**Subject Line: Time to Move – Join the Challenge!**

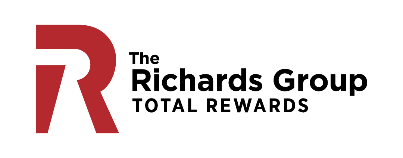
**Time to Move**

**Enter Dates**

A collage of people doing different exercises

Description automatically generated

**Participants who submit their challenge tracker to Human Resources by**

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