**Intro Email for Healthy Habits Challenge**

Hi there!

Your Healthy Habits Challenge is coming up!  In order for you to organize this event, we have a few things here:

* A list of instructions.
* A poster in 2 sizes to help promote the challenge. Indicate the date that you would like to run the challenge.
* An individual registration form; you can then take the names and randomly assign teams and designate a team captain (or keep it individual!)
* 3 options of a team registration form. Choose whatever format works best for your organization.
* 2 task cards with various tasks to be completed throughout the challenge.
* Ballots to be earned and distributed as sets of tasks are completed.
* A 3-part email campaign to be delivered:
	+ Email 1 delivered before the challenge,
	+ Email 2 at the end of the first week,
	+ and Email 3 at the end of the challenge.

Let us know if you have any questions!