10-Week Consistency Challenge

Week 6 – Week 10 Update

Olá Nandocas,

Can you believe it? There are only **4 weeks left** in our **Consistency Challenge**!

You've come this far, now it's time for the final push. Over the next 4 weeks, we'll be putting your commitment and consistency to the test. Remember, real change happens when we keep showing up.

To encourage you to stay focused and take ownership of your wellness journey, we will **no longer send weekly WhatsApp updates**. Instead, all weekly challenge updates will be available on the **Wellness Portal** (menu item #2 on the Nando's WhatsApp line) from **09:00 every Wednesday**.

Amazing prizes are up for grabs!

- **5 winners** will be selected based on their **consistent engagement** with the Consistency Challenge content on the Wellness Portal.
- **5 winners** will be selected based on their progress over the 10 weeks – look our for more information on how to share these towards the end of the month.

Every workout, every healthy meal, and every visit to the Wellness Portal brings you one step closer to your goals.

Let's make these final four weeks count, Nandocas!

You've got this!

Siya Phila
Firing up your wellness

Private