

NUTRITION MONTH CHALLENGE 2018

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Find your recipes and get your shopping done ☺ LETS DO THIS!	5 <input type="checkbox"/> Eat a meatless meal	6 <input type="checkbox"/> Eat a blue/purple fruit or veggie	7 <input type="checkbox"/> Eat a salad today	8 <input type="checkbox"/> Try a new crockpot recipe	9 <input type="checkbox"/> Go sweets-free today	10 <input type="checkbox"/> Include veggies at breakfast
11 <input type="checkbox"/> Eat berries for dessert	12 <input type="checkbox"/> Bring your lunch	13 <input type="checkbox"/> Eat nuts for a snack	14 <input type="checkbox"/> Drink at least 64 ounces of water	15 <input type="checkbox"/> Meet a friend for a healthy meal	16 <input type="checkbox"/> Try a new seafood recipe	17 <input type="checkbox"/> Eat a green veggie
18 <input type="checkbox"/> Try a new breakfast recipe	19 <input type="checkbox"/> Eat 3 colors of veggies at dinner	20 <input type="checkbox"/> Try a new whole grain	21 <input type="checkbox"/> Eat raw veggies for a snack	22 <input type="checkbox"/> Eat two colors of fruit	23 <input type="checkbox"/> Make a smoothie at home	24 <input type="checkbox"/> Grill your favorite veggie

How to Participate:

1. Complete at least 3 challenge-of-the-day activities each week. Make sure to check these off on your sheet!
2. See our website (www.firsthealth.org/fitness) and Facebook page throughout the month for fun links and tips.
3. Turn in your sheet at the front desk or via email to acarpenter@firsthealth.org by March 28 to be eligible for the grand prize drawing. Prizes include fitness bucks and free passes to cooking demos!

GO FURTHER *with* **FOOD** >>>

