

# Fill Your Cup



## CHALLENGE

# Looking to pitch the processed food and fill your cup with fresh fruits and veggies?

Then you've come to the right place! The Fill Your Cup Challenge is a fun (and tasty!) 30-day challenge to help you make healthy food choices part of your everyday life. And participating is as easy as 1-2-3:

1. The goal is to earn 30 points in 30 days.
2. Earn one point per day by eating 1½ cups of fruit and 2 cups of veggies every day. Color in the produce baskets below to keep track of your points.
3. After 30 days, enter the total number of days you met your goal in the Wellness section of the Training Center to be entered into a drawing for one of four awesome prizes.

**Nom, nom!**

