

All the challenges presented in this annex are based on recognized and reputable guidelines. Among these are the guidelines related to physical activity and nutrition from the World Health Organization (WHO) [13,14,16,18,19,22,23], the Physical Activity Guidelines for Americans (PAG) [15], the dietary guidelines from the Food and Agricultural Organization (FAO) [20], and the sleep recommendations from the National Sleep Foundation (NSF) [24,25]. In addition to these reputable sources, other studies were used to support the activities included within each challenge, such as the following [52–54].

Based on WHO ¹, PAG ², FAO ³, and NSF ⁴.

Challenge 1:

Item	Description
Challenge name	Walk 5,000 steps daily ^{1,2} .
Activity description	Consists of walking 5,000 steps daily
Age group	-
Gender	-
BMI	-
Special groups	-
Injuries	Lower body.
Daily time available	>30'
Development location	Any
Required materials	No specific materials
PF	6
BP	5
GH	6
V	6
SF	3.5
MH	6
FC	1.5
LVC	1.5
GVC	1.5
ASC	1.5
WGC	1.5
DC	1.5
SSS	6.5
IS	4
HS	2.5
ER	3

Challenge 2:

Item	Description
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Challenge name	Walk 10,000 steps daily ^{1,2.}
Activity description	Consists of walking 10,000 steps daily
Age group	-
Gender	-
BMI	-
Special groups	None
Injuries	Lower body.
Daily time available	>30'
Development location	Any
Required materials	No specific materials
PF	7
BP	6
GH	7
V	6.5
SF	3.5
MH	7
FC	2
LVC	2
GVC	2
ASC	2
WGC	2
DC	2
SSS	7
IS	5.5
HS	3
ER	7

Challenge 3:

Item	Description
Challenge name	Walk 30 minutes daily ^{1,2.}
Activity description	It consists of walking 30 minutes daily.

Age group	-
Gender	-
BMI	-
Special groups	None.
Injuries	Lower body.
Daily time available	Between 15 and 30 minutes.
Development location	Any.
Required materials	No specific equipment needed.
PF	6.5
BP	5
GH	6.5
V	6.5
SF	4
MH	6.5
FC	2
LVC	2
GVC	2
ASC	2
WGC	2
DC	2
SSS	6.5
IS	5
HS	3.5
ER	3

Challenge 4:

Item	Description
Challenge name	Jog 30 minutes daily ^{1,2} .
Activity description	It consists of jogging 30 minutes daily.
Age group	-
Gender	-
BMI	30-34.9 = class I obesity. 35-39.9 = class II obesity. >40 = class III obesity.

Special groups	Musculoskeletal or connective tissue disorders (e.g., arthritis, chondropathy).
Injuries	Lower body.
Daily time available	Between 15 and 30 minutes.
Development location	Any.
Required materials	No specific equipment needed.
PF	8
BP	6
GH	8
V	8
SF	4
MH	7.5
FC	1.5
LVC	1.5
GVC	1.5
ASC	1.5
WGC	1.5
DC	1.5
SSS	4
IS	3
HS	1.5
ER	5

Challenge 5:

Item	Description
Challenge name	Run 20 minutes daily ^{1,2} .
Activity description	It consists of intense running for 20 minutes daily.
Age group	-
Gender	-
BMI	30-34.9 = class I obesity. 35-39.9 = class II obesity. >40 = class III obesity.
Special groups	Musculoskeletal or connective tissue disorders (e.g., arthritis, chondropathy).

Injuries	Lower body. Trunk.
Daily time available	Between 15 and 30 minutes.
Development location	Any.
Required materials	No specific equipment needed.
PF	8.5
BP	7.5
GH	8.5
V	8.5
SF	4.5
MH	8
FC	2
LVC	2
GVC	2
ASC	2
WGC	2
DC	2
SSS	9
IS	7.5
HS	4.5
ER	8

Challenge 6:

Item	Description
Challenge name	Cycle 30 minutes daily ^{1,2} .
Activity description	It consists of cycling for 30 minutes daily.
Age group	-
Gender	-
BMI	-
Special groups	None.
Injuries	Lower body. Upper body. Trunk.
Daily time available	Between 15 and 30 minutes.

