**Subject Line:**

**It's thyme to cook, romaine calm!**

**Attachments:**

* **Week Four Guide**
* **Challenge Tracker**

A picture containing text, different, fruit, vegetable

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