



Ask our pros

Have a question about health, nutrition, exercise or well-being? Our experts will help with any questions you may have. *[conceptual idea]*

 DACADOO 1d ago


Find out first about Awesome Activities as soon as they're posted.
[Get involved](#) 👍

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 DACADOO 2hs ago

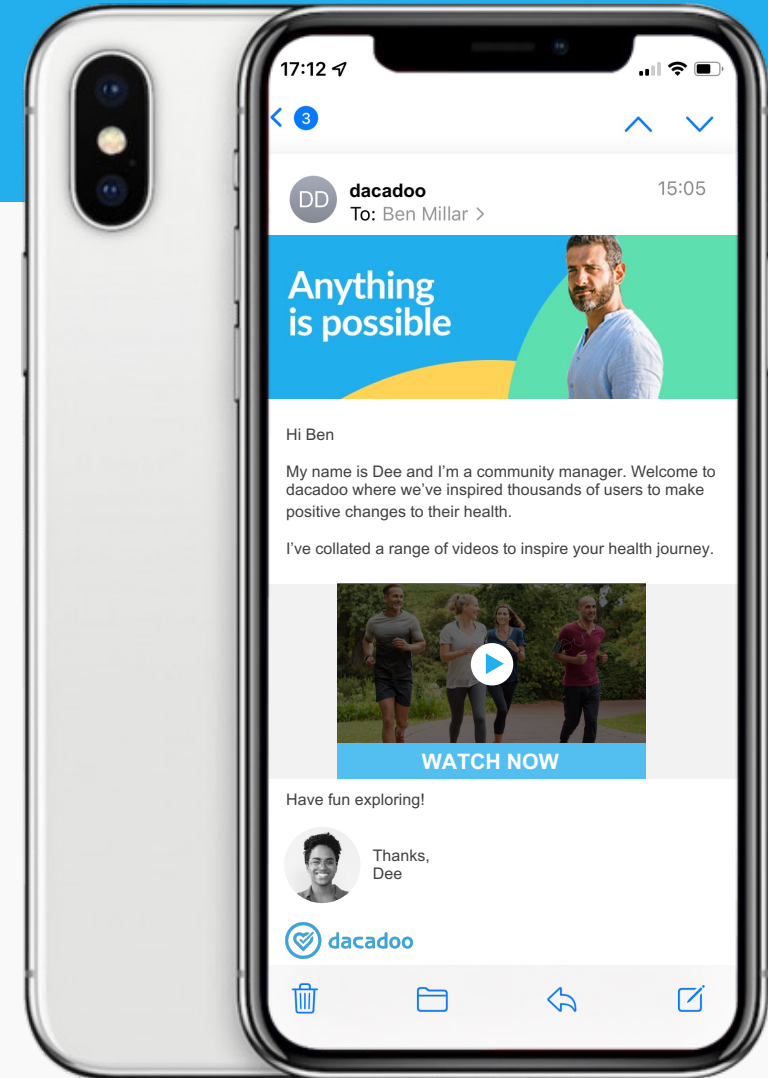
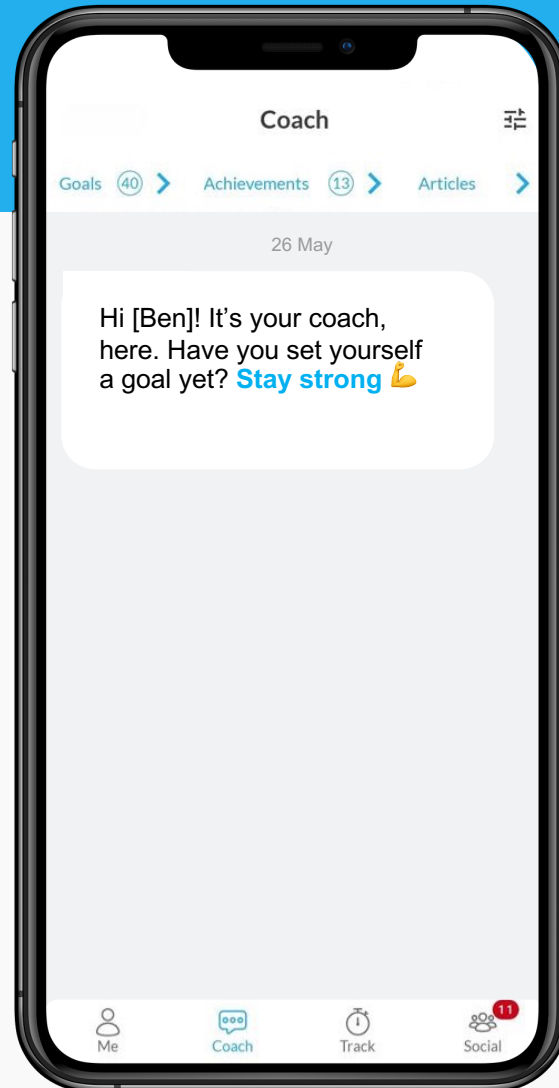
Your profile strength = Growing. Nice one, Ben! [Keep going](#) 🏆

Slide for more

 DACADOO 3m ago

Connecting a wearable makes you 34% more likely to reach your Health Goal.
[Connect yours!](#)

Slide for more



Day 1

Push notification + Spotlight: Hi Julie, **add friends** who are using the dacadoo app 📱



Push notification: Your profile strength = Growing. Nice one! **Keep going** 🔥



Push notification: Connecting a wearable makes you 34% more likely to reach your Health Goal. **Connect yours!**



Coach message: Hey Julie, want to create Healthy Habits? Our Coach has goal ideas for you! **Pick one now** 🙌



Email: Julie, welcome to dacadoo, your Happy Place 😊



Day 2

Push notification + Coach message: Hi Julie, don't forget to get those steps in. Did you know, an average person can do 500 steps in 5 minutes! 🦶



Day 3

Push notification + Coach message: Why not walk and talk, or walk while you watch TV? Keep up the good work. ✅



Day 4

Push notification + Coach message: Try walking on the spot while you dial into Zoom. **Find other ideas** 🙌



Spotlight: The community is waiting for you! **Add a friend** and swap stories 💡



Email: Finish setting up your account. Next Week = New You! ✨



Day 5

Push notification + Coach message: Got a minute to complete your mindfulness questionnaire? 📄 Popular Challenges are coming your way.



Push notification + Coach message: Great, you managed to walk 10,000 steps! What's next? Check out our Listening Walk challenge! 🎧



Push notification + Spotlight: How you feeling about your Step Count Challenge? **Get in touch** 👍 [link to Survey]



Day 7

Push notification + Spotlight: 🎁 Congrats! A higher score = more points! **Find out about our Rewards here** 🙌




Push notification + Spotlight (*If she has engaged*): Ready for your next challenge? 😊




Email: It's all about YOU, Julie! 🙌 Fancy a new challenge?



 DACADOO 1d ago

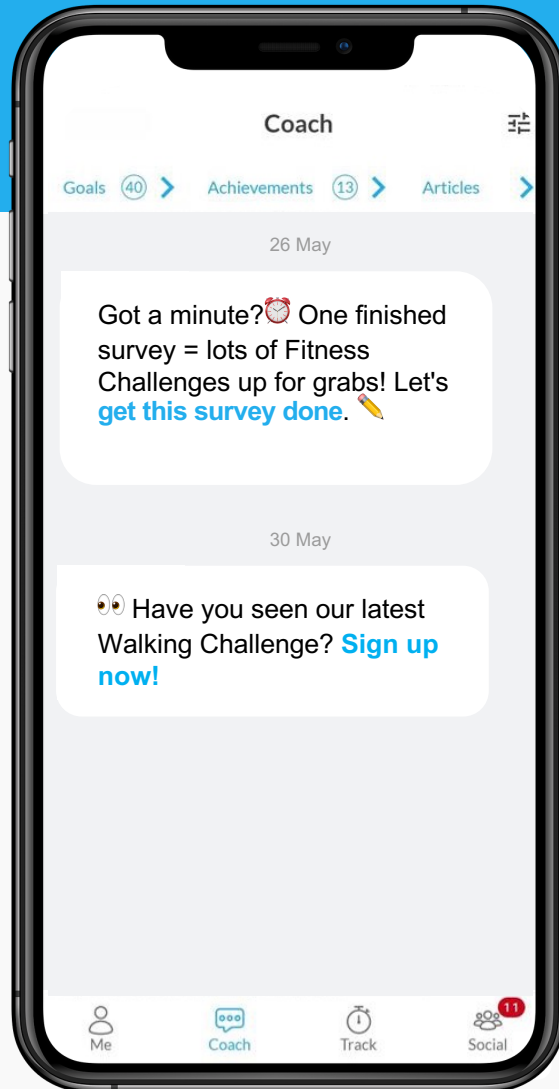
Hey Julie! Those steps won't walk themselves. One of the best ways to motivate yourself is to get a buddy. [Add a Friend](#) 🙌


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 DACADOO 2hs ago

Hey Julie! High five, girl. You smashed your Health Goal. Here's a special Congrats from us! 🎉


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 DACADOO 2hs ago

Hey, looks like you haven't completed your Nutrition assessment yet. Let's get it done, Julie! 📝 [Update Score](#)

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 DACADOO 2hs ago

Wow, lots going on, Julie. [Tell us](#) how it's been for you 🙌

Slide for more

