**Intro Email for 30-Day Self-Care Challenge**

Hi there!

Your 30-Day Self-Care 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.

* An individual registration form. You can run the challenge with individuals or you can use the names and randomly assign teams and designate a team captain.
* 3 options for a team registration form. Choose whatever format works best for your organization.
* 2 task cards with various tasks to be completed throughout the challenge. Scorecards included.
* Points are earned as tasks are completed each week with opportunities for bonus points.
* Scorecards are submitted to team captains each week and individual/team totals are tallied.
* A 3-part email campaign to be sent to participants:
	+ Email 1 delivered on or before Day 1 of the Challenge,
	+ Email 2 delivered on Day 15 of the Challenge, and
	+ Email 3 delivered on Day 29 of the Challenge.

Let us know if you have any questions!