



Starts August 10, 2020 and goes through August 31, 2020 (\$4 Entry Fee)

\$1000 in Total Awards for Winners

Participants in the Xcellent Life Wellness Competition will use the Xcellent Life Mobile App and Software Platform to compete in a digital wellness competition. The Xcellent Life Mobile App and Software will track the participants' improvements in wellness and how much they share the wellness insights, which are curated and designed by Xcellent Life to empower the community. The Xcellent Life Mobile App can be configured to evaluate 38 different health metrics, but for the Xcellent Life Wellness Challenge the metrics that are evaluated for scoring will be:

- BMI
- Blood Pressure
- Body Temperature
- Sleep
- Stress
- Overall Wellness
- Steps Taken
- Active Days
- Overall Mood

Additionally, participants will receive 4 request a day to share content. Each time they receive a request to share, a timer will count down from 20 seconds. Participants will be awarded 5 points multiplied by the time remaining on the timer, each time they share across LinkedIn, Twitter, Instagram, or Facebook. There are 10 different pieces of content that you can select from each time you share.

The scoring for sharing content and empowering your community is below:

- Facebook Share = 10 Points multiplied by Remaining Time on Timer
- LinkedIn Share = 10 Points multiplied by Remaining Time on Timer
- Twitter Share = 10 Points multiplied by Remaining Time on Timer
- Instagram Share = 10 Points multiplied by Remaining Time on Timer
- Someone registers for the Xcellent Life Mobile app using your referral code = 20 Points
- Someone pays for the Xcellent Life Wellness Challenge using your referral code = 50 point

The Xcellent Life Mobile app will evaluate the level of improvement a person makes in their health, their overall health score and how much they empower their community's wellness by sharing health our curated health information

The competition, the following prizes will be awarded:

- 1st place prize of \$450
- 2nd place prize of \$200
- 3rd place prize of \$150
- \$50 will be awarded to the first person to get to 500 points
- \$50 will be rewarded to the fist person to share our wellness content 5 days in a row
- \$100 will be rewarded to the first person to share our wellness content 10 days in a row

What Makes the Xcellent Life Wellness Challenge Great for the Community

Xcellent Life focuses on improving health and the quality of life for all by driving wellness. As a result, we are partnering with the United Way and Red Cross as they play a critical role in improving health and wellness in the world today. All proceeds will go to driving wellness so your participation will not only help to further wellness information, it will directly support wellness initiatives that will positively affect the community. Additionally, we make it fun with a competition that could leave you with some extra cash for becoming an Xcellent Life Wellness Challenge Champion!



**United Way
of Greater Nashville**



**American
Red Cross**

Here is what you need to do to join others in making our community better

1. Download the Xcellent Life Wellness App
2. Register & Setup a Profile
3. Accept the Invitation from inside the App to Join the Xcellent Life Wellness Challenge

[iOS Download](#)

[Android Download](#)