

# My Healthy Eating Challenge Log Sheet

**Directions:**

- Earn 1 point for the activity you complete each day. Limit one activity per day.
- Earn 10 points at the end of the challenge if you continued any activities from previous weeks.
- Earn 5 points for each bonus activity you complete. See the next page for bonus activities.
- At the end of the challenge, add up your total points at the bottom of the sheet.

**Week 1: Paint Your Plate with Vegetables and Fruit**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Week 1 Point Total
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	_____

**Week 2: Fill up with Fibre**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Week 2 Point Total
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	_____

**Week 3: Rethink your Drink**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Week 3 Point Total
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	_____

**Week 4: Hold the Salt**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Week 4 Point Total
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	_____

Total points from daily challenge activities	_____
Add <u>10 points</u> if you continued with any activities from previous weeks	_____
Total points from bonus activities (see other page)	_____
<b>Total points for Healthy Eating Challenge</b> (If you are on a team, provide point total to team captain)	_____

## Bonus Points

- Each bonus activity is worth 5 points.
- They can be completed at any time during the challenge.
- You can only do each activity 1 time.
- If you are registered as part of a team, each person that completes the bonus activity will get 5 points. For example, if Mr. X and Ms. Y helped to organize a healthy potluck, they each get 5 points which will go toward their team score.

<input type="checkbox"/>	Use the Dietitians of Canada eaTracker <i>Assess Yourself</i> to assess your current lifestyle and eating habits: <a href="http://www.eatracker.ca/">www.eatracker.ca/</a>
<input type="checkbox"/>	Use one or more of Health Canada's interactive tool on label reading: <a href="http://www.hc-sc.gc.ca/fn-an/label-etiquet/nutrition/index-eng.php">www.hc-sc.gc.ca/fn-an/label-etiquet/nutrition/index-eng.php</a>
<input type="checkbox"/>	Explore the tools and resources on the <a href="http://www.healthyeatingstartshere.ca">www.healthyeatingstartshere.ca</a> website.
<input type="checkbox"/>	Offer healthier foods at an appreciation or recognition event. E.g. if cake or desserts are served, offer smaller portion sizes and serve fruit on the side.
<input type="checkbox"/>	Offer or suggest cutting foods into smaller portion sizes at the next work place potluck or gathering.
<input type="checkbox"/>	Plan a healthy potluck for your team or co-workers.
<input type="checkbox"/>	Set up a communal fruit bowl to share with co-workers.
<input type="checkbox"/>	Bring a pitcher of water with lemon or cucumber slices to share at your next team meeting.
<input type="checkbox"/>	Offer healthy food and snacks to share in common areas such as, whole grain crackers, cut up vegetables and fruit.
<input type="checkbox"/>	Take time to have lunch or coffee break together as a team or with your co-workers in your break/lunch room.
<input type="checkbox"/>	Share your favourite healthy recipe with a co-worker or organize a healthy recipe exchange with your team.

<input type="text"/>	<b>Total points from bonus activities</b>
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**Thank you for participating!**