

# Fruit and Vegetable Challenge

A CHS Teammate Engagement Prize Drawing – All in to Win!



Healthy diets full of fruits and vegetables provide lots of fiber, vitamins, & minerals at low calorie cost! This may help reduce your risk of cancer and chronic disease! Most Americans eat less than 1 ½ cups while the recommendation is 4 ½ cups of vegetables every day.

**GOAL:** See how much variety and amount of fruit & veggies you can eat! Aim for a total of 2 ½ cups a day.

**Meet the goal 15-20 times to earn your *All in to Win* prize drawing entry.**

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Total Goals Met
Week 1	1 cup of fruit Try a new fruit <input type="checkbox"/>	1 cup of fruit Try a red fruit <input type="checkbox"/>	1 cup of fruit Try an orange fruit <input type="checkbox"/>	1 cup of fruit Try a yellow fruit <input type="checkbox"/>	1 cup of fruit Try a green fruit <input type="checkbox"/>	1 cup of fruit Try a purple fruit <input type="checkbox"/>	1 cup of fruit Prepare a new fruit recipe <input type="checkbox"/>	
Week 2	1 ½ cups veggies Try a new veggie <input type="checkbox"/>	1 ½ cups veggies Try a red veggie <input type="checkbox"/>	1 ½ cups veggies Try an orange veggie <input type="checkbox"/>	1 ½ cups veggies Try a yellow veggie <input type="checkbox"/>	1 ½ cups veggies Try a green veggie <input type="checkbox"/>	1 ½ cups veggies Try a purple veggie <input type="checkbox"/>	1 ½ cups veggies Prepare a new veggie recipe <input type="checkbox"/>	
Week 3	Try a new fruit and veggie <input type="checkbox"/>	1 cup of fruit and 1 ½ cups of veggies <input type="checkbox"/>	1 cup of fruit and 1 ½ cups of veggies <input type="checkbox"/>	1 cup of fruit and 1 ½ cups of veggies <input type="checkbox"/>	1 cup of fruit and 1 ½ cups of veggies <input type="checkbox"/>	1 cup of fruit and 1 ½ cups of veggies <input type="checkbox"/>	Prepare a new fruit and/or veggie recipe <input type="checkbox"/>	
Week 4	1 cup of fruit and 1 ½ cups of veggies <input type="checkbox"/>	1 cup of fruit and 1 ½ cups of veggies <input type="checkbox"/>	1 cup of fruit and 1 ½ cups of veggies <input type="checkbox"/>	1 cup of fruit and 1 ½ cups of veggies <input type="checkbox"/>	1 cup of fruit and 1 ½ cups of veggies <input type="checkbox"/>	1 cup of fruit and 1 ½ cups of veggies <input type="checkbox"/>	1 cup of fruit and 1 ½ cups of veggies <input type="checkbox"/>	

- **Report your results to be entered into the *All in to Win* prize drawing:** After challenging yourself for four weeks go to [LiveWELL.CarolinasHealthCare.org](http://LiveWELL.CarolinasHealthCare.org), then *All in to Win Challenges* or click [here](#) to report the number of days in 4 consecutive weeks that you achieved the goal.
- **Be sure to enter your correct six-digit employee ID when reporting.** Each new challenge completed and reported will earn four entries in the *All in to Win* Prize Drawing.
- **Questions:** Contact CHS LiveWELL at 704-355-8136 or email [LivewellEvents@CarolinasHealthCare.org](mailto:LivewellEvents@CarolinasHealthCare.org)

**GRAND TOTAL of Goals Achieved**