



Challenge Guide

Around the World

Health and wellbeing challenge

For more information visit kaido.org/faqs.

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Kaido Wellbeing





Welcome to the Kaido Around the World health and wellbeing challenge. During this challenge, you and your colleagues follow in the footsteps of the intrepid explorer Phileas Fogg and attempt to travel Around the World in 40 Days. You will depart from London, heading for Egypt, before visiting India, Hong Kong, Japan, San Francisco and New York. You will be introduced to everything these iconic places have to offer, from 120 year old funicular railways to square water melons. The Around the World challenge is a Kaido favourite and one not to be missed.

Your fuel for the journey is Kaido Points, earned based on the improvements you make to your physical, mental and social wellbeing.

The aim of a Kaido Challenge is to help you to develop self awareness around your health and wellbeing, and introduce you to one or two topics that you find interesting and empowered to explore further in the out of challenge period.

Over the course of the challenge, you will receive healthy hints, tips and rewards to support and motivate you as the challenge progresses.

The remainder of this document gives you all the information you need to take part in the challenge, and get started on your personal journey to a happier and healthier you.

If you still have questions after reading this guide, please visit our [FAQs](#) or speak to a Wellbeing Champion at your company.

Wishing you the best of luck!

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How will the challenge benefit you?

At Kaido, we are passionate about creating a challenge experience that is inclusive, engaging and most importantly relevant to you and your personal health and wellbeing goals. The challenge is designed to help you make small, manageable changes to your existing routine, in a safe and importantly sustainable way.

Of employees who complete a Kaido challenge:



Don't just take our word for it

See what users have to say about Kaido.



I now park further away to increase my steps and use mindfulness as a coping mechanism. I am trying to stop snacking and also to drink more. **I have a much more positive mood.**

This has done me the world of good. I suffer with depression and anxiety and the meditation has **improved my way of life incredibly.** Well done Kaido. You're amazing!



Personalised to you

At Kaido, we understand that everyone is different, and what motivates one person will certainly not be the same for another. This is why Kaido creates unique content journeys for individuals based off their competency, theme and working pattern. This creates a challenge journey that is aspirational and importantly relevant to you.

Story	Experience	Theme	Working Pattern
The Arctic Expedition	First challenge	Lose weight	Shift Worker
Around the World	Second challenge	Calm the Mind	9 to 5
Seven Natural Wonders	Third challenge	Improve fitness	Nights

Themes

Tailored to your goals

Your Challenge Theme is your reason for taking part in the challenge. You have four themes to choose from: a) Lose Weight b) Calm my Mind c) Improve my Fitness d) Improve my Health Understanding. Whether you are looking to improve your physical activity, be introduced to mindfulness, or simply have fun with your friends, Kaido will have something for you.

Competency

Progress with each challenge

Your challenge competency is your experience with Kaido. Health related content evolves each and every Kaido Challenge that you participate in. This is to keep you motivated and ensure you are always learning! Your challenge competency is assigned to you by the Kaido platform based off the number of challenges you have completed.

Kaido for shift workers

A Kaido Challenge is as applicable for shift workers as it is to an office worker working a traditional 9-5. Challenge Days can be submitted at anytime, meaning you can scroll back and catch up when life (or work!) gets in the way.

How the challenge works

A Kaïdo challenge lasts for 6 weeks (40 days) and focuses on four key pillars of health: Physical Activity, Nutrition, Sleep and Mental Health.

You can either take the challenge alone, or as part of a self selected team with up to 10 colleagues.

Earning your Kaïdo Points

Kaïdo Points are your fuel for the journey. You earn Kaïdo Points in order to reach milestones and be in with a chance of winning challenge themed prizes. You can earn up to 360 Kaïdo Points per day by doing daily physical activity, completing wellness tasks and writing a daily reflection.

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Completing a Challenge Day

Each day you will receive a new piece of health and wellbeing content, based on the focus of the week and your chosen theme. Each day must be marked as complete to earn your points. If for any reason you miss a day, you can simply scroll back through the app in order to complete your tasks and earn that days points, but once you mark a day as complete, it becomes locked.

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Reaching a Milestone

Each Kaïdo Challenge has seven milestones for you to reach, each taking a different amount of points to achieve. Once you reach a milestone, it will become unlocked, allowing you to view interactive content about the milestone and be entered into a prize draw. You can view how many points you need to unlock the next milestone on the app.

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Completing the Challenge

Once you reach the seventh milestone, you complete the challenge. If your team is within the top three teams from your business, your team will be sent an exclusive challenge themed medal for your efforts. It is possible to reach the final milestone before 40 days, but you can still continue to take part and benefit from new daily health content.

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Challenge Format

The Challenge lasts for 6 weeks (40 days). Each week focuses on a different health and wellbeing topic for example; sleep or mental health. The topic determines the type of health and wellbeing content that you receive each day of the challenge. The goal is that by the end of the challenge you have a broad appreciation of how different pillars of health could affect you.

