

10 Work-Day Food & Fitness Challenge

Name: _____

Extension: _____

Campus: _____

DATES OF PLEDGE

	MINI PLEDGES	3/27	3/28	3/29	3/30	3/31	4/3	4/4	4/5	4/6	4/7
1	Nature's Fast Foods: Eat three fruits and/or vegetables per day										
2	Hydration: Drink eight 8 oz. glasses of water daily										
3	Eat Vegetarian for a Day										
4	"Expand Your Palate:" Try one new whole food—these are foods in their most natural state (e.g., apples, sweet potatoes, nuts, beans)										
5	Whole Grains: Include 100 percent whole grains in two meals per day										
6	Mindful Eating: Eat one meal per day with no distractions (e.g., no TV, reading, or eating in the car)										
7	Small Plate Movement: For your largest meal of the day, use a plate no larger than 9" in diameter										
8	Fitness: Walk a minimum of 20 minutes each day; April 5 is National Walking Day—lace up and start walking!										

The rules for this challenge are easy:

- Select and complete at least one pledge per day; it's that simple
- Customize your 10 Work-Day Challenge by focusing on which pledges are realistic for you to complete; do one a day or try them all
- Participate and feel great!

Send completed forms via interoffice mail or email by **April 13** to:

Tanya Mack Rich, Hospitality Department, 3-140E, or tmack4@monroecc.edu