



Challenge

Make one of the following **healthy choices** during lunch time for four workdays each week for the next month.

1. Pack a healthy lunch from home.
2. Take a lunch break and get away from your work.
3. Choose nutritious foods from:
 - ◆ Cafeteria or restaurant
 - ◆ Drive-thru
 - ◆ Vending machine
 - ◆ Convenience store
4. Get some physical activity during your lunch break

Write the date that you completed the activity below

_____	Monday	_____	Tuesday	_____	Wednesday	_____	Thursday	_____	Friday
_____	Monday	_____	Tuesday	_____	Wednesday	_____	Thursday	_____	Friday
_____	Monday	_____	Tuesday	_____	Wednesday	_____	Thursday	_____	Friday
_____	Monday	_____	Tuesday	_____	Wednesday	_____	Thursday	_____	Friday

Good choices for lunch include healthy portions from the five basic food groups:

- ◆ Whole grains
- ◆ Protein from meat or beans
- ◆ Milk or dairy substitute
- ◆ Fruit
- ◆ Vegetable

You can submit your challenge one of two ways to be entered in drawings for prizes.

- If you do not have internet access simply fill out the form below and mail.
- www.CommonHealthva.com has a link for submitting challenge completion information

Challenge must be received by March 23 to be eligible for prize drawings.

By participating in this challenge, you give Continental Health Promotion permission to print your name and agency on the Web and/or in state publications. Only the winning names will be printed.

Tear off and mail



Lets Do Lunch Challenge

Name _____ **Work Phone** _____

Email _____

Agency Name _____ **Street Address** _____

City/State _____ **ZIP** _____

Mail to: **Continental Health Promotion**
804 Moorefield Park Drive, Suite 304
Richmond, VA 23236