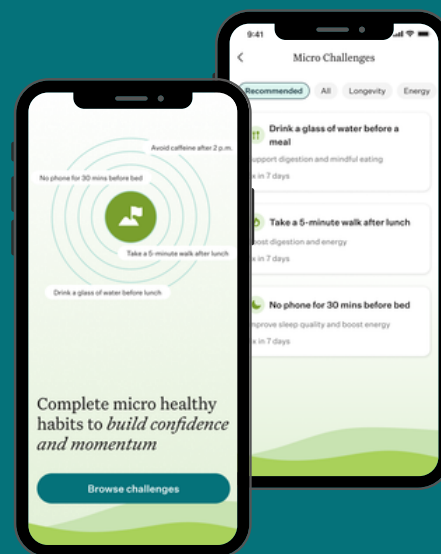


Challenge yourself and *build habits that stick*

Noom's microhabit challenges make healthy behaviors simple, personal, and something you'll actually want to do again.



Tiny steps, real change



Find a challenge small enough to do today—and meaningful enough to matter over time.



Browse challenges by category—or start with recommendations personalized to you.



Tailor your challenge to fit your schedule, your pace, and your routine.



Plus, learn about behavior change with Noom's full suite of psychology-based content and tools.



And, get 1:1 human support from coaches who offer guidance and encouragement tailored to your goals.

HOW IT WORKS

1

Open your challenges library

Tap the Challenges card on your home screen to browse all 100+ available microhabit challenges.

2

Choose a challenge

Pick one that fits your goals—or start with a personalized recommendation.

3

Customize your habit recipe

Set a cue, a microhabit, and a reward. Each ingredient helps make the habit more likely to stick.

4

Log your challenge

Each time you complete your habit, log it in the app on your home screen.

5

Reflect and keep going

Once a challenge is complete, you can start it again—or try something new.



TRY IT OUT
SCAN TO OPEN IN THE APP



Noom is available at no cost to you.
Join today by scanning the QR code.

The employee ID is your DoDID number.