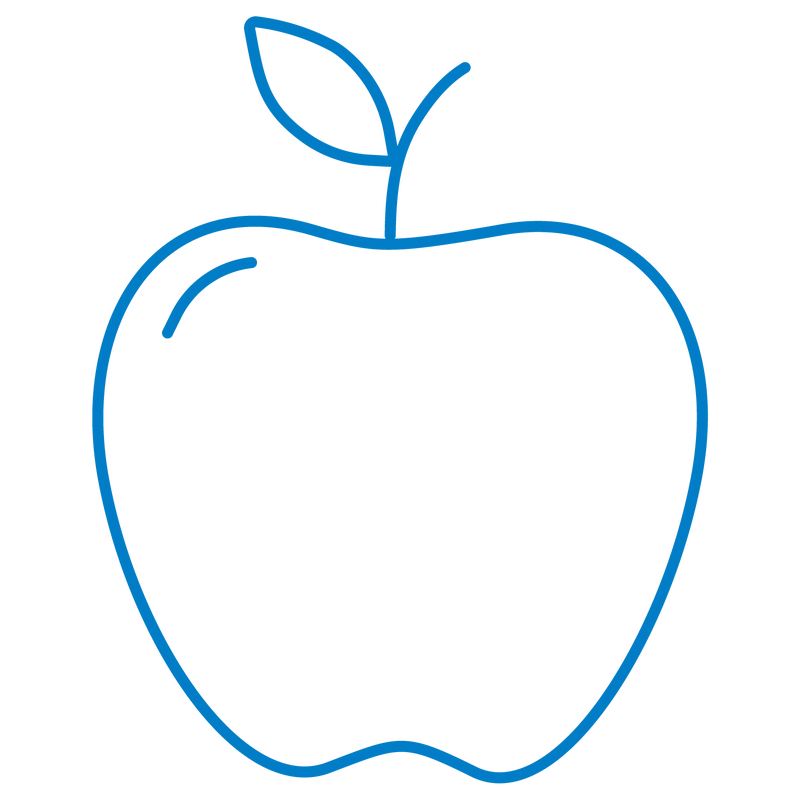
**Start your healthy eating journey today!**



**Join the 10 Day Real Food Challenge!**

**What is the 10 Day Real Food Challenge?**

During the 10 Day Real Food Challenge, we will motivate and encourage you to incorporate simple dietary changes that can lead to long term health benefits. It’s not only what we eat, but also how much and even where we eat it that matters. This challenge is designed to introduce one new challenge each day, building on previous activities. At the end of 10 days, you will have incorporated and practiced different eating habits and dietary strategies, which may lead to long term change.

**Why do the 10 Day Real Food Challenge?**

A healthy diet is linked to several benefits including stronger bones, muscle support, healthy digestive system functioning, enhanced immunity, and lower risks of costly health problems such as such heart disease, type 2 diabetes, and some cancers.

**When is the 10 Day Real Food Challenge?**

This challenge begins on \_\_\_\_\_\_\_\_\_\_\_\_ and ends \_\_\_\_\_\_\_\_\_\_\_.

Complete the **10 Day Real Food Challenge Tracker** each day you complete the indicated task. Anyone who adds a new challenge each day while continuing previous challenges for 10 days straight will [win / be entered into the raffle for] [what prizes?].

Submit your tracker **by [this] day, [date 3-5 days after end of challenge]** to [who? how?] to be eligible for the [raffle / prizes].

**10 Day Real Food Challenge!**

**Eat cleaner. Improve energy levels. Feel your best.**