

## **Sign-Up Sheet**

To put it simply, investing in yourself is all about taking a more active role in your health. Small habits – like paying attention to the foods you eat or making sure you get eight hours of sleep each night – are considered investing in your health.

We developed this wellness challenge to help you become the healthiest and happiest version of you by investing in yourself. Each day will give you one simple thing that will make you physically or emotionally healthier. Sign up below to participate.

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