ayogo. our customers

Healthcare

Pharmaceutical and Medical Devices

Academic and Research Partners
Do you like team sports?

Where would you most prefer to live?

- Near the Mountains
- Near the Ocean
- In a City
- By a Lake

Would you rather.....

- Be around people
- Be on your own
You might be a...

LYNX

Based on your answers, we think you're most like a Lynx: Disciplined, Determined, Athletic, Intelligent & Habitual.

I think these Aims would be perfect for you! Lynx crave physical activity and always need to be moving!

Step It Up
These days we all sit way too much. Active people are happier and healthier.

Be Outdoors
Being outside in nature can help turn a
How would you prioritize this aim against other things in your life right now?

**How important is this aim?**

- It's mildly important

Do you feel you are ready and it is within your ability to complete this aim?

**How ready are you?**

- I'm fairly ready

Knowing beforehand what obstacles YOU will face makes a big difference in how you overcome them.

**An obstacle I might face...**
July 31, twenty eighteen

Quick Win

Drink a glass of water, right now!

Great job! You've completed 14/25 tasks in this stage of the Screen Time Aim!

Do your bedroom windows let cracks of light in? Block out that light!

Make a "running kit" — get your shoes, clothes and gear into a bag near your door.

Here's how you're doing:

- SUGARY DRINKS
- FRUITS & VEGETABLES
- ACTIVITY
- FAMILY TIME
- SCREEN TIME
- SLEEP

Update
Social Wall for parent-parent discussion

Articles and Resources updated regularly

Book appointments with a live health coach.