

December 2025

Healthy Breakfast Challenge

You have probably heard 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.

This month track how many times you eat a healthy breakfast and log the estimated number of calories and protein contained in the meal each day.

Name _____ Department_____

Sun	Mon	Tue	Wed	Thu	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			

Please submit completed challenge through interdepartmental mail to **Jenifer Pressley** at the Cullowhee Recreation Center by **January 9th**.

