



***An electronic platform that facilitates the creation and management of corporate health and well being competitions.***

Our concept is simple! Players set behavioural change goals, for example 'I will walk 10,000 steps a day, go running three times a week, or attend eight yoga classes a month'. Players can then challenge colleagues and friends to adopt the same goals. Data feeds from personal tracking devices such as Garmin, Fitbit and RunKeeper are used to confirm the players are keeping up with their commitment. If not, they are charged a penalty fee which is donated to a chosen charity or distributed amongst the challenge group, giving the disciplined individuals rewards and recognition for their behaviour!

### **What's in it for you & your corporates?**

For the first time, colleagues on different personal fitness apps and devices can now play games and interact with each other in an exciting new platform for free. The social competitive nature of the games motivates employees to get in shape and stay healthy.

### **Charity benefits & funding tool**

1 Set the rules 2 Set the stakes 3 Set the prizes 4 Challenge summary

Payment Collection Details:

Select One Option

Team Lead:  DisciplineXgames  Non Charitable  Charitable

British Heart Foundation

Winning Amount Options

Charitable contribution = 25 %

Winnings Allocation Dates

Quarterly

The **DisciplineXgames** platform allows for a percentage of the forfeit for not committing to a challenge to be donated to your chosen charity.



For further information regarding **DisciplineXgames** and other collaborative opportunities please contact David Hume on +44 (0) 7944 941932 or [david.hume@disciplineX.com](mailto:david.hume@disciplineX.com)