Development location	Any.
Required materials	Bicycle.
PF	7.5
BP	6
GH	7.5
V	7
SF	3.5
MH	7
FC	1.5
LVC	1.5
GVC	1.5
ASC	1.5
WGC	1.5
DC	2
SSS	7.5
IS	6
HS	4
ER	3

Challenge 7:

Item	Description
Challenge name	Pedal 20 minutes daily ^{1,2}
Activity description	It consists of intense cycling for 20 minutes daily.
Age group	-
Gender	-
BMI	30-34.9 = class I obesity. 35-39.9 = class II obesity. >40 = class III obesity.
Special groups	Musculoskeletal or connective tissue disorders (e.g., arthritis, chondropathy).
Injuries	Lower body. Upper body. Trunk.
Daily time available	Between 15 and 30 minutes.
Development location	Any.
Required materials	Bicycle.

PF	7.5
BP	6.5
GH	7.5
V	7.5
SF	3.5
MH	7.5
FC	1.5
LVC	1.5
GVC	1.5
ASC	1.5
WGC	1.5
DC	1.5
SSS	7.5
IS	5.5
HS	3
ER	5

Challenge 8:

Item	Description
Challenge name	Swim 30 minutes daily ^{1,2} .
Activity description	It consists of swimming for 30 minutes daily.
Age group	-
Gender	-
BMI	-
Special groups	Skin diseases. Circulatory system diseases (e.g., hypertension).
Injuries	Lower body. Upper body. Trunk.
Daily time available	Between 15 and 30 minutes.
Development location	Swimming pool. Sea.
Required materials	Swim cap and swimsuit.
PF	9
BP	8
GH	9

V	9
SF	4
MH	7.5
FC	2
LVC	1.5
GVC	1.5
ASC	2
WGC	2
DC	2
SSS	9
IS	7.5
HS	4.5
ER	9

Challenge 9:

Item	Description
Challenge name	Eat at least five servings of fruits and vegetables ^{1,3} .
Activity description	It consists of consuming five servings of fruits and vegetables daily.
Age group	-
Gender	-
BMI	-
Special groups	Endocrine diseases (e.g., diabetes).
Injuries	-
Daily time available	Any.
Development location	Any
Required materials	No specific equipment needed.
PF	2.5
BP	3.5
GH	7
V	5.5
SF	5.5
MH	5.5
FC	10

LVC	5
GVC	4.5
ASC	4.5
WGC	4.5
DC	4
SSS	4
IS	3.5
HS	3
ER	5

Challenge 10:

Item	Description
Challenge name	Sleep eight hours daily ^{1,4} .
Activity description	It consists of achieving eight hours of sleep daily throughout the week.
Age group	-
Gender	-
BMI	-
Special groups	Sleep-wake disorders
Injuries	-
Daily time available	Any.
Development location	Any.
Required materials	No specific equipment needed.
PF	7.5
BP	7.5
GH	7.5
V	8
SF	5.5
MH	8
FC	2.5
LVC	2.5
GVC	2.5
ASC	3

WGC	2
DC	2.5
SSS	9
IS	9
HS	8
ER	2

Challenge 11:

Item	Description
Challenge name	Go out dancing ^{1,2} .
Activity description	It consists of dancing at least three days a week for 45 minutes.
Age group	-
Gender	-
BMI	-
Special groups	Skin diseases.
Injuries	-
Daily time available	Any.
Development location	Any
Required materials	No specific equipment needed.
PF	8,5
BP	8
GH	8,5
V	9
SF	9,5
MH	9
FC	2,5
LVC	2
GVC	2
ASC	2,5
WGC	2
DC	2
SSS	8,5

IS	7
HS	4
ER	7

Challenge 12:

