

Nutrition 90 Day Challenge (for employees and spouses)

Can you do it? Can you improve your nutrition habits for 90 days? Complete this 3 month challenge and redeem for a gift card?

Look at your nutrition habits and what needs to improve (examples may be increase vegetable intake, or cut our so many sweets, don't snack, increase whole grains, increase macro nutrient foods, keep blood sugar down, eat smaller portions, etc.).

What do you want to accomplish with this challenge? (Be specific)

What is it you are going to improve in your nutrition? (Be specific)

Name: _____

This log is just a reference use as you want or app etc.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Weekly total

Outcome survey: Did you meet your goal? Yes / No

Did it improve how you felt (physically, emotionally, mentally, or impact weight, blood sugar, blood pressure, or other etc)? Yes / No

If so how? _____