



WORKING FOR
A
HEALTHIER TN



Join the Challenge to Become Your Best Self!

The **Be Your Best Self Challenge** is a **six-week challenge** that encourages employees to engage in healthy habits.

Choose from a list of different activities and earn one point per activity each day.

This challenge will begin on _____ and end on _____.

For more information contact

_____ at _____.

This challenge is brought to you by your **[department name]** Wellness Council.