

OPERATION: EAT RIGHT!

TASTE THE RAINBOW!



Focus on variety this week. Each color represents a different group of nutrients you need to stay healthy!



MISSION 4: Increasing Your Produce Monday, July 16 - Sunday, July 29



YOUR MISSION:

Track your healthy habit! Pack a serving of vegetables to eat on the go.

Earn 1,000 points toward your medical plan incentives if you log 10 out of 14 days!

PRO-TIP: Try a new fruit or vegetables you've never tried before. Use Zipongo to see different ways to prepare it!

MY GOALS



MONDAY 7/16

TUESDAY 7/17

WEDNESDAY 7/18

THURSDAY 7/19

FRIDAY 7/20

SAT. 7/21

SUN. 7/22

MONDAY 7/23

TUESDAY 7/24

WEDNESDAY 7/25

THURSDAY 7/26

FRIDAY 7/27

SAT. 7/28

SUN. 7/29