**Subject Line****: Brain Boost - The Challenge Starts Today!**

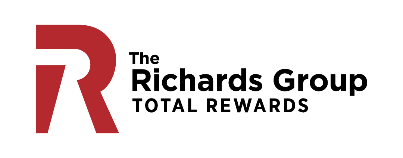
**Attachments:**

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

A white and blue card with orange and blue text

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]**.