

This week's

Take Notice



Challenge

STOP something that is bad for you,
START something that is good for your
wellbeing. Take notice of how you feel
at the end of the week.

Maximum one person a day 1 POINT
PER DAY. If you do this every day this
week, earn an additional ...

10
POINTS



**Wellbeing
Challenge**

info@thewellbeingchallenge.co.nz