



Nourish helps build and reinforce healthy eating, sleep, exercise, and mindfulness habits — leading to the healthiest you. Eating more nutrient-rich and less nutrient-deficient food increases energy, lifts mood, and sharpens focus while enhancing well-being and helping you thrive.

Each healthy habit you record contributes to growing a virtual plant bearing vegetables, fruit, or grains from around the world.

The goal of this campaign is to grow 30 plants during the 6-week program. Aim for at least five plants a week to reveal delicious, healthy recipes featuring the ingredients you have grown.

Teams of up to five participants (yourself + four others) can be formed and may be the most fun part of this challenge. If you decide to join a team, you will be able to earn additional points upon completion of challenges on Thrive Thursdays. Scores are based on the team’s average points, including Thrive Thursday challenges.

In addition, you will be able to evaluate hundreds of delicious recipes.

The mobile app automatically synchronizes with your online account using the same email and password.

Nourish.is open to all Federal agents and household family members (18 yrs. old and over). To register go to <https://fedsggetfitmas.thenourishgarden.com>

Campaign Dates:

Registration starts (first day to register)	Monday, March 18, 2024
Participation starts (first day to record progress)	Monday, April 1, 2024
Registration ends (last to join/form team)	Monday, April 8, 2024
Last day of campaign	Sunday, May 12, 2024
Last day to log activity	Tuesday, May 14, 2024