Welcome to AIM2BE!

Aim2Be is designed to help you achieve your health aims related to eating, active living, screen time and sleep.

Work on an Aim

Drop Sugary Drinks

Start with this Aim. Complete the 4 stages to cut down or eliminate your sugary drink intake.

Satisfy your thirst with water. It's better for you and the environment.

Let's do it

Choose up to 3 Aims to work on at one time. We recommend 5 just for you. Click on 'Let's Do It' to get started.

Use your currency to unlock Stories and items
Social

- Adult Expectations: 30%
- Peer Expectations: 70%

Posts

Mar 21 10:21am, Kiarmin1
My mom gets really intense about grades. She doesn't get that it doesn't make me want to do better, it just makes me feel anxious.

Mar 21 10:21am, BraidN
I feel pressure when going to the mall with friends - I don't like trying on stuff.

Connect

Hi, I'm Aimbot!

To get support with your Aims and learn about the app features, visit the Aimbot.
At a glance

1. Onboarding
   - Personalizes the user experience

2. Aims Store
   - Selection of individualized Aims

3. Tasks
   - Aim aligned tasks help user progress in small, incremental steps

4. Check-In
   - Self-monitoring, & feedback,

5. Discover
   - Information gateway supports the user to achieve their Aims

6. Social Wall
   - A social exchange platform supports users

7. Aimbot
   - A live coach and Aimbot, assist users to achieve their Aims

8. Stories
   - ‘Choose your own adventure’ stories support improved decision making and facilitate understanding