



Foods impact the way a person feels. Healthy foods improve the mind, energy level, immunity, and how the body functions. The goal of this challenge is to focus on healthier foods. Each individual has different beliefs, or follow different diets, so this program is adaptable to his/her personal preferences.

Option 1

- The goal is to improve a category that you lack in, or improve the quantity of healthy foods you eat.
- Look at the categories below, which areas do you need to improve? 1, 2, 3, or more?
 - ✓ Fruits and berries
 - ✓ Lean meats - Unprocessed meats can be included in a healthy diet
 - ✓ Nuts and seeds
 - ✓ Vegetables
 - ✓ Fish and seafood
 - ✓ Whole Grains
 - ✓ Legumes (Green beans, Kidney beans, Lentils, Peanuts)
- Set a goal to improve in one or more of these categories. The goal can be set for a number of days, or a number of servings, etc.
- The goal should be over a two month period.

Goal: _____

How will you accomplish this goal? _____

Option 2

- If you already eat healthy, simply do this challenge and see how many days it takes to consume 300 servings of fruits and vegetables.
- No minimum requirement to consume per day.
 - The program is for employees and spouses.
 - Challenge begins May 1st, 2023.
 - Take as long as you need to complete the program. There is no deadline.

Continued
on side 2

