

Recommended Journeys

A Journey (200 points) takes a big goal like eating healthier and breaks it down into tiny achievable steps. Each Journey starts with a few questions to personalize the experience for you.

A Journey is made of several stages and each stage has a variety of steps for you to choose from. When you have completed enough steps (**usually 3-6**) in one stage you will be offered a Challenge Step. When you complete a Challenge Step you may proceed to the next stage in your Journey. Journeys have anywhere between 2 to 7 stages. When you've completed all of the stages, you've [completed the Journey](#).

Helpful Documents: [Simple Journeys](#), [Journey Topics and Descriptions](#), and [Understanding Journeys](#).