



# You. Only Better.

New Year's Challenge starts January 20, 2024

EAT RIGHT EXERCISE  
MOBILIZE SLEEP HYDRATE  
BE WELL REFLECT

## 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 well-being

Register at [WholeLifeChallenge.com](https://www.WholeLifeChallenge.com)