



# ONLINE WELL-BEING CHALLENGE



**Practice filling half your plate with colorful fruits and veggies to make a rainbow.**

**CHALLENGE TYPE:** Healthy Eating

**MEASURED GOALS:** Points

**DURATION:** 4 weeks

**TRACKING:** Drag colorful fruits and vegetables onto a plate to fill half the plate daily.

**CHOOSE:** Team-based or individual challenge

**INCLUDES:**

- Weekly health tip emails to engage
- Challenge promotional flyer/poster in electronic format
- Promotional video
- Real-time reporting
- User support

**OPTIONAL SERVICES:** Incentive items/prize drawing ideas: cookbooks, Spiralizer vegetable pasta maker, lunch kits and containers, NutriBullet

