**Subject Line:**

**Want to improve your eating habits? Join the challenge starting [Enter Start Date]**

**Fuel Well for Your Full Life**

**4-week nutrition challenge**

**[Enter Challenge Dates]**

A picture containing graphical user interface

Description automatically generated

**Participants who submit a completed challenge tracker to Human Resources**

**by [Insert Date] will be entered into a prize raffle for [Insert Raffle Prize].**

Logo

Description automatically generated with medium confidence