

— THE —
**WELLBEING
CHALLENGE**



Gentrack



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