

TRICKS & TREATS

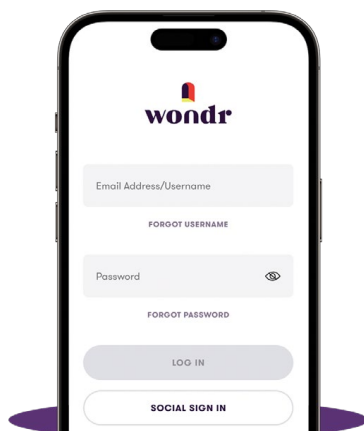
CHALLENGE

Wondr Makes Healthy Change Easier

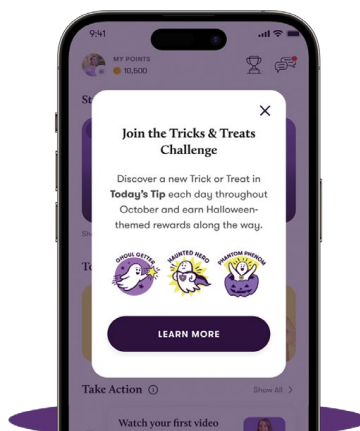
Ditch the scary diets, frightening food rules, and plans that make your favorite foods disappear.

Wondr helps you build healthy habits that fit your real life—with short videos, recipes, coaching tips, and daily skill-building activities. **This October, have a little fun along the way with the Tricks & Treats Challenge.**

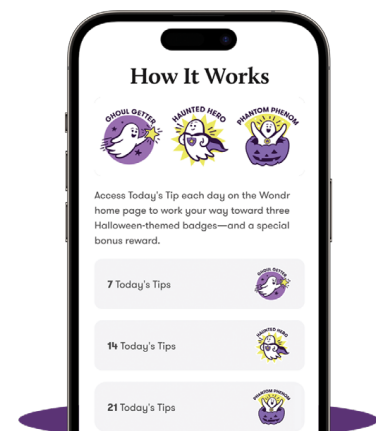
How the Tricks & Treats Challenge works



- 1 Join Wondr**
Enroll in minutes and get access to Wondr's tools, resources, recipes, and daily tips—all at **no cost to you.**



- 2 Access Today's Tip**
Each day, visit Today's Tip on the Wondr home page for your Trick or Treat—a tip, recipe, or tool.



- 3 Earn badges**
Access Today's Tip throughout the challenge to unlock Halloween-themed badges and reach new challenge levels.

BONUS REWARD!

Access Today's Tip on 21 different days to reach the highest challenge level and earn the exclusive **limited-edition Wondr Kitchen Conversion Magnet**. It's a handy quick-reference guide for common kitchen measurements and conversions.

wondr[™]

KITCHEN

OZ

TBSP

TSP

ML

CUPS

1/2

1

3

15

1/16

1

2

6

30

1/8

2

4

12

60

1/4

3

5

16

80

1/3

4

8

24

120

1/2

5

11

32

160

2/3

6

12

36

176

3/4

8

16

48

240

1

Need some mealtime inspiration? Scan here:

Learn more and enroll at wondrhealth.com/warrenequipment