



# Eat A Healthy Breakfast Challenge

## October 2019

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.

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 through interdepartmental mail to  
**Jenifer Pressley** at the **Cullowhee Recreation Center**  
 Your log is due by **November 10, 2019**

