

# 10 Day Real Food Challenge

Name: \_\_\_\_\_

Extension: \_\_\_\_\_

Campus: \_\_\_\_\_

## DATES OF PLEDGE

	MINI PLEDGE(S)	3/9	3/10	3/11	3/12	3/13	3/14	3/15	3/16	3/17	3/18
1	Nature's Fast Food: Three fruits and/or vegetables per day										
2	The Better Beverage Challenge: coffee, tea, herbal tea, water, low-fat dairy, all natural juices										
3	No fast food										
4	Try one new whole food, these are foods in there most natural state. Ex.) Apples, sweet potatoes, nuts, beans										
5	100% whole grain for 2 meals per day										
6	Mindful Eating: eat one meal per day with no distractions. Ex.) No TV, reading, or eating in the car										
7	Small Plate Movement: use no more than a 9" plate for your largest meal of the day										

The Rules for this challenge are easy:

- Select and then complete at least one pledge per day, it's that simple
- You can customize your 10 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 by **March 23<sup>rd</sup>** via interoffice mail or email to:

Sandy Warren, Human Resources 1-303A, or [swarren@monroecc.edu](mailto:swarren@monroecc.edu)