

Let's Eat Real Challenge

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



Take control of what you eat in order to manage your weight, wellness, and *Total Health*.
GOAL: Try to complete the nutrition challenge listed for each day for 4 weeks.
 A minimum of 15 nutrition goals are required to earn your *All in to Win* prize drawing entry.

Check the cell when you complete the nutrition option!							
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Week total
No red meat <input type="checkbox"/>	Try a new vegetable <input type="checkbox"/>	Drink unsweetened beverages only <input type="checkbox"/>	Have 1 cup of fruit <input type="checkbox"/>	Eat breakfast <input type="checkbox"/>	Only eat a snack if its less than 200 calories <input type="checkbox"/>	Don't clean your plate <input type="checkbox"/>	
No red meat or pork <input type="checkbox"/>	Have 1 ½ cups of vegetables <input type="checkbox"/>	No sodas <input type="checkbox"/>	Try a new fruit <input type="checkbox"/>	Save your \$; Pack a meal <input type="checkbox"/>	Take a walk after lunch <input type="checkbox"/>	Plan meals for the week <input type="checkbox"/>	
No red meat, pork, poultry <input type="checkbox"/>	Eat a salad <input type="checkbox"/>	No juice <input type="checkbox"/>	Prepare a fruit smoothie <input type="checkbox"/>	No fried food Fridays <input type="checkbox"/>	Bake or grill your meal <input type="checkbox"/>	Record what you eat <input type="checkbox"/>	
Try a meal with fish <input type="checkbox"/>	Prepare a vegetable recipe <input type="checkbox"/>	Drink 8 cups of water <input type="checkbox"/>	Have fruit for a snack <input type="checkbox"/>	Skip dessert <input type="checkbox"/>	Have a meatless meal <input type="checkbox"/>	Use a smaller plate <input type="checkbox"/>	
<ul style="list-style-type: none"> • Report your results to be entered into the <i>All in to Win</i> prize drawing: After challenging yourself for four weeks go to LiveWELL.CarolinasHealthCare.org, then <i>All in to Win Challenges</i> 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 <i>All in to Win</i> Prize Drawing. • Questions: Contact CHS LiveWELL at 704-355-8136 or email LivewellEvents@CarolinasHealthCare.org 							GRAND TOTAL Nutrition Goals Completed:

