



September Challenge of the Month: Pack a healthy lunch!

Name:

Campus:

Email address:

Instructions: Pack your lunch at least once per week during the month of September. Include 5 out of the 6 categories to successfully complete the challenge. Email completed worksheet to wellness@montana.edu or fax to (406) 994-2391 by Wednesday, October 1st to be eligible for the prize drawing.

Example:

Date: 9/3/14

Category	Item packed
Vegetable(s)	Baby carrots, salad greens
Fruit(s)	Apple
Lean protein	Garbanzo beans
Whole grain	Whole wheat roll
Healthy (unsaturated) fat	Walnuts, avocado
Non-sugary beverage	Water (water bottle at work)

Week 1 (date):

Category	Item packed
Vegetable(s)	
Fruit(s)	
Lean protein	
Whole grain	
Healthy (unsaturated) fat	
Non-sugary beverage	

Week 2 (date):

Category	Item packed
Vegetable(s)	
Fruit(s)	
Lean protein	
Whole grain	
Healthy (unsaturated) fat	
Non-sugary beverage	

Week 3 (date):

Category	Item packed
Vegetable(s)	
Fruit(s)	
Lean protein	
Whole grain	
Healthy (unsaturated) fat	
Non-sugary beverage	

Week 4 (date):

Category	Item packed
Vegetable(s)	
Fruit(s)	
Lean protein	
Whole grain	
Healthy (unsaturated) fat	
Non-sugary beverage	