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!

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

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

MY GOALS

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

OPERATION: EAT RIGHT!

TASTE THE RAINBOW!

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

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

MY GOALS

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