



HEALTHY HABIT CHANGE CHALLENGE

12-WEEK CHALLENGE WHERE PARTICIPANTS
CREATE **NEW HEALTHY HABITS EACH WEEK.**



HERE'S HOW IT WORKS:

- 1 Participants take a pre-assessment on current habits
- 2 Participants receive a habit change booklet
- 3 Weekly email with invitation to webinar and information about that week's habit
- 4 12 weekly webinars on various habit changes
- 5 A post-assessment is completed at the end of the challenge to determine how successful participant was in making healthy changes.
- 6 Participants that either successfully make changes to lifestyle or attend 8 webinars will be entered into drawing to win prizes.

**UP TO
\$300
IN PRIZES**

TOPICS INCLUDE:

- Hydration
- Stretching
- Breath breaks
- Exercise
- Portion control
- Kindness
- Meal planning
- And more!

