



BASIC GUIDELINES

Complete 4 nutrition challenges in 4 weeks to win great prizes!

March 11- April 7

Registration

- Registration can be done online at www.etown.edu/offices/wellness
- Challenge is open to all faculty, staff, and students at Elizabethtown College
- Registration must be completed by March 1st at 1pm

How it works

- Participants select 4 different challenges for the 4 week challenge (1 per week). A list of possible challenges are listed on the back of this paper.
- Each day that a participant accomplishes the challenge for that week, he/she gets a point that is recorded on the challenge sheet.
- For each new week, the participant begins a new challenge. He/she will no longer get points for the previous challenge, but is encouraged to continue the healthy habit.
- Participants should select challenges that are relevant to their own life. For example, if a person doesn't drink soda do not pick the challenge that asks participants to limit soda consumption.
- Challenges cannot be changed during the week.
- Special bonus points will be emailed to participants to be tracked on the challenge sheet.
- All tracking is done on the honor system.

Prizes

- Participants who earn at least 20 points during the four week challenge will earn an official 4 Nutrition Challenge Prize
- At the conclusion of the challenge, participants can turn in their challenge sheet to receive their prize in the Well (Thompson 100). More information will be provided at the conclusion of the challenge regarding times and dates for pick up.

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www.etown.edu/office/wellness



4 Nutrition Challenge Options

Select 4 different challenges and assign one challenge for each week.

Choose challenges that are relevant to you!

Earn a point for each day you complete the weekly challenge.

- If you consume soda, limit your intake to no more than one serving a day
 - Drink at least 6, 8oz glasses of water each day
 - Make a substitution (a light salad dressing, veggies instead of french fries, grilled chicken instead of fried) today
 - Follow the myplate guide for at least one meal per day (<http://www.choosemyplate.gov/>)
 - Eat 4-6 small meals a day
 - Eat a healthy breakfast
 - Stop snacking by 9pm every night
 - Eat at least 5 servings of fruits/vegetables each day
 - Pack a healthy snack (serving of almonds, fruit, carrots, etc.)
 - Write down everything you eat during the day. Try: <https://www.supertracker.usda.gov/foodtracker.aspx>
 - Use a nutrition app for your smart phone or tablet (Examples: fooducate, Piatto: Portions matter)
 - Switch to skim or 1% milk
 - Switch to whole grain bread
 - Keep a mindful eating journal. Try: <http://tinyurl.com/mindfuleatingjournal>
 - Eat only 1 portion of each food: <http://www.webmd.com/diet/healthtool-portion-size-plate>
 - Choose the healthy jay food option once a day
 - Try cooking a new recipe today or repin one on Pinterest for future use
 - Try one healthy food each day that is typically not part of your diet (ie. A whole grain like Quinoa)
 - Use smaller plates or bowls for all meals during the day
 - Eat a salad at the beginning of one meal each day
 - Eat one meal per day of unprocessed food or minimally processed food (<http://tiny.cc/processfood>)
- **Have an idea for a challenge? Email REAGANH@etown.edu for approval.**

*If you have special dietary needs or medical conditions, please consult a physician before you take the challenge.