



••••• INSTRUCTIONS •••••

Welcome to the Challenge!

It's time to be an All-Around Wellness Warrior. This 2-week challenge focuses on the many habits that contribute to a healthy lifestyle. Exercise, healthy eating, mental health, financial well-being... we'll do it all!

Wellness is about your WHOLE self and we're challenging you to put some healthy habits into practice. Each week, you'll receive a task list with simple actions you can take to improve your health and be the best version of yourself you can be.



| 1 st | GOAL GETTERS | 38,042 |
|-----------------|------------------------|--------|
| 2 nd | DREAM TEAM | 32,254 |
| 3 rd | TEAM DEDICATION | 32,145 |
| 4 th | THE UNSTOPPABLES | 28,987 |
| 5 th | CAN'T STOP, WON'T STOP | 28,025 |
| 6 th | HEALTH WARRIORS | 27,885 |

Get Credit for your Healthy Habits

During the challenge, you'll track completed tasks and submit them for points. Simply select your Team Name from the list on your challenge website and submit your total points for the day. You're working as a team, so the more tasks you complete, the more points you earn for your team.

Want to know how your team is doing? Track your progress on the leaderboard found on the challenge website. Completing healthy habits each day is obviously great for you, but they also help your team climb the leaderboard. Will your team reach the top and win it all?



Don't forget to check out the Team Challenge Resource Centre for helpful tips and information to support you throughout the challenge! You'll find sample workouts, good-for-you recipes, informative articles and strategies. If you could use some inspiration, and motivation, the Resource Centre is a great place to search.