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sleep	better Lose Improve your well-be	sing

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

- ✓ Vegetables ✓ Fish and seafood
- ✓ Whole Grains
- ✓ Legumes (Green beans, Kidney beans, Lentils, Peanuts)

- ✓ Nuts and seeds
- 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. 0
- 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. 0
- No minimum requirement to consume per day. 0
  - 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.

Name

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Weekly total
						TOTAL	
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## **Post-Participation Survey**

- 1. Did you have any difficulties meeting this goal? Yes/ No
  - a. If yes, what were the difficulties?
- 2. Did you notice any benefits by eating more leafy vegetables? Yes/ No/Already had this habit. Please list the benefits you noticed? (Feel better, more alert, feel full, better sleep, over all general feeling of health, etc.)