



FIND YOUR HEALTHY PLACE

FALL CHALLENGE
SEPT. 24 – NOV. 4

WHAT IS IT?

A 6-week, habit-changing game that encourages you to create a fitter, happier, healthier life.

HOW DOES IT WORK?

Playing alongside your teammates, you'll score points each day for following each of the seven key habits of health and well-being.

WHAT ARE THESE 7 HABITS?



NUTRITION



EXERCISE



MOBILIZE



SLEEP



HYDRATE



WELL-BEING



REFLECT

ARE YOU IN?

Register at WholeLifeChallenge.com