

Eat Plants

Oct 1st– Oct 31st

The Eat Plants Challenge invites you to limit yourself to 30 servings of meat during the next month (1 per day). Meat is good for you, but too much meat can have negative effects on your health. Good protein alternatives include beans, legumes, or nuts. Track 'YES' each day you have one or fewer servings of meat. **TO COMPLETE THE CHALLENGE, TRACK 'YES' EVERY DAY OF THE MONTH.** If you do eat more than one serving of meat, don't despair. You can still track 'Yes' if you don't eat meat at all on another day

Oct 1	Oct 2	Oct 3	Oct 4	Oct 5	Oct 6	Oct 7
Oct 8	Oct 9	Oct 10	Oct 11	Oct 12	Oct 13	Oct 14
Oct 15	Oct 16	Oct 17	Oct 18	Oct 19	Oct 20	Oct 21
Oct 22	Oct 23	Oct 24	Oct 25	Oct 26	Oct 27	Oct 28
Oct 29	Oct 30	Oct 31				

I've completed the challenge!

Name:

Drop off form at HR Office/ Fax to 435-734-2038

Or email to mhernandez@boxeldercounty.org

