

MAY 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.

Track how many times you eat a healthy breakfast by logging what you ate and the estimated number of calories it contained.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	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 completed log through interdepartmental mail to **Jenifer Pressley** at the **Cullowhee Recreation Center** by June 10th.