- **Week 1 - Introduction**
The Kaido challenge will introduce you to a variety of health and wellbeing topics, all mapped to your personal motivation for taking part.
- **Week 2 - Physical Activity**
You will work alongside your colleagues to earn Kaido Points by doing daily Physical Activity, completing Wellness Tasks and Reflecting on your progress. During this week you will be introduced to the Healthy Habits Series, an interactive webinar series designed to help you create long-term, sustainable habits.
- **Week 3 - Mental Health**
The challenge will help you to develop emotional resilience, learn how to handle stress better and how to live in the present moment. You are encouraged to try mindfulness using applications such as Headspace and Calm.
- **Week 4 - Nutrition**
Nutrition is traditionally one of the most misunderstood areas of wellbeing, and one of the most crucial. This week we will help you understand how to manage cravings and make more informed food choices.
- **Week 5 - Sleep**
We'll explore how to improve sleep quality by decluttering your mind and improving your sleep environment.
- **Week 6 - Bringing it all together**
The final week of the challenge encourages you to evaluate the progress you have made over the last 6 weeks and helps you to turn your new found skills into long term and sustainable healthy habits.



Prizes and Rewards

As the challenge progresses you will reach milestones, which unlock challenge themed prizes and rewards.

Getting Started

The Kaido experience is accessible from a mobile optimised website, accessible at kaido.org/start, or via mobile apps for iOS and Android. Kaido is designed to be super low touch for you as an employee, taking no longer than 5 minutes of your time each day, to read the daily information and complete your health and wellbeing tasks. To register for the challenge, navigate to the Challenge Tab of the Kaido application and click the 'Join Challenge' button.

Completing Onboarding

Before the challenge goes live you should complete your onboarding information. You will be asked to select your working division and theme for the challenge, as well as sharing your age, height and weight. This information is needed to calculate your individual daily physical activity points and also ensure the health and wellbeing content you receive is relevant to you.

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Joining a team

In order to take part in the challenge, you must be part of a team. Teams are made up of between 1 and 10 people from the same organisation. You can join a team, create a new team and accept team invites from your Challenge Dashboard. You are encouraged to join a multiple person team for the challenge. According to Kaido data, teams with multiple members are 2.3x more likely to complete the challenge due to the benefit of social support. Please note individual teams are not included on challenge leaderboards.

[Click to learn why](#)



Downloading the App

Access Kaido on the go by using our apps for iOS and Android. You can download it in a couple of minutes by either visiting your relevant app store, or by clicking on the 'Download the Kaido app' card on your Dashboard.

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Connecting your Health Tracker

During the challenge, you have the option to connect your favourite physical activity tracker to Kaido in order to automatically share your daily physical activities. You will be prompted to connect your smartphone/app or wearable during onboarding and you can manage your connected devices from the 'more' section of the app. Please note that a connected application is not compulsory to take part in the programme. Physical Activity can be added manually each day on the platform.

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Logging your Activities

Each new day of the challenge you can earn up to 120 Kaido Points by logging your daily physical activity. For users with a connected device, hitting the 'Sync' button on your Daily Log will automatically share your physical activity data with Kaido. From the Daily Log you can also manually 'Add Steps' and 'Activities' chosen from the dropdown of physical activities.

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Writing Reflections

A Kaido Challenge supports you to develop self awareness around your personal health and wellbeing. One of the ways it does this is by encouraging you to reflect on your learning and progress. Each day of the challenge you can earn up to 120 Kaido Points by writing a reflection. You will be prompted with a question, and can write your answer in the Daily Log.

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Completing Wellness Tasks

Each new day of the challenge, you will be sent up to three Wellness Tasks to complete based off your theme and the focus for the week. You should mark the Tasks as complete by either marking the tick box as done, or by entering a number (e.g. number of minutes of mindfulness completed) into the box. Wellness Tasks can be found on the Daily Log.

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Navigating the Kaido App

The Kaido application is broken down into 3 sections. 'Home' is where you can quickly pick up where you left off. 'Challenge' is where you can view everything in relation to your current active challenge and/or upcoming challenges. And finally, 'More' is where you can update your settings, get help or visit the Kaido Health Hub.

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Still got a question?

Choose one of the options below:



Browse our FAQs

Click here to view our FAQs or visit kaido.org/faqs in a web browser.



Chat to us

Click here to speak to one of our friendly support team via Intercom.

About Kaido

Access to the Kaido Workplace Wellbeing Solution has been paid for by your employers as part of your company Health and Wellbeing strategy. You must be part of a client company in order to take part in the programme.

Kaido Group Ltd are a pioneering digital health company from Birmingham on a mission to help people take greater control of their physical and mental health.

The Kaido team has core competencies in health, technology and product design and an extensive partner network including University Hospitals Birmingham, The West Midlands Academic Health Science Network and EIT Health.