



# ONLINE WELL-BEING CHALLENGE



**Breakfast is the most important meal of the day. Earn points for eating a wholesome breakfast and avoiding processed foods.**

**CHALLENGE TYPE:** Healthy Eating

**MEASURED GOALS:** Points

**DURATION:** 4 weeks

**TRACKING:** Log activity manually and the system translates that movement into steps.

**CHOOSE:** 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, waffle maker, electric egg cooker

