Eat Smart:
Fruit and Vegetable Challenge
Summary Journal

After each week of tracking your fruit and vegetable intake, fill put your total points in the chart below. After you've completed the challenge, submit this Summary Journal to Employee Wellness no later than **March 7, 2014** to earn **15 - 20 Healthy Lifestyle Activity Points** in time for plan year 2014-15. All participants will also receive a lunch bag just for participating. The top 10 points earners will be entered into a drawing to with a $60 Target gift card.

EIN: _____ **Name:** _____

Work Address: _____

Eat Smart: Fruit and Vegetable Challenge Log Totals

Week 1 Total Points: _____ **Week 3 Total Points:** _____

Week 2 Total Points: _____ **Week 4 Total Points:** _____

Total Points: _____

You may submit by:

- **Email:** wellness@pima.gov
- **Fax:** (520) 724-8150
- **Mail:** 150 W. Congress, 4th Floor

Print Form

Submit by Email

PIMA COUNTY EMPLOYEE Wellness PROGRAM