



THE 14-DAY Healthy Habits Challenge

Small daily actions. A routine that lasts.

OCTOBER 5-18 | \$65 PER REGISTERED



A guided program for healthier routines without restriction or overwhelm.

Participants add one realistic habit at a time, then spend the rest of the challenge building consistency with live support inside the EverFit app.



\$100 AMAZON GIFT CARD
awarded to the top engaged

WHAT PARTICIPANTS GET

- Live coaching: real interaction and daily support from Maddie.
- Daily tasks: simple app-based actions that build accountability.
- Workout programming: ready-to-follow sessions with modifications.
- Group chat: encouragement, community, and daily check-ins.
- Science-backed guidance: the why behind every habit.

HOW THE 14 DAYS WORK

- 1 Days 1-5**
 - Add one manageable habit each day.
- 2 Days 6-14**
 - Practice the full stack and troubleshoot real life.
- 3 Finish strong**
 - Keep a repeatable routine for busy days, travel, and stress

MEET YOUR COACH: MADDIE RUSSELL

- Certified personal trainer, health coach, and functional nutrition and metabolism specialist with a chemistry background and a practical, sustainable approach to behavior change

READY TO BRING HEALTHIER HABITS TO YOUR TEAM?

Organizations purchase spots, then employees receive a simple registration link.

GET THE CHALLENGE