



EAT RIGHT
EXERCISE
MOBILIZE
SLEEP
HYDRATE
BE WELL
REFLECT

NEW YEAR'S CHALLENGE

Starts January 20, 2024



WHAT IT IS: A 6-week, habit-changing game that encourages you to create a fitter, happier, healthier life

HOW TO PLAY: Alongside your teammates, you'll score points each day for following each of the 7 key habits of health and wellness

REGISTER AT [WHOLELIFECHALLENGE.COM](https://www.wholelifechallenge.com)