



HEALTHY EATING 101

The goal of this challenge is to help you get back to the basics of healthy eating. Summer is an ideal time to eat healthy and stay active!

July 10 - Aug. 20

Earn points:

- 1 Log in to Wellness Portal
- 2 Click on Healthy Eating Challenge to participate
- 3 Track challenge points daily/weekly
- 4 Earn Summer Challenge Tier Points
- 5 Attain 2,700 points and earn 12,500 toward your Annual Wellness Score

Earn Points

Week of:	Nutrition Topic	Wellness Portal Activity Points	Max Points
July 10	Fruits & Vegetables	<ul style="list-style-type: none"> Fruits & Veggies 101 Make half your plate F's & V's Cornucopia 	100 315 200
July 17	Whole Grains	<ul style="list-style-type: none"> Whole Grains 101 Whole Grain Breakfast Make half your grain WHOLE 	100 100 406
July 24	Meatless Meals	<ul style="list-style-type: none"> Protein 101 Where's the beef 2 Fish Servings 	100 280 200
July 31	Healthy Meals Planning	<ul style="list-style-type: none"> Portions 101 Un "SUPER SIZE" Me 3 out of 4 	100 245 245
August 7	The 3 Deadly S's	<ul style="list-style-type: none"> Sodium, Sugar & Saturated Fats 101 Hide the Salt Shaker Have you had your Omega-3 today? Cut the Sugar 	150 175 140 140
August 14	Hydration	<ul style="list-style-type: none"> Beverages 101 Pic a Water NOT a Pop 	50 560



2,100



BCHD Tissue Tee

What You Can Earn

\$25
to CHF or
APlex

Voucher



BCHD Tank



BCHD Blue Tissue Tee



BCHD Beanie



Water Bottle



BCHD Socks

2,700

\$50
to CHF or
APlex

Voucher



BCHD Scoop Neck



Cropped Pants



BCHD FitBit

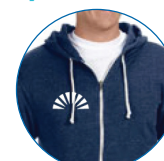


BCHD Tote



BCHD Shorts

3,300



BCHD Hoodie



BCHD Shirt



BCHD Sweatpants

\$75
to CHF or
APlex

Voucher



BCHD Cooler

