

HEALTH TRADITION
WELLNESS AT WORK

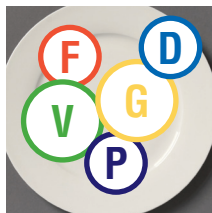


HEALTHY LUNCH

It's all about balance

Mix it up!

The more food groups you include in the lunch, the more nutritionally balanced your meal will be.



Mark off each food group you included in your lunch today!

- F = Fruits
- V = Vegetables
- G = Whole grains
- P = Lean Proteins
- D = Low-Fat Dairy

Target: Include 3–5 nutritious servings from different food groups in each lunch.

Activity tracker: Healthy Lunch Challenge

Challenge dates: _____ to _____

Starting point » My lunches now include _____ food groups.

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	Totals
Week 1								
	Day 1: _____	Day 2: _____	Day 3: _____	Day 4: _____	Day 5: _____	Day 6: _____	Day 7: _____	Goal: 21-35 servings/week
Week 2								
	Day 1: _____	Day 2: _____	Day 3: _____	Day 4: _____	Day 5: _____	Day 6: _____	Day 7: _____	Goal: 21-35 servings/week
Week 3								
	Day 1: _____	Day 2: _____	Day 3: _____	Day 4: _____	Day 5: _____	Day 6: _____	Day 7: _____	Goal: 21-35 servings/week
Week 4								
	Day 1: _____	Day 2: _____	Day 3: _____	Day 4: _____	Day 5: _____	Day 6: _____	Day 7: _____	Goal: 21-35 servings/week

Your total nutritious servings for this challenge =
 (Challenge goal: 84–140 servings)



Qualify for Challenge Rewards! Turn in your tracker to be included in Health Tradition's quarterly drawing for a Fitbit Flex®.

Name: _____ Male Female

Organization name: _____

Employee Spouse/family Current Health Tradition member? Yes No

Age (optional): 18–29 30–44 45–59 60+

Your feedback is appreciated! Did you benefit from this challenge? Want to do it again? Have ideas to make it more enjoyable?

Have you signed up for the quarterly WellMe updates yet?

Go to www.HealthTradition.com/go/WellMe