

BITE BACK and take control
of your life by joining our

Mental Fitness Challenge

Reduce stress.
Improve focus.
Expand potential.



www.biteback.org.au

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The BITE BACK **6 Week Challenge** helps you **take control of your mental fitness**. Each week we'll send **tips, info** and **weekly activities** to help on your journey. **Track your progress** on our website throughout the challenge to see the full impact!

Week 1 **Gratitude**

Week 2 **Mindfulness**

Week 3 **Social Connections**

Week 4 **Strengths**

Week 5 **Meaning and Purpose**

Week 6 **Mental Fitness Plan**

Plus, every entrant has the chance to go into the draw to win a \$250 voucher for their favourite brand!

BITE BACK and sign up at:

www.biteback.org.au



**Black Dog
Institute**