Item	Description
Challenge name	HIIT 7' workout ^{1,2} .
Activity description	It consists of performing three sets of the HIIT 7-minute workout four days a week.
Age group	-
Gender	-
BMI	30-34.9 = class I obesity. 35-39.9 = class II obesity. >40 = class III obesity.
Special groups	-
Injuries	-
Daily time available	Between 15 and 30 minutes.
Development location	Any.
Required materials	No specific equipment needed.
PF	10
BP	10
GH	10
V	10
SF	5
MH	8.5
FC	3
LVC	2.5
GVC	2.5
ASC	3
WGC	2.5
DC	3
SSS	9
IS	7.5
HS	4.5
ER	8

Challenge 13:

Item	Description
Challenge name	Sliding Disc Training ^{1,2} .
Activity description	It consists of performing three sessions of strength and balance training with sliding discs.
Age group	-
Gender	-
BMI	-
Special groups	Musculoskeletal or connective tissue disorders (e.g., arthritis, chondropathy).
Injuries	Lower body. Trunk.
Daily time available	>30'.
Development location	Any.
Required materials	Sliding discs or cloths as an alternative.
PF	8.5
BP	8.5
GH	8.5
V	8
SF	3.5
MH	6.5
FC	2
LVC	2.5
GVC	2
ASC	2.5
WGC	2
DC	2
SSS	8
IS	6.5
HS	3.5
ER	8

Challenge 14:

Item	Description
Challenge name	Do not consume stimulants before going to sleep ^{1,4} .
Activity description	Avoid consuming alcoholic beverages or stimulants, and fruits with high vitamin C content (orange, kiwi, etc.) in the hours before going to bed throughout the week.
Age group	-
Gender	-
BMI	-
Special groups	-
Injuries	-
Daily time available	Any.
Development location	Any.
Required materials	No specific equipment needed.
PF	6
BP	4
GH	7
V	6
SF	2.5
MH	6.5
FC	1.5
LVC	1.5
GVC	1.5
ASC	1.5
WGC	1.5
DC	1.5
SSS	9
IS	9
HS	7.5
ER	2

Challenge 15:

Item	Description
Challenge name	Avoid exposure to artificial light before going to sleep ⁴ .
Activity description	This consists of avoiding artificial light and the use of screens at least two hours before going to bed throughout the week.
Age group	-
Gender	-
BMI	-
Special groups	-
Injuries	-
Daily time available	Any.
Development location	Any.
Required materials	No specific equipment needed.
PF	4.5
BP	5.5
GH	7
V	7.5
SF	4.5
MH	7
FC	1
LVC	1
GVC	1
ASC	1
WGC	1
DC	1
SSS	9
IS	9.5
HS	6
ER	6

Challenge 16:

Item	Description
Challenge name	Eat well to sleep better ^{1,3,4} .

Activity description	This consists of consuming foods that, due to their composition, facilitate sleep, such as bananas, dairy products, fatty fish, or nuts, throughout the week.
Age group	-
Gender	-
BMI	-
Special groups	Endocrine disorders (e.g., diabetes). None.
Injuries	-
Daily time available	Any.
Development location	Any.
Required materials	No specific equipment needed.
PF	4.5
BP	5
GH	6.5
V	6.5
SF	5
MH	6.5
FC	6
LVC	2.5
GVC	2.5
ASC	2.5
WGC	2.5
DC	6
SSS	8.5
IS	9
HS	6
ER	4

Challenge 17:

Item	Description
Challenge name	Eating fruit ^{1,3} .
Activity description	This consists of consuming three pieces of fruit per day.
Age group	-
Gender	-

BMI	-
Special groups	Endocrine disorders (e.g., diabetes). None.
Injuries	-
Daily time available	Any.
Development location	Any.
Required materials	No specific equipment needed.
PF	5
BP	4.5
GH	6.5
V	6.5
SF	2.5
MH	6
FC	8.5
LVC	3
GVC	2.5
ASC	3
WGC	2.5
DC	3
SSS	5.5
IS	5
HS	3
ER	4

