

# *Food for Thought*



Eat Healthy – Feel Better  
Challenge Yourself!

Start: June 24<sup>th</sup>

End: August 4<sup>th</sup>



## INDIVIDUAL CHALLENGE

Daily goal – record your mood, physical activity, and nutrition.

Track your progress and all the participants in the challenge leaderboard.

## TRACK YOUR ACTIVITY



Sync with all major tracking devices.

Use free apps such as Apple Health and Google Fit.

## P+ EARN POINTS

Earn points for recording your metrics and move forward in the challenge!