**Subject Line****: Mission Nutrition - The Challenge Starts Today!**

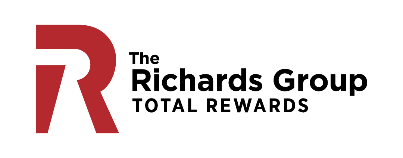
**Attachments:**

* **Week 1 Guide**
* **Challenge Tracker**

A poster with text and vegetables

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]**.