



# Nutrition Habit Challenge

## February 1 – 28, 2021

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

Email Address: \_\_\_\_\_

Nutritional Commitment: \_\_\_\_\_

For each day you successfully practice your behavior(s), you receive one point. Record your points in the blank spaces below.






Week One:	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	Weekly Total

Week Two:	Day 8	Day 9	Day 10	Day 11	Day 12	Day 13	Day 14	Weekly Total

Week Three:	Day 15	Day 16	Day 17	Day 18	Day 19	Day 20	Day 21	Weekly Total

Week Four:	Day 22	Day 23	Day 24	Day 25	Day 26	Day 27	Day 28	Weekly Total

Challenge Total

-  Commit to one nutritional behavior you would like to change. You can choose from a list of nutritional behaviors ([here - Nutritional Commitments](#)) or come up with your own.
-  Keep track of all days you successfully practice your nutritional behavior between the dates of February 1st and 28th. If you are successful for 25 out of 28 days, you become eligible for the prizes.
-  To submit your results, choose one of the following options: submit an end of the challenge form, email your score card to [wellness@boyertownasd.org](mailto:wellness@boyertownasd.org), or mail the scorecard to the Ed. Center (Attn to Lucie Bergeyova) during the week of March 1st.
-  Find more information at <https://www.boyertownasd.org/Page/5628>
-  Winners will be announced on 3/9/21.

