

# **Eat Smart: Fruit & Vegetable Challenge!**

This Challenge will help you **EAT SMART** by offering simple suggestions to increase fruits and vegetables in your diet.

The **Log Sheet** and **Summary Journal** will make it easy for you to earn and track your **servings of fruits and vegetables**.



**SUCCESS IS EASY. SIGN UP NOW.**

**DON'T BE LEFT OUT! JOIN THE FUN.**

Remember to check the weekly newsletters for updates, recipes and more!

This challenge will begin on **February 3, 2014** and ends on **February 28, 2014**.

The top 10 employees with the most servings of fruits and vegetables at the end of the challenge will be entered into a drawing to win a \$60 Target gift card. Everyone who participates will receive a lunch bag.



**EIN:**

**Name:**

**Work Address:**

**Email Address:**

Earn **15 - 25 Healthy Lifestyle Activity Points** towards plan year 2014-15 discount #4.

**Fax completed form to: (520) 724-8150**