Apple Health, so it automatically logged my progress.”
- “The teamwork, challenge, determination, bonding with teams, having fun while exercising, etc.”
- “It helped me be consistent everyday.”
- “Made me motivated to get my steps everyday.”