

# Eat Right For Life

## Frequently Asked Questions

Want a quick overview of our latest wellness incentive challenge? All the information you'll need to be successful is included below.

### **WHO is the campaign designed for?**

This challenge is appropriate for anyone. Male, female, adult, child, beginner or advanced. This challenge motivates participants to ensure they are making the right decisions when it comes to nutrition.

### **WHAT is the campaign goal?**

The goal of every wellness incentive challenge is to provide you with the tools to make meaningful and healthful lifestyle changes. This challenge focuses on helping you to Eat Right for Life. You will assess your current eating habits in five categories and then set goals that are appropriate for you.

### **WHEN and WHERE do I need to complete activities?**

In today's world, we eat just about everywhere. As a result, this challenge will

involve activities performed at work, at home and, well, everywhere else.

### **WHY is it important that I participate?**

There is likely no other aspect of our lives that can do more for us in terms of health than a good diet. When we properly provide our body with healthful energy sources, we are enabled to live more active lives. This challenge will help you to make incremental changes that can lead to big time health benefits.

### **HOW will my progress be tracked?**

You will answer a survey at the beginning of each two-week phase and then set a goal based on your answers. You will track your compliance with your goal each day. At the end of the 10-week challenge, you will turn in an overall progress report to the challenge coordinator.

