



**The Daily Dozen Challenge:
An opportunity to gain some extra support for your health goals**

Each participant agrees to fill out the Daily Dozen App each day for one, two, or three months. This is an opportunity to add another layer of motivation to help you with your health goals.

When you sign up, you will be given a pod of two other people to lean on when you need support. You can opt out of this if desired

Each person is invited to place a wager from \$5.00 to \$500.00. They will receive that wager back once they have completed the 1-3 months they set for themselves. The requirement is that they must do their best to eat according to the app and avoid anything not listed like processed foods, oil, and alcohol. The challenge will be based completely on self reporting and on the honor system.

If you do not complete the time you set for yourself, your wager becomes a donation to help with the costs of running the livelifestyle programs.

The trick is to find the sweet spot on your wager by choosing an amount that is both significant enough to provide motivation as well as not so high that you will be bereft about losing it.

Please e-mail or call Jamie Gorbet if you need more information or to sign up at jamgorbet@yahoo.com or 541-525-8918