Eat Right For Life

Eat Right For Life Summary Journal

It has been said, "the journey of a thousand miles begins with one step."

You can be proud in knowing that you took the first step on your journey toward healthy living by completing the Eat Right For Life Challenge! Now it's time to report on how you did. Please fill out this Eat Right For Life Journal and return it to the challenge coordinator!

EIN:

Name:

Work Address:

Phase 1 Do Your Fats Right

YES NO Did you meet your goal on ***most*** days?

How will you continue to incorporate the right fats in your diet?

Phase 2 Do Your Carbs Right

YES NO Did you meet your goal on ***most*** days?

How will you continue to incorporate the right carbs in your diet?

Phase 3 Eat Your Fruits and Vegetables

YES NO Did you meet your goal on ***most*** days?

How will you continue to incorporate more fruits and vegetables in your diet?

Phase 4 Choose the Right Proteins

YES NO Did you meet your goal on ***most*** days?

How will you continue to incorporate the right proteins in your diet?

Phase 5 Drink the Right Beverages

YES NO Did you meet your goal on ***most*** days?

How will you continue to incorporate the right beverages in your diet?

I am submitting my journal and would like to receive:

Eat Right For Life Cookbook Companion

or

Eat Right For Life: On the Go

Submit this Summary Journal by:

Mail: 150 W. Congress, 4th Floor

Fax: (520) 724-8150

Email: wellness@pima.gov

Submit by Email

Print Form