



Bite Back and take control of your life by joining our

Mental Fitness Challenge



 bitebackau
 @BiteBackAU

Reduce stress. Improve focus. Expand potential.



Black Dog
Institute

Bite Back



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 you on your journey. Track your progress on our website throughout the challenge to see the full impact!

Week 1 **Gratitude**

Week 4 **Strengths**

Week 2 **Mindfulness**

Week 5 **Meaning and Purpose**

Week 3 **Social Connections**

Week 6 **Mental Fitness Plan**

Plus, every entrant has the chance to go into the draw to win a \$50 voucher for their favourite brand!

Sign up at www.biteback.org.au



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