Eat Smart: Fruit and Vegetable Challenge

Registration Form

Join this fun and motivating 4-week challenge that will help you to **EAT SMART** by offering simple suggestions to increasing your daily consumption of fruits and vegetables.

The **Log Sheet** will make it easy for you to track your daily servings of fruits and vegetables. You earn 1 point for each serving you track, which can add up quickly. After the end of the challenge, you can earn 15 – 25 Healthy Lifestyle Activity Points (HLAP's) based on the total servings/points you earned throughout the challenge.

Remember to check back on the Eat Smart Challenge website weekly for tips, updates, recipes and more!

You may register to begin this challenge anytime.

The first 200 participants to register will receive a salad container travel set.

EIN: _____ **NAME:** _____

WORK ADDRESS: _____

Submit by Email | Print Form

Employee Wellness
Wellness webpage

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