

OPERATION: EAT RIGHT!



Use the same plates for meals at home to be consistent with portion sizes.

Read labels for hidden salt & added sugars!



Balance your intake across meals to meet your actual energy needs.



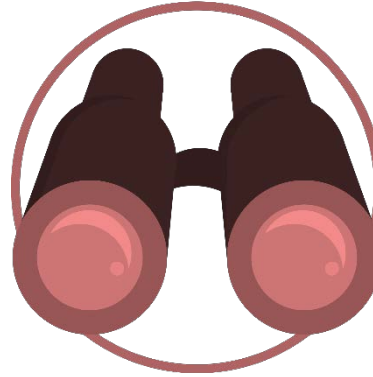
Store your favorite foods in MyFitnessPal to make tracking easier!

MY GOALS



MISSION 3: TRACKING YOUR INTAKE

Monday, July 2 – Sunday, July 15



YOUR MISSION:

1. Connect to MyFitnessPal on Healthy Emory Connect and earn 4,000 points.
2. Track your intake for 10 days between July 2 – 15. Earn 400 points for each day tracked for up to 4,000 points toward your medical plan incentives!

MONDAY 7/2

TUESDAY 7/3

WEDNESDAY 7/4

THURSDAY 7/5

FRIDAY 7/6

SAT. 7/7

SUN. 7/8

Resolve not to go for seconds at the BBQ!

MONDAY 7/9

TUESDAY 7/10

WEDNESDAY 7/11

THURSDAY 7/12

FRIDAY 7/13

SAT. 7/14

SUN. 7/15