




# Daily Kindness Challenge

Keep kind top of mind.

Challenge Dates: November 1 to November 30  
Goal: Self-Attest to acts of kindness for at least 21 days.

The act of being friendly, generous, and considerate can go a long way. You never know when even the smallest act of kindness can make someone's day. Strive to do at least one act of kindness every day and self-attest within the Challenge.

## GETTING STARTED

- Log in or register at [azblue.sharecare.com](https://azblue.sharecare.com).
- Find **Challenges** under the **Achieve**  icon.
- **Join** an "Active" or "Upcoming" challenge by the 7th of the month.
- **Self-Attest** to your activity daily within the Challenge.

## CHALLENGE DETAILS

- Deadline to track your activity is by 9 p.m. Arizona time on November 30.
- You can go back seven days in the month to add or edit your self-attestations.
- Meeting the goal earns you 50 points.