



ONLINE WELL-BEING CHALLENGE



This traffic light system rewards eating foods high in nutrition and low in sugar, fat and salt. Participants points fuel race cars to the finish line.

CHALLENGE TYPE: Healthy Eating

MEASURED GOALS: Points

DURATION: 4 weeks

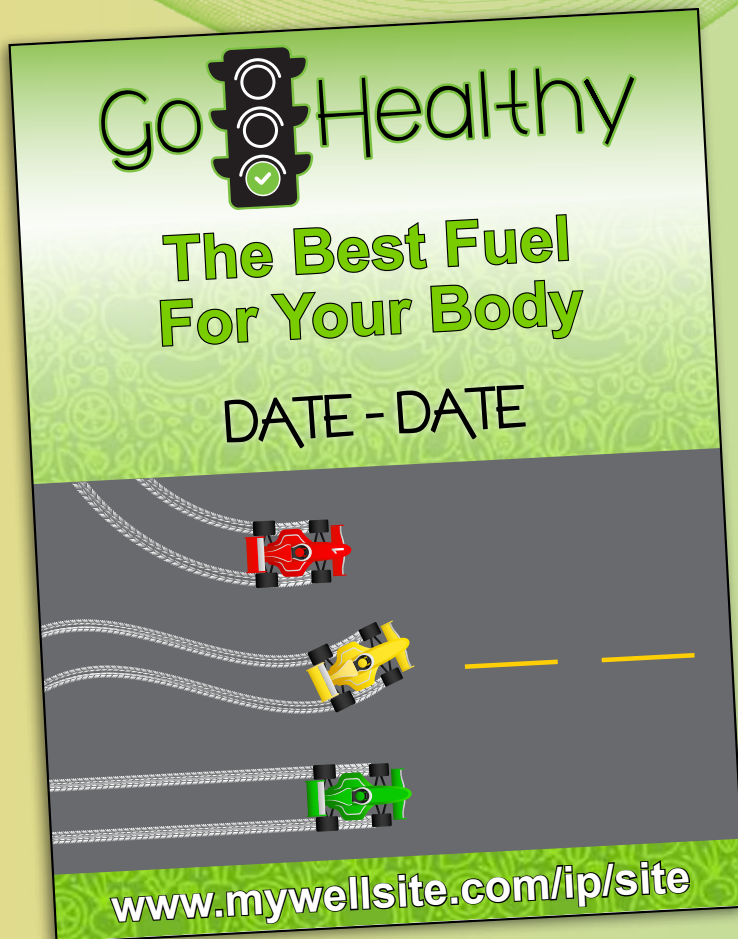
TRACKING: Click on the traffic light trackers to earn points for red, yellow and green valued foods.

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



NOURISHING YOU