Challenge 18:

Item	Description
Challenge name	Eating green ^{1,3} .
Activity description	This consists of consuming three servings of green vegetables and legumes per day.
Age group	-
Gender	-
BMI	-
Special groups	Endocrine disorders (e.g., diabetes). None.
Injuries	-

Daily time available	Any.
Development location	Any.
Required materials	No specific equipment needed.
PF	5.5
BP	6
GH	6.5
V	6
SF	2.5
MH	6
FC	2.5
LVC	9
GVC	7.5
ASC	2.5
WGC	2.5
DC	2.5
SSS	6
IS	5.5
HS	3.5
ER	5

Challenge 19:

Item	Description
Challenge name	Eating is the milk ^{1,3,4} .
Activity description	This consists of consuming three servings of dairy products per day.
Age group	-
Gender	-
BMI	-
Special groups	Endocrine disorders (e.g., lactose intolerance).
Injuries	-
Daily time available	Any.
Development location	Any.

Required materials	No specific equipment needed.
PF	4.5
BP	4.5
GH	6
V	5.5
SF	3.5
MH	5.5
FC	2
LVC	2
GVC	2
ASC	4
WGC	4.5
DC	9.5
SSS	7
IS	7.5
HS	3.5
ER	1

Challenge 20:

Item	Description
Challenge name	Forget about sugar ^{1,3} .
Activity description	This consists of avoiding consuming more than one sugary beverage per week (sugary coffee, sugary tea, soft drinks, etc.).
Age group	-
Gender	-
BMI	-
Special groups	Endocrine disorders (e.g., diabetes).
Injuries	-
Daily time available	Any.
Development location	Any.
Required materials	No specific equipment needed.
PF	4.5
BP	4.5

GH	7
V	6
SF	2.5
MH	5.5
FC	2
LVC	2
GVC	2
ASC	8
WGC	3
DC	2
SSS	6.5
IS	6.5
HS	2.5
ER	7

Challenge 21:

Item	Description
Challenge name	Eating whole grains ^{1,3} .
Activity description	This consists of consuming four servings of whole grains per day, while avoiding processed cereals.
Age group	-
Gender	-
BMI	-
Special groups	Endocrine disorders (e.g., gluten intolerance).
Injuries	-
Daily time available	Any.
Development location	Any.
Required materials	No specific equipment needed.
PF	4.5
BP	4.5
GH	5.5
V	6
SF	3
MH	5.5

FC	1.5
LVC	1.5
GVC	1.5
ASC	4
WGC	9.5
DC	4
SSS	3.5
IS	3
HS	2.5
ER	6

Challenge 22:

Item	Description
Challenge name	Cardio-healthy routes ^{1,2} .
Activity description	This consists of doing three cardio-healthy routes per week accompanied by friends or colleagues from work/school.
Age group	-
Gender	-
BMI	-
Special groups	-
Injuries	Lower body.
Daily time available	Any.
Development location	Any.
Required materials	No specific equipment needed.
PF	7
BP	6.5
GH	8
V	8
SF	9
MH	9
FC	2.5
LVC	1.5
GVC	1.5

ASC	2.5
WGC	2
DC	2
SSS	8
IS	6.5
HS	4.5
ER	7

Challenge 23:

Item	Description
Challenge name	Meditate to feel better ¹ .
Activity description	This consists of doing a 50-minute meditation session per week (Kim et al., 2022).
Age group	-
Gender	-
BMI	-
Special groups	-
Injuries	-
Daily time available	>30'.
Development location	Any.
Required materials	No specific equipment needed.
PF	4.5
BP	6.5
GH	6.5
V	7
SF	4.5
MH	8.5
FC	1.5
LVC	1.5
GVC	1.5
ASC	1.5
WGC	1.5
DC	1.5

SSS	7.5
IS	5.5
HS	4
ER	6

Challenge 24:

