

# REAL FOOD CHALLENGE

## \* 4-WEEK REAL FOOD CHALLENGE LOG \*

### TRACK YOUR REAL FOOD

1. Each day try to switch out a highly-processed fake food for a real food. Each day is worth one point every time you do it.

2. Check off each day and write down your real food swap in each green box as you go. To complete this challenge, and qualify for the drawing you need to accumulate at least 16 points to be entered into the drawing for prizes.

3. If you complete the challenge (16+ boxes checked) send your completed challenge log to the District Office by the end of the day on April 2nd, 2019.

**Three winners will be selected by random drawing from eligible challenge logs. The winners will receive two family meals ( for 4 people) from Hello Fresh! So you can continue your Real Food Challenge into April!**



	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
WEEK 1	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
WEEK 2	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
WEEK 3	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
WEEK 4	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Sample:



GOOD HEALTH STARTS WITH REAL FOOD.

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

Site: \_\_\_\_\_

Total Points \_\_\_\_\_

