

- Leafy vegetables are some of the healthiest foods we can consume and helps reduce the risk of many illnesses like cancer and heart disease.
- How long will it take you to eat 100 servings?
  - $\circ$  One serving is 1 cup of raw or  $\frac{1}{2}$  cup of cooked.
  - No minimum requirement to consume per day.
- The program is for employees and spouses.
- Challenge begins April 1st, 2024.

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- <u>Take as long as you need to complete the program.</u> There is no deadline.
- Write the number of servings consumed each day (This would take approximately 50 days to complete based on 2 servings per day).
- When 100 servings is consumed, return the form to receive a gift card.

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|--------|--------|---------|-----------|--------------|--------|----------|--------------|-----------|
| Sunday | Monday | Tuesday | Wednesday | Thursday     | Friday | Saturday | Weekly total |           |
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|        |        |         |           |              |        |          |              | on side 2 |
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This log is just a reference use as you want or app etc.

|  |  |  | TOTAL |  |
|--|--|--|-------|--|

## Post-participation survey

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