



**checkgear**

Content Guidelines



## **The Daily CheckIn**

The Daily CheckIn is CheckGear's daily blurb of inspiration, encouragement, motivation and/or education.

We invite you as thought leaders committed to a healthy lifestyle to share your knowledge with our community. This short guide will assist you in writing articles that will display beautifully in the Daily CheckIn. Submissions will be updated daily on the [www.checkgearlife.com](http://www.checkgearlife.com) website as well as tweeted, posted on our Facebook page and shared in our overall social media campaign.

Thank you for helping us help others commit to positive changes in their lives!

## **How do I submit my article?**

First you will need to create an account on CheckGearLife.com. To do so, go to:

[www.checkgearlife.com/getting-started/](http://www.checkgearlife.com/getting-started/)

Once you have signed up for an account, we will upgrade your account to "Contributor" status. We will notify you by email once this upgrade has happened.

After your account has been upgraded to "Contributor" status, you will be able to post your articles at:

[www.checkgearlife.com/post/](http://www.checkgearlife.com/post/)

Additionally you can access this page at any time using the link in the lower right hand corner of the bottom of the site.

# Sample Article

At my son's High School Cross Country banquet many great messages were shared. I am not a runner but after listening to these coaches I look at the sport in a whole new light.

There are so many life lessons associated with running, especially when running on a team or committed to a group. One coach shared that unlike any other sport where you always hope that there won't be an injury and hence pain, in cross country, if you do the sport correctly you will be in terrible pain as you push yourself through the race. What a revelation! These athletes don't stop running as their muscles burn, their stomachs contract or when their heads are pounding. No, instead they push harder, racing against the clock.

Pain and discomfort are big reasons why I have never become a runner. I love to exercise occasionally I do a "run-walk" where I alternate jogging and fast-walking, especially if there is a good song blaring into my headphones. But the idea of knowing that each race, each workout, is going to be truly painful until you reach the other side where you have your sense of accomplishment and fulfillment is not for the faint of heart.

Bravo to all you distance runners! Your commitment is impressive. No wonder you look so great and healthy and get so much reward physically from your workouts – you earn it pounding every mile. I believe that work ethic of moving through the pain, not giving up, and finishing the course has to serve you well in many other areas of your life. You are living your life in check!

### **What We Look For**

Great articles are easy to read and thus we've developed the following guidelines to help you write great articles.

1. Keep the length of your article around 3-4 paragraphs.
2. Write your article title last and consider what would make you want to read the article.
3. When writing an article, remember that the first sentence should always hook the reader into reading the next sentence. This should continue through the entire article.
4. Write what you believe in! Write with passion!



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For assistance, contact us at  
[info@checkgearlife.com](mailto:info@checkgearlife.com).