

2018 T-Fit | CHALLENGE ONE

JANUARY

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

FEBRUARY

m	t	w	t	f	s	s
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28				

MARCH

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

APRIL

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

Drink More Water

- Get at least 150 minutes of physical activity per week.
- Replace sugary drinks with water and/or drink at least 6, 8 oz. glasses of water/day.
- Record your progress. Once the challenge has been completed, report your success online



Eat Fruits and Veggies

- Get at least 150 minutes of physical activity per week.
- Eat 3-5 servings of fruits and vegetables each day
 - Fruits:** 1 medium fresh fruit (apple, banana, orange), 1 cup of fresh fruit, ½ cup of cooked fruit (applesauce, peach slices)
 - Vegetables:** 1 cup raw vegetables, ½ cup cooked vegetables (spinach or squash), 1 medium fresh salad, 6 oz. of vegetable juice (tomato, carrot, V8)
- Record your progress. Once the challenge has been completed, report your success online.

Eat a Healthy Breakfast

- Get at least 150 minutes of physical activity per week.
- Keep a record of the number of days you eat a healthy breakfast.
 - Some great options may include:**
 - Whole-grain cereal with low-fat milk/soy milk
 - Oatmeal with fruit and low-fat milk, one slice of whole wheat toast and a glass of juice.
 - A breakfast burrito using a whole-wheat tortilla stuffed with sautéed onions, peppers, mushrooms, etc.
 - Eggs, turkey bacon and toast with a glass of low-fat milk or juice
- Record your progress. Once the challenge has been completed, report your success online.