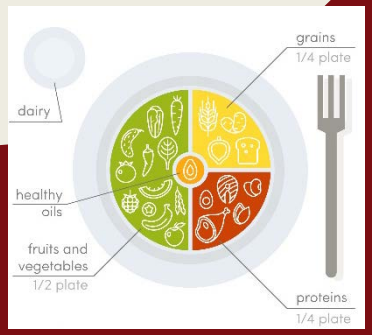
OPERATION: EAT RIGHT!

MISSION 1: CONTROLLING YOUR PORTIONS

Monday, June 4 – Sunday, June 17

Track your healthy habits 10 of the 14 days to earn 1,000 points toward your medical plan incentives!



MY GOALS

HealthyEmory CONNECT

MONDAY 6/4	TUESDAY 6/5	WEDNESDAY 6/6	THURSDAY 6/12	FRIDAY 6/8	SAT. 6/9
					SUN. 6/10

ON SUNDAYS, PORTION OUT YOUR SNACKS FOR THE WEEK. THEN, GRAB AND GO AS NEEDED!

MONDAY 6/11	TUESDAY 6/12	WEDNESDAY 6/13	THURSDAY 6/12	FRIDAY 6/15	SAT. 6/16
					SUN. 6/17