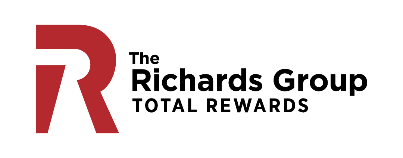
**Subject Line****: Time to Move – Week 3**

**Attachments:**

* **Week 3 Guide**
* **Challenge Tracker**

A person climbing up stairs

Description automatically generated

**Submit your completed challenge tracker to Human Resources by [Insert Date] to be entered into a prize raffle for [Insert Raffle Prize].**