



# DINE IN CHALLENGE

**Eat right when you eat at home, with the Dine In Challenge.**

Eating out at restaurants has gone from a luxury to an everyday reality for many families. But research shows that preparing meals at home is a healthier option.\*



## CHALLENGE DATES:

**Sign-up:** 2/26/19 - 3/19/19    **Challenge Runs:** 3/9/19 - 4/6/19



## HOW IT WORKS:

You get one challenge point each time you or a family member prepares a meal at home, with a max of three challenge points per day.

**The goal: reach 40 challenge points.**

**Daily max home-cooked or home-prepared meals: 3 per day.**



Register and track your progress on [connect.simplywell.com](http://connect.simplywell.com) or the SimplyWell® mobile app under the **Well-being** section.

The first 200 members who register AND complete the challenge will win a SPS logo lunch cooler.

**Questions about this challenge  
or your wellness program?  
Call 888-848-3723.**