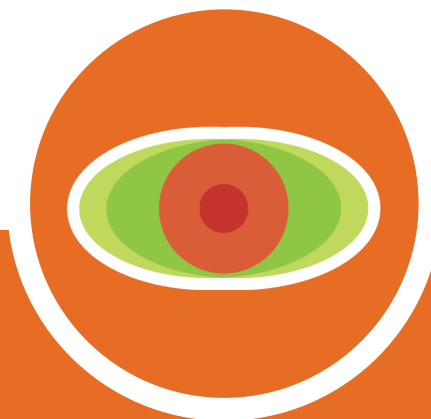


— THE —
**WELLBEING
CHALLENGE**



THIS WEEK'S

Be Mindful CHALLENGE



START something that will improve your wellbeing

STOP something that is bad for you

Take notice of how you feel at the end of the week!

1 point per day and if you complete

1 EVERY DAY

you earn an additional

**10
POINTS**



info@thewellbeingchallenge.co.nz