

# JOIN THRIVEON'S SWEET DREAMS CHALLENGE



WED. — TUES.  
NOV. — DEC.  
**6**      **3**



Join in the Sweet Dreams Challenge, where you get rewarded for getting your rest! This challenge rewards you for prioritizing your sleep. Successful completion of this challenge and attendance at the Sweet Dreams Sleep Webinar will enter you for a chance to win a Hatch Restore Alarm Clock! Five winners will be chosen and will be taxed on the value of the prize (\$170).

**Register for the Sweet Dreams Sleep Webinar** on November 12th at 11:00am by scanning the QR code.

## HOW DO I EARN CREDIT FOR COMPLETING THE CHALLENGE?

1. Register for the Challenge at [fccThriveOn.com](https://fccThriveOn.com)
2. Achieve the Participation Requirement: Enter a "Yes" or "No" response for 21 of the 28 days
3. Achieve the Daily Goal: Prioritize your sleep on 14 days of the challenge and record "Yes" for doing so

## WHAT REWARDS DO I EARN FOR COMPLETING THE CHALLENGE?

Receive credit for a \$50 Well-Being Activity Incentive in the ThriveOn Wellness Your Way program. Attend the Sweet Dreams Sleep Webinar on November 12th at 11am to also be entered to win a Hatch Restore Alarm Clock.



**LOG INTO FCCTHRIVEON.COM**

Or scan the QR code to register and start earning Well-Being Activity Incentives.