

Let's Eat Real Challenge

Take control of what you eat to manage your weight and well-being.

Goal: Try to complete each daily nutrition challenge listed for 4 weeks. Complete a minimum of 15 nutrition goals below!

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Week Total
Week 1	No red meat <input type="checkbox"/>	Try a new vegetable. <input type="checkbox"/>	Drink unsweetened beverages only. <input type="checkbox"/>	Have 1 cup of fruit. <input type="checkbox"/>	Eat breakfast. <input type="checkbox"/>	Only eat a snack if it's less than 200 calories. <input type="checkbox"/>	Record what you eat. <input type="checkbox"/>	
Week 2	No red meat or pork <input type="checkbox"/>	Have 1 ½ cups of vegetables. <input type="checkbox"/>	No sodas <input type="checkbox"/>	Try a new fruit. <input type="checkbox"/>	Save your \$\$. Pack a meal. <input type="checkbox"/>	Take a walk after lunch. <input type="checkbox"/>	Plan meals for a week. <input type="checkbox"/>	
Week 3	No red meat, pork or poultry <input type="checkbox"/>	Eat a salad <input type="checkbox"/>	No juice <input type="checkbox"/>	Prepare a fruit smoothie. <input type="checkbox"/>	No fried food Fridays <input type="checkbox"/>	Bake or grill your meat. <input type="checkbox"/>	Don't clean your plate. <input type="checkbox"/>	
Week 4	Try a meal with fish. <input type="checkbox"/>	Prepare a vegetable recipe. <input type="checkbox"/>	Drink 8 cups of water. <input type="checkbox"/>	Have a fruit for a snack. <input type="checkbox"/>	Skip dessert. <input type="checkbox"/>	Have a meatless meal. <input type="checkbox"/>	Use a smaller plate. <input type="checkbox"/>	
								Grand Total Nutrition Goals Completed <hr/>