

Steps to Good Health

Use dinner
leftovers
for
tomorrow's
lunch

Bring a
lunch
from
home

Eat
breakfast
everyday
for one
week

Try a
new
recipe

Take the
stairs
instead of
the
elevator

Make sure
 $\frac{1}{2}$ your
plate is
vegetables

Try a new
fruit or
vegetable

Drink 8
glasses
of
water
today

Have one
meatless
Monday
this
month

Bring a
lunch
from
home

Limit eating
out to no
more than
twice a
week

Do 30
minutes
of cardio
exercise

Take the
stairs
instead of
the
elevator
twice in
one day

Have fruit
for
dessert
instead of
a sweet

Make a
homemade
pizza rather
than takeout

Bring a
lunch
from
home

Complete each task and check off the grid. Place the completed sheet in the envelopes on one of the Nutrition Month display boards. Be sure to include your name and number on this sheet to be entered to win one of two prizes!

Name: _____ Phone Number: _____

GRAND PRIZE: Fitbit Flex
Second Prize: \$50 Grocery Store Gift Card