

Fresh Start Challenge



- Improve your nutrition by eating healthy fruits and vegetables. Pick your challenge and join in.
- Open to employees and spouses
- The program begins January 17, 2022. You may begin any time after this and there is no deadline to complete.
- You **may take as long as you need to complete the program** and will receive a gift card upon turning in the forms/logs.

This program has three options or you may mix and match as needed to improve your health:

1. "Fresh Fruits and Vegetables"! Eat 300 servings of fruits and vegetables.
2. "Cut the Junk". Rather than eat an unhealthy snack, replace it with a fresh fruit or vegetable.
3. "Color Challenge". Add some color to your diet. Assess your diet and look at areas you may be deficient and then set a goal to eat more variety of colors of fruits and vegetables.
4. Any combination of your choice that will help you eat healthier.

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(Place a mark each day you reach your goal. When you reach 60 days turn it in for your gift card.)

Name _____ Check Program Option 1 _____ 2 _____ 3 _____

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Weekly Total
						Grand Total	