Challenge Log

March 2013

NAME: _____

EMAIL: _____

Office Location: _____

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
MYPLATE LOG INSTRUCTIONS: ▪ Fill out your name, email and office location at the top of the Challenge Log. ▪ Draw what your plate looks like each day at lunch or dinner. *(Section your plate into the 5 food groups: Fruit, Veggies, Grains, Protein, and Dairy).* ▪ The challenge goal is to mimic the MyPlate recommendations.				Goal MyPlate 	1 	2
3 	4 	5 	6 	7 	8 	9
10 	11 	12 	13 	14 	15 	16
17 	18 	19 	20 	21 	22 	23
24 	25 	26 **Diabetes Alert Day**	27 	28 	29 	30
31 	March 26 is American Diabetes Association Alert Day! This is a one-day "wake-up call" asking the American Public. Take the time to find out if you're at risk for developing type 2 diabetes. Diabetes Risk Test: http://www.diabetes.org/risktest Submit your completed Fiber Log by **Friday, April 8** to the Wellness Coordinator to receive your challenge certificate. **Email:** michael.difilippo@healthsmart.com, **Fax:** (907) 297-7365, **Phone:** (907) 297-7350 **Consult with your physician before making changes to your health habits.*					