



MOVE CHALLENGE



Every minute counts! Whether it's a walk, a workout at the gym, cycling, yoga or a triathlon - every form of movement brings you closer to your shared goal.

Are you ready to take on the challenge? Then sign up now for the **Move Challenge!**

Goal: Collect as many movement minutes as possible during the challenge period. You will compete individually in the individual ranking and together with your team against the other teams. At the same time, your company will work together to achieve the shared goal of **129,600 minutes of movement (3 months)**.

Whether you are working out at the gym, going for a walk, cycling, swimming, practicing yoga or participating in a sports club - every activity helps you and your team move forward.

To record your activities, simply send us a photo or screenshot of your tracked movement. You will receive a weekly update on the current status of the individual, team, and overall company rankings.

You can find all further participation details on the next slide.

Every minute counts: for you, your team, and our shared goal.

MOVE CHALLENGE - PARTICIPATION TERMS



Challenge period:

07.09. – 01.11.2026 (8 weeks)

Registration period:

14.07. – 31.07.2026

Activities:

All movement activities count!

Running, strength training, Hyrox, tennis, yoga, and more...

Team allocation:

Registration as an individual participant, followed by team assignment through a random draw

Rankings:

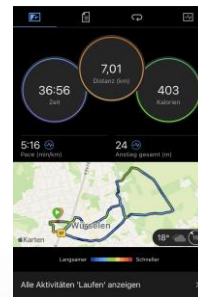
Individual ranking, team ranking, and company-wide goal

Awards ceremony:

Places 1–3 in both the individual and team rankings

Activity tracking:

Proof of activity must be provided via a photo (e.g. display of an ergometer) or a screenshot (e.g. fitness watch or tracking app).



Email: info@im.puls-team.de

WhatsApp: 01782371370