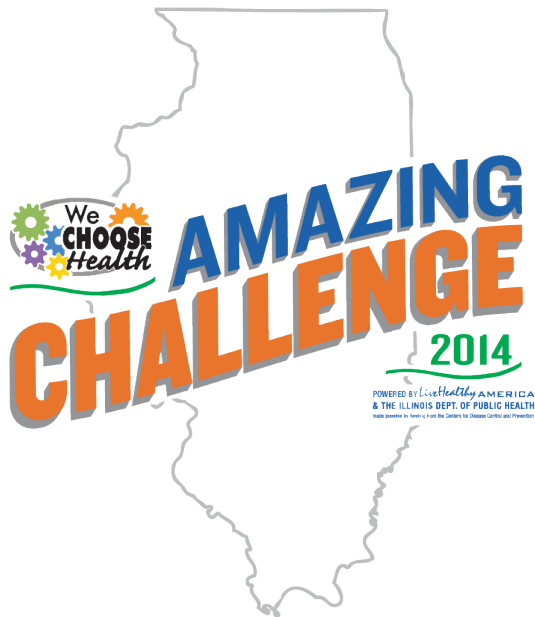


# FEBRUARY



## TEAM UP AND JOIN THE CHALLENGE!

### STEP 1: TEAM UP

- Form a team of 1 to 10 people (team captain must have email).
- Choose a team name.
- Gather your team members' emails.
- Entry fee is **\$6.00** per person.

### STEP 2: REGISTER

- Team captains register their teams at **wechoosehealth365.com** and click on Enroll in Amazing Challenge.
- **Click Join Today** and enter the group registration ID in the Group ID box.
- **Group ID:** HCHD

### STEP 3: INCENTIVES

- Wellness portal to help you track your activity, calories, goals, meal planning, etc.
- Weekly emails to help you stay motivated

[WWW.WECHOOSEHEALTH365.COM](http://WWW.WECHOOSEHEALTH365.COM)

## TRACK YOUR PROGRESS

Record your completed activities by the 25th of the month.

Days 1-7  
Exercise

Days 8-14  
Nutrition

Days 15-21  
Stress Management

Welcome to our February destination...

# SOUTHERN ILLINOIS

Henry County HD