



EAT A HEALTHY BREAKFAST CHALLENGE

October 2016

Breakfast is the most important meal of the day! Individuals who start their day off with breakfast have a reduced risk of weight gain. Feed your body a healthy breakfast that includes a balance of good carbohydrates, fiber, and lean protein. Breakfast should contain **20-25%** of your calorie intake for the day.

Track how many times you eat a healthy breakfast by logging what you ate and the estimated number of calories it contained. **Circle your most creative breakfast for a chance at winning a \$25 gift card.**

Sun	Mon	Tues	Wed	Thur	Fri	Sat
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

Name: _____

Department: _____

Turn in your completed log electronically to wellatwork@jacksonnc.org or through interdepartmental mail to **Jenifer Pressley** at the **Cullowhee Park and Rec.** or fax to **(828) 293-3215**. Your log is due by **November 5, 2016**.

