

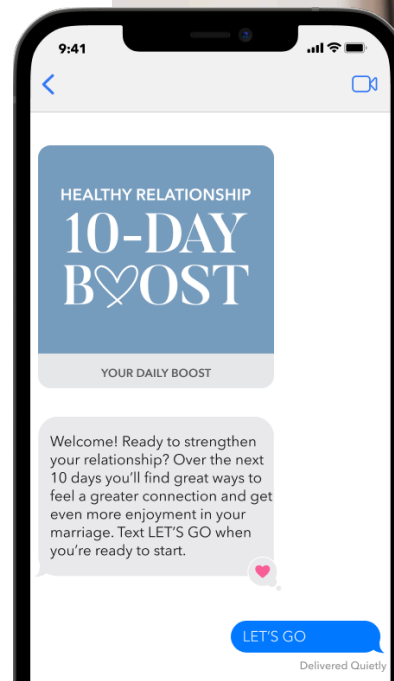
OVERVIEW

HEALTHY RELATIONSHIP 10-DAY BOOST

In the hustle of everyday life, it's easy to ignore our most important relationships, especially if they're not in trouble.

The 10-Day Boost is an SMS Challenge for couples who want to experience greater happiness and connection. They're not in crisis. They're not unhappy. They're interested in spending a few minutes a day nurturing their relationship with ways to be more thoughtful, loving, and appreciative.

It's like taking a vitamin for your marriage!





How it works

- Employees sign up for the 10-Day Boost on the Forwardly website
- After they sign up, they'll receive a welcome text message
- The first challenge will be sent the next day
- Every day for 10 days, employees receive a text with a one-minute audio message to their phone explaining their relationship challenge for the day
- Several times throughout the challenge, employees will be asked to text a word back (i.e. DONE) when they've completed the task so we can congratulate them and track participation
- On the first and final days of the challenge, employees will be asked to take a brief survey that will help us track their response to the challenge

Challenges at a glance

1. Hug Your Partner
2. Laugh
3. Schedule a Date night (with REPLY)
4. Make a Thoughtful Small Gesture
5. Walk
6. Turn off Your Phone
7. Write a Love note (with REPLY)
8. Take a Chore Off Your Partner's Plate
9. Actively Listen
10. Share a Favorite Photo

From preventative to crisis care, Forwardly provides holistic support for relationships at all stages

