**Challenges: Intranet Template**

**Directions:** Copy the image and verbiage below and paste into your intranet or internal communications portal. Remove the text in red and add your contact information.

A yellow background with blue text

Description automatically generated

Feeling stuck in a rut or in need of extra motivation to reach your health goals? Sign up for the [Challenge Name] challenge to make your wellbeing a priority. [Add Challenge Details Here]

**How it Works:**

From X/XX to X/XX, complete any Wellbeats class or other activities you enjoy (such as running, hiking, or swimming) to earn wellness points. The team with the most points at the end of the challenge wins XX [add prize details if applicable]! **Questions?** Contact [Add Contact Info Here].