



WEEK 2

CHALLENGES



Let's keep building healthy habits together!

1

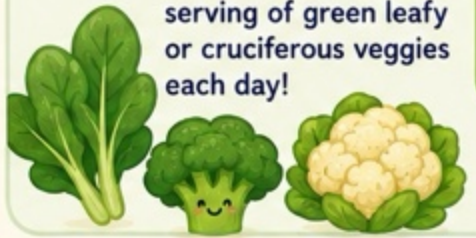
Continue to eat 3 servings of fruit per day!



Keep enjoying your favorite fruits and try new ones!

2

Build up to 3 servings of veggies per day



Include at least one serving of green leafy or cruciferous veggies each day!

3

Keep a record!



Track your fruit and veggie servings each day. You've got this!

4

Watch the "Screen Jam: Calorie Density" by Jeff Novick



This short, powerful video will inspire you and give you even more tools for success!

5

Check out the grocery list and join us Wednesday for a Cooking Jam!



Plan ahead, get inspired, and let's have fun cooking together!



Small steps. Big changes.

YOU'VE GOT THIS!

