

(Re)Connection Challenge 2020

RULES

Participating Individually

1. Share a picture of you completing the daily challenge
2. Hashtag #drjodychallenge
3. Make sure that your posts are public so that we can see your photo!

Participating as a Team

1. Choose a #teamname
2. At least one person from your team must share a picture of someone completing the daily challenge (the more the merrier though...see what I did there?)
2. Hashtag #drjodychallenge
4. Hashtag #yourteamname
5. Make sure that your posts are public so that we can see your photo(s)!



TAG #DRJODYCHALLENGE
ON SOCIAL MEDIA

FAQs

Can I participate individually and on a team?

YES! To be eligible as an individual winner you'll need to ensure that you post daily on your account, but feel free to also participate with a larger team too!

What if I've already purchased a STAYLit ticket?

If your team wins STAYLit tickets and you already have one, your ticket is nonrefundable; however, you have the option to gift your ticket.

Do the photos have to be posted on the actual date?

Yes. It is greatly appreciated and helps us with monitoring when they are posted on the actual dates.

For Day 2, coffee is just hot water with beans right...?

Sadly not! For this one day, you must take a break from all other beverages and consume only water. And others have asked if you have to consume ONLY water! Ummm...no. We're not trying to thrust you into intermittent fasting routines, you can EAT whatever you choose—your only drink this day is water.

How do we post on Day 15 if there is no social media?

We recommend posting a photo signaling your 24hr break from social media either before it starts, or as soon as it ends.

Is there a version of the calendar we can print?

You betcha! You can download the pdf from 'downloadables' on www.drjodycarrington.com

If I miss a day, am I disqualified?

You, of course, can continue with the challenge (we'd love that), but to be eligible for the prizes, you can't skip a day. It is a challenge, after all!

How will you choose the winning Individual and Team?

All Individuals and Teams who complete each day will be in the running. Those of you who are the most creative in your participation, the most exuberant in your posts, the more you will inspire your community and US! For those of you on teams, make sure as many people on your team as possible post each day. Let's create a movement of fucking joy with this challenge!

When will you announce the grand prize winners?

Just in time for the holidays! We will announce both the Individual and Team Grand Prize winners on the morning of Christmas Eve, December 24, 2020! Jody will go Live to make the announcement and the winners will be contacted via messenger.