Item	Description
Challenge name	Have an early dinner ^{1,4} .
Activity description	This consists of having dinner at least 2 hours before going to bed throughout the week.
Age group	-
Gender	-
BMI	-
Special groups	-
Injuries	-
Daily time available	Any.
Development location	Any.
Required materials	No specific equipment needed.
PF	4
BP	4
GH	7
V	5.5
SF	3
MH	6.5
FC	2.5
LVC	1.5
GVC	1.5
ASC	2
WGC	2
DC	2
SSS	8
IS	6.5
HS	7

ER	4
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Challenge 25:

Item	Description
Challenge name	Keep in touch ¹ .
Activity description	This consists of having a conversation with a friend whom you haven't spoken to in a while, at least once a week.
Age group	-
Gender	-
BMI	-
Special groups	-
Injuries	-
Daily time available	Any.
Development location	Any.
Required materials	No specific equipment needed.
PF	1
BP	1
GH	4
V	4.5
SF	8
MH	8
FC	1
LVC	1
GVC	1
ASC	1
WGC	1
DC	1
SSS	6
IS	5.5
HS	2.5
ER	1

Challenge 26:

Item	Description
Challenge name	Gather with your friends ¹ .
Activity description	This consists of engaging in cultural activities or playing board games with friends at least once a week.
Age group	-
Gender	-
BMI	-
Special groups	-
Injuries	-
Daily time available	Any.
Development location	Any.
Required materials	No specific equipment needed.
PF	1
BP	1
GH	5.5
V	5.5
SF	7.5
MH	7.5
FC	1
LVC	1
GVC	1
ASC	1
WGC	1
DC	1
SSS	6.5
IS	5
HS	4.5
ER	3

Challenge 27:

Item	Description
Challenge name	Improve your orientation ¹ .
Activity description	This consists of exploring different routes in your city (without using GPS) and varying them at least once a week.
Age group	5-17 years.
Gender	-
BMI	-
Special groups	Mental, behavioral and neurodevelopmental disorders (e.g., disorientation).
Injuries	Lower body.
Daily time available	Any.
Development location	Any.
Required materials	No specific equipment needed.
PF	6.5
BP	6
GH	7.5
V	7
SF	6
MH	7.5
FC	1.5
LVC	1
GVC	1
ASC	1.5
WGC	1.5
DC	1.5
SSS	7
IS	5
HS	3
ER	4

Challenge 28:

Item	Description
Challenge name	Paper reading ^{1,4.}
Activity description	This consists of reading two books in paper format per month.
Age group	-
Gender	-
BMI	-
Special groups	-
Injuries	-
Daily time available	Any.
Development location	Any.
Required materials	No specific equipment needed.
PF	1
BP	1
GH	3.5
V	4
SF	4
MH	7
FC	0
LVC	0
GVC	0
ASC	0
WGC	0
DC	0
SSS	7
IS	7
HS	2.5
ER	7

Challenge 29:

Item	Description
Challenge name	Train your balance ^{1,2.}

Activity description	This consists of performing 15 minutes of balance training three days a week.
Age group	-
Gender	-
BMI	-
Special groups	-
Injuries	Lower body. Trunk.
Daily time available	Any.
Development location	Any.
Required materials	No specific equipment needed.
PF	7
BP	7.5
GH	7.5
V	6
SF	4.5
MH	7
FC	1.5
LVC	1
GVC	1
ASC	1.5
WGC	1.5
DC	1.5
SSS	7
IS	5.5
HS	3.5
ER	5

Challenge 30:

Item	Description
Challenge name	Unleash the artist within you ¹ .
Activity description	This consists of painting or drawing at least two days a week.
Age group	-
Gender	-

BMI	-
Special groups	-
Injuries	Upper body.
Daily time available	Any.
Development location	Any.
Required materials	No specific equipment needed.
PF	1
BP	0.5
GH	4.5
V	3
SF	3.5
MH	6.5
FC	0
LVC	0
GVC	0
ASC	0
WGC	0
DC	0
SSS	6.5
IS	4.5
HS	2.5
ER	3

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