

SERIOUS ABOUT MAKING A CHANGE?

Stake cash against achieving your goals and earn cash from those who don't!

Find your Behaviour Change tribe at:

BetYourselfBetter.com

And start contributing to a healthier community for all today!



"Until you make the unconscious conscious, it will direct your life and you will call it fate"

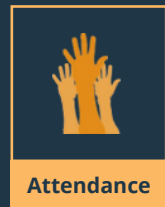
- Carl Jung



Weigh In



Activity



Attendance

HOW IT WORKS

- Set a behavioural contract with friends or colleagues, or join peers in one of our Promo games.
- Agree a forfeiture amount for non compliance.
- Stay disciplined to win your share of the forfeitures.

It's easy to play - just take a picture of your weight through the app, or submit a screenshot of your favourite Fitness Tracking app and we will handle all rest for you.

*Performance audits apply



1. Set the rules

e.g.

- Run 15 km per week
- Gym 3 days a week
- Lose 5% of weight

2. Set the stakes

e.g.

- £5 x 5 Strikes = £25
- £10 x 5 Strikes = £50
- £50 x 10 Strikes = £500

3. Set the prizes

e.g.

- 100% to the winner
- 25% to the charity
- 30% to local grassroots cause

4. Play the game

e.g.

- Weigh In
- Activity
- Attendance



BetYourselfBetter.com

* You may be requested to provide screen recording of your 3rd party Tracking app, or join a video call to validate authenticity of performance submission and or performance history. You may be selected for jury duty and asked to review screen recordings of other players for validity and authenticity. +- 10 